

**APPLE VALLEY PARKS AND RECREATION DEPARTMENT**  
**2016 SUMMER RECREATIONAL INDOOR VOLLEYBALL LEAGUES-Self-Officiated**  
**GENERAL INFORMATION & PLAYING RULES**

**GENERAL INFORMATION**

1. **ELIGIBILITY**

All players must live or work full time (35-40 hours per week) in the State of Minnesota.

2. **ENTRY FEE**

Entry fee of \$100.00 is based on gift certificate awards, league champion t-shirts, equipment and administrative fees. A \$25.00 non-resident fee is charged to teams having fewer than 51% of their rostered players living or working full-time in Apple Valley.

3. **ROSTER**

A roster can include a minimum of 6 and a maximum of 12 players. If a team would like to add players to their roster, they may be added anytime during the regular season. However, players cannot be added for the playoffs. Added players must sign the roster prior to their first evening of play. All players must be on the team's roster or the Draft List. A team must have four rostered players on the court. A rostered player may not play for more than one team in the same league.

4. **DRAFT LIST**

A Draft (substitute player) List has been accumulated by the Apple Valley Parks and Recreation Department. Teams may use substitutes from this list. No person on a regular team roster may also be on the Draft List for the same league.

Players from the draft list who play more than three times for the same team must be removed from the draft list and be placed on that particular team's roster. The draft list was created to help players new to the area join established teams. Rather than continually using substitutes from the list, it is recommended that you place these players on your roster and let them become full-time members of your team.

5. **PLAYOFFS**

**Playoffs are scheduled for Thursday July 21 & July 28 13 ALL 7 teams will play in the single elimination play-offs.**

6. **AWARDS**

"Gifties" will be awarded to the first (\$30.00) and second place (\$20.00) finishers in each league. Also, the first place team in each league will receive league champion t-shirts for their team members. Play-Off Champions will receive a \$25.00 gift certificate. The 4 choices of gift certificates are: Rascals, Wild Bill's, Ruby Tuesdays or the Apple Valley Liquor Store.

7. **SMOKING/DRINKING**

Smoking is not allowed in any facility. Drinking beverages is not allowed on the courts (water included); please stay off the court to drink water. Also note that you are not allowed to bring coolers or glass containers into the gym. Drinking alcoholic beverages in the parking lot will not be allowed.

8. **CHILDREN**

Adult leagues are created & geared for adults only. If you must bring children to your game, they must be supervised by a **non-playing adult** (1 adult per 2 children) at all times. Players not adhering to this policy will not be permitted to participate in the league

9. **VALUABLES**

Do not bring valuables, as the City of Apple Valley will not be responsible for lost or stolen items.

10. **AGE REQUIREMENT**

All players must be at least 18 years of age to play in the Apple Valley volleyball leagues. Use of underage players will mean forfeiture of the match and possible suspension from the league.

11. **VOLLEYBALLS**

The Parks and Recreation Department supplies the game ball. This is the ball that is to be used for official match play. Volleyballs should be checked out and returned to the building attendant. We will be using the Molten Super Touch Volleyball for our Leagues this summer.

12. **INCLEMENT WEATHER**

In the event of severe weather (i.e. tornado warning), team managers should call the Parks and Recreation Weather Hotline at 952-953-2399-Option 1 Weather line, then Option 1-Adult Athletics, after 4:30 p.m. to see if the matches have been cancelled. Cancelled matches will be rescheduled at the end of the season as long as the leagues can complete play in the allotted time.

13. **SETTING UP & TAKING DOWN NETS**

Teams playing in the first match of the night are responsible for assisting in setting up the nets and should arrive fifteen minutes early to do so. Teams with the last match of the night are responsible for assisting in taking down the nets following the completion of their match. Building attendants at the Apple Valley Community Center will assist teams in setting up & taking down the nets. Your cooperation is appreciated!

14. **FORFEITS**

Teams that forfeit two or more matches during the season may be suspended from the league.

15. **REPORTING SCORES**

**Winning teams must report their match score (3-0 or 2-1) on the form at the front desk of the Community Center, or they will forfeit their wins.** All three games count, so be sure to report both the number of wins and losses. For the Final Standings, ties will be broken by: 1) Head-to-Head competition; 2) If tied, win-loss records VS top finishers in the league; 3) If still tied, coin flip.

There should never be a tied game unless the time limit of 1 hour expires before the 3<sup>rd</sup> game has started, in which case, each team will receive 1/2 point for the unplayed game. League rules specify that one rally serve will be played when the score is tied and the time limit expires during the 2<sup>nd</sup> or 3<sup>rd</sup> game.

