

PARK & RECREATION

- 1. Whitney Center Gym conduct rules** are posted. Please obey them and be courteous to others that use the facility. Teams failing to comply with the posted rules may receive a warning, which if not adhered to could result in disqualification or automatic forfeiture of the match.
Supervision of Children: All children must be supervised during league play. Children are not allowed to run around the gym or recreation center. Any adult who is not playing in a game must supervise their children or teammates' children. Unsupervised children can be distracting to both players and officials, but most importantly, they run the risk of injuring themselves or causing injury to others. **Does not apply in 2020-2021 – Any person other than players are not allowed due to COVID-19.**
- 2. Rules:** All rules of the game of volleyball shall stand in accordance with the MSF Rule Book with the exceptions listed. Rulebooks are available at the gym office.
- 3. Officiating:** Matches shall be self-officiated.
- 4. Rosters and waivers:** All players must be listed on their team's roster and they must sign before they can play. Each player needs to complete and sign a Whitney User Waiver form prior to playing. Players who have turned in a waiver from fall leagues do not need to do another one. Teams are required to submit their teams' roster before or on the first night of league play.
Substitutes: Teams may use substitute players only if that team has fewer than 6 players from their regular roster. Substitute players must be listed on the roster and labeled as a substitute. Substitute players must also sign that roster. When there are two teams playing against each other where there is a player listed as a substitute on the other team, that player must play on their regular team and cannot play as a substitute. (Reminder that recreational teams may only use up to 1 current or 2 previous college players)
- 5. Age:** Players must be at least 16 years old on the first night of league play. **Players younger than 18 must have their parents sign the team roster and waiver.**
- 6. Number of Players:** Men's, Women's, and Co-Rec teams may start and play with four players. If another player or players arrives, they must wait until the start of the next game in the match to enter. On Co-Rec teams the number of men may never exceed the number of women and there must be at least one male playing.
- 7. Time:** The time posted on the schedule is the beginning time for the warm-up period. Each team has 5 minutes to warm-up and 55 minutes to play their match. Please be courteous of this rule so that each match starts on time. A 10-minute grace period will be observed before the first game is declared a forfeit. If the match is declared a forfeit, it should be clearly noted on the scorecard.
- 8. Multiple Teams:** Players are NOT allowed to play as a **regular player** on more than one team in the same league. Players may be used as a substitute as described above.
- 9. Forfeits:** If a team forfeits its second match in regular season league play without notice, they will be ineligible for post-season participation. A team may regain participation status when the league director receives a written notice from the team manager explaining the team's intent to participate. If a team has a legitimate reason they cannot play and notifies

the League Director at least two days in advance the match may be rescheduled and no forfeit declared.

10. Scoring: Rally scoring will be used in all games. Games one and two shall be played up to 25 points with a 27 point cap. Game three shall be played to 21 points, with a 23 point cap. The winning team must have a 2-point margin to be declared the winner.

11. Standings: A match will consist of 3 games and each game will count for league standings. League standings and rankings will be determined by winning percentage. In the case of ties, the results of head to head competition during the season will break the tie. If a tie still remains point differential will be used to break the tie.

12. Time Outs: Each team is entitled to 2 – 45 second time outs per game. No Timeouts are allowed with 5 minutes left.

13. Serving: When serving on courts B, C, D, or E the player serving may step over the serving line.

14. Out of Play: The ball is considered out-of-play if it should hit the curtain, walking track, or basketball backboard (when down). Balls that hit the ceiling, raised curtains, raised baskets or other ceiling mounted fixtures are in play if, in the judgment of the official, they are within the court boundaries. Balls that hit any of the aforementioned ceiling fixtures and ricochet to the walking track or side curtain are out of play.

15. Class C Recreational Volleyball Rules: All teams that play in the recreational leagues are restricted to play according to the Class C restrictions as defined in the MSF Rulebook.

16. Posting of Standings: Updated standing and schedule revisions will be posted online. Team managers are responsible for communication with the League Director or League Assistant.