## PLAYING RULES

The Apple Valley Adult Volleyball Leagues will be governed by USAV Rules in areas not covered by the following:

### 16. MATCHES - RALLY SCORING

A match shall consist of three games to 25 points, winning by 2 points, using Rally Scoring. A team must win by 2 points up until the 26<sup>th</sup> point. If tied, the first team to reach 27 points will constitute the game winner. Teams will be given one point for each game won.

#### RALLY SCORING

Beginning with the Fall of 2002 Volleyball Season, all Leagues will now be using RALLY SCORING. All matches will be 3 games to 25 points, as described above. In RALLY SCORING, if a team fails to serve properly, return the ball, or commits any other fault, the opponent will win the rally and score a point, even if that team did not serve the point. The results of winning a rally are: If the serving team wins the rally, they will score a point and continue to serve; if the returning team wins the rally, they will score a point plus gain the serve. In RALLY SCORING, a point is scored every time the ball is served!

### 17. BEGINNING SERVE

The team listed first on the schedule will serve first for games one and three. The team listed second will serve first for game two. Teams will switch sides after each game. During the playoffs, a coin flip will be held prior to the match between the two captains to determine serve / side.

### 18. REFEREES

There will be no referees for the Thursday Women's volleyball leagues. During play, teams shall make all judgment calls *on their own side*. **It is vital that team managers make calls against their team when carries/illegal hits/in the net occur.** Rule interpretations may be discussed between team captains. If disagreements persist regarding a play, the point should be played over. Either team captain has the right to request a point be replayed on a questionable play.

### 19. NUMBER OF PLAYERS

A team may begin a match with **four** players. Teams that have at least four players at the scheduled game time must begin to play at the scheduled game time. Teams cannot wait the 5 minute grace period for their fifth and/or sixth players to arrive.

For the 6:30 PM matches, teams have up to 5 minutes after scheduled game time (6:30 PM) in order to secure four rostered or draft list players. If a team does not have at least four players after the 5 minute grace period, they will forfeit the first game. If a team does not have four players after 10 additional minutes they will forfeit the match.

For the 7:30 and 8:30 PM matches, match time is forfeit time for the 1<sup>st</sup> game, a 5-minute grace period is allowed to secure at least 4 rostered/draft list players or the team will forfeit the 2<sup>nd</sup>-game; and an additional 5-minute grace period is allowed to secure at least 4 rostered/draft list players or the team will forfeit the 3<sup>rd</sup> game.

20. **GAME TIME LIMITS**

Time limit for each match is 55 minutes. If the third game is not finished when the time limit arrives, the team ahead at the time will be declared the winner of the game. If the score is tied at that time, the first team to go ahead by one point will win the game. If the third game has not been started and time is up, the third game will not be played. Both teams will be given 1/2 point for the unplayed third game.

If your match is done early, teams may continue to play for fun until 10 minutes before the next scheduled match. At this time, the court must be relinquished so incoming teams may warm up. Remember, this only applies when you are playing after the official match is over. Teams playing in the last scheduled match of the night can continue to play up to the 55 minute time limit from the scheduled starting time of their match.

21. **BOUNDARY LINES**

Any part of the ball touching a boundary line is in court. Ball is out of bounds when it touches any surface or object outside of the court.

22. **CEILING & DIVIDER CURTAIN RULES**

If a ball hits the ceiling on your side of the net and a member of your team has hit it there, you can continue playing the ball. If the ball hits the ceiling and crosses the net, or hits the ceiling on the other side of the net, it is a point/side out. A player may not touch or move a divider curtain in order to play the ball. No body part of a player may touch the divider curtain during play.

23. **SERVING**

- A. The server must announce the score before serving, announcing their score first and then the other team's score. This is extremely important when using Rally Scoring, so everyone knows what the score is!
- B. Players may serve from anywhere along the back line. The marked serving area is no longer the boundary. Players may start behind the back line as far as they wish.
- C. Players must serve in turn. Serving out of turn will result in a point and side out.
- D. Teams must rotate for every term of service, even a team's 1st service after side out.
- E. Overhand serving is allowed in ALL leagues.
- F. In USAV Volleyball, it is legal for a served ball to touch the net. The receiving team must play the ball if the serve touches the net and it appears that it will remain in bounds.
- G. The server is only allowed one toss. If the server tosses the ball as to initiate a serve and lets it drop to the ground or catches the toss, it is a loss of rally and a point/side out for the opposing team.

24. **HITTING THE BALL**

When receiving the serve, the ball can be "bumped" with the forearms or closed hand(s), or it can now be "set" to a teammate or over the net, provided the ball does not come to rest. While a "double hit" cannot be called on the first team contact, if the ball does come to rest, a lift must be called. Overhead bumps are legal if contact is made using forearms, closed hand(s) or the base of the palms (known as the "beach bump"). After the serve, any style of hitting is allowable (except underhand open palms) as long as the ball is does not come to rest. The ball may be played off any part of the body (ie: waist, knee, foot, etc.).

25. **CARRYING THE BALL**

A carry is when the ball comes to rest on any part of the body. Carries most often occur when the ball is "scooped" with an open palm. This is an illegal hit, and a point or side out is awarded to the opponent. **As a general rule, underhand open palm hits should always be called by the captain as illegal.** Please teach your players to use the forearms.

26. **SPIKING**

May be done with either a fist or an open hand; must be done with a distinctive slap/hit. No “catch and throw” or “Slam Dunk”.

27. **10 FOOT ATTACK LINE**

A back row player returning the ball to the opponent’s side while on/in front of the 10 foot attack line may not contact the ball when the entire ball is above the top of the net.

28. **SUCCESSIVE CONTACTS BY A PLAYER**

A player shall not make successive contacts of the ball except when playing a ball they have just blocked.

29. **SIMULTANEOUS CONTACTS BY TEAMMATES**

Simultaneous contact of the ball by more than one player on the same team is allowed and is considered as one team contact. Either player participating in such a play may participate in the next play of the ball.

30. **SIMULTANEOUS CONTACTS BY OPPONENTS**

If two opponents simultaneously hit the ball above the net, the player behind the direction of the ball is considered having touched it last. Simultaneous attack and blocking faults by players from opposing teams will result in a replay.

31. **BLOCKING**

Only players who are in the front row at the time of serve are eligible to block. Back row players may not participate in a block or attempt a block. Blockers may reach over the net, but only on a ball directed over the net, or if the ball is near the net and no offensive player has a legitimate chance to play the ball. Blocking or spiking of the serve is not legal.

32. **CONTACTING THE NET**

It is not a fault if a player touches the net that is forced into them by a driven ball. Insignificant contact with the net is no longer a fault. A player that is not directly involved in the play may brush the net without it being illegal. But it is a fault if the blocker touches the net while jumping to block a player who is faking an attack. Hair touching the net is not a fault. However, the ball touching hair as it goes out of bounds is a touch.

33. **CROSSING THE CENTER LINE & CENTER LINE VIOLATIONS**

Players may touch or step on, but not over, the center line when the ball is in play. Also, if a player interferes with an opponent while on the opponent's side of the net, a point and a side out will be awarded.

34. **SWITCHING POSITIONS**

Players may switch positions after the ball is served. After the play they must return to original positions.

35.           **SUBSTITUTION**

Any substitute shall take the position of the player being replaced. If they re-enter the game they must come in at the same position. No change shall be made in the relative position of other players when a substitution is made. Late players may be added to the game after a point or side out. Teams will be allowed to rotate in players as long as it is done consistently throughout the game. Players **should** rotate in at the right rear (server's) position only.

36.           **EXTRA PLAYERS**

If a team has more than 6 players, there are two options:

1. **Rotation**: The extra player(s) rotate into the game each time their team wins a side out. The usual spot to rotate into is the server's position, however it can be any spot as long as it remains consistent throughout the entire game.
2. **Substitution**: Two (or three) players may substitute for each other, coming in as often as they choose, provided they take the same court position as the player being replaced.

NOTE - Late arriving players can be added to either option.

37.           **TIME OUTS**

Teams may call one 30 second time out per game. Teams may not call a time out during the last 2 minutes of the match, except for a serious injury.

38.           **UNSPORTSMANLIKE CONDUCT**

When an opponent is about to play or in the act of playing the ball, players shall not stamp their feet, shout or use other tactics to disturb their opponents. Unsportsmanlike conduct is a violation and the offended team will be awarded a point or side out. Teams who continually display unsportsmanlike conduct may be suspended from the league. **Remember, this is a recreational league - have fun!**

39.           **NET HEIGHT**

Net height shall be eight feet for the men's league, and seven feet four inches for the women's leagues.

40.           **SHOES**

Only sneakers, tennis shoes and court shoes are allowed. Black soled shoes, hiking boots, street shoes, etc. will not be allowed in gym.

**LEAGUE DIRECTOR**

If you have any questions regarding the league, contact the League Director, weekdays from 7:30 a.m. - 4:00 p.m., by phone or e-mail: Lyndell Frey at (952) 953-2316, [lfrey@cityofapplevalley.org](mailto:lfrey@cityofapplevalley.org)

Please note that the Recreation Department reserves the right to make rule changes where needed.