17. Post season play: Teams wishing to participate in a state tournament must complete and submit an Intent Form to the gym office. The payment of \$175.00 must accompany the intent form. **Checks should be made out to Minnesota Sports Federation (MSF).** An official Minnesota Sports Federation roster must be completed for teams wishing to participate in an MSF state tournament. Teams will be seeded into those tournaments based on their latest available win-lost record. All post season tournament entry fees must be paid in advance. Once the tournament berths are accepted by the Park and Recreation Department, the tournament fees are not refundable.

Reverse 4's Co-Rec Playing Rules

1. Played at women's height
2. 2 male and 2 female players must be on the court at all times
 - 2 female players play/attack from the front row
 - 2 male players play/attack from back row
3. Rotation is not necessary but a male-female serving order is kept
4. Male players may not block at any time
5. No open hand tipping
6. Male-Female contact rule does not apply
7. Must be square to where you are setting (front or back) when purposefully sending the ball to the opposite team. Over sets will result in a side out.

Winter Volleyball Adult Leagues COVID-19 Guidelines/Safety Plan (Revised January 13, 2021)

To maintain social distancing and to limit touch points in our facility we encourage users to come ready to play and to leave immediately after their match.

Locker rooms will be locked and not available for use. Restrooms are available only if needed. We do not sanitize between users. You would use the restroom as your own risk.

Pregame

- Anyone who has any symptoms of COVID-19 must stay home.
 - Be sure to self-screen at home before you leave
- Anyone who intends to be tested for COVID19 may not participate in volleyball or participate in any activity at the Whitney Recreation Center from the time of testing occurrence through the waiting period to receive a testing result. Participants who receive a negative COVID test may return, however participants that receive a positive COVID test must quarantine for 14 days and are not allowed to participate until after the quarantine period.
- MDH Self screening tool: <https://mn.gov/covid19/for-minnesotans/if-sick/is-it-covid/index.jsp>
- Only participating team members are allowed in the facility – No Spectators
- Face coverings are required when entering the Recreation Center and must be worn at all times.
- Wash (at least 20 seconds) or sanitize hands before and after your match. Please bring your own hand sanitizer.
- To limit touch points, designate one person only from home team to handle the scorecard and attendance of both teams
- Paper schedules will not be available
- Please bring your own ball for warm up and match play. Bring your own prefilled water bottle. There is one hands-free bottle fill at the Whitney Recreation Center. All other fountains are not available
- Do not arrive in the facility more than 5 minutes prior to your stated match time – this is to allow other teams to exit before you enter
 - Doors will be locked until 5 minutes before match time
- Stay at your team's assigned court/sideline area.
 - Chairs will not be provided.
 - Adhere to 6-foot physical distance/person and belongings
- Warm-up time starts at your stated time on the schedule
 - Matches start 5 minutes after the time stated on the schedule (matches that have a 6:15 time on the schedule start at 6:20)

During the match

- Face coverings are required while participating or on the sidelines and the 6-foot distancing guideline should be adhered to while on the sideline

Players/teams may be asked to leave if they do not wear a mask. (any applicable fees are non-refundable)

- Players should refrain from touching their face (eyes, nose and mouth)
- Refrain from unnecessary contact such as high fives, handshakes and fist bumps
- One player only from the home team is designated to handle and turn in the scorecard
- Each team must list all their players present on the back of the scorecard

After the match

- No handshake line-use a distant sign of good sportsmanship to your opponent
- Go to your personal belongings and put mask on, change shoes if necessary and immediately depart the building
- It's recommended to sanitize hands
- Players should sanitize equipment when they arrive home
- Designated person from home team turns in the scorecard on the way out
- If a player tests positive for COVID-19 and believes they may have been infectious while attending the league, notify Steve Krueger (steve.krueger@ci.stcloud.mn.us or (320-650-3053) In this case that person would need to quarantine for 14 days.
- If players wish to congregate this should be done offsite

Please do your part to adhere to these guidelines. It will help keep us open.