

**APPLE VALLEY PARKS AND RECREATION DEPARTMENT**  
**2016 FALL RECREATIONAL 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. (Determined by addresses on your roster)**

3. **ROSTER**

A roster can include a minimum of 6 and a maximum of 20 players. If a team would like to add players to their roster, they may be added anytime during the regular season. 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, on the same night. (IE: Women's B1 & also Women's B2) Once play-offs begin your roster is frozen and no players may be added to your roster. Team rosters are FROZEN after the last regular season game; no players may be added to the roster for play-offs.

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 (that night of play).

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. Draft list players are not eligible for the Play-offs.

5. **PLAYOFFS**

Playoffs will be scheduled for all Winter leagues teams. The 1<sup>st</sup> place team in each division will receive a \$25.00 team gift card as play-off Champions. Play-off will use a single elimination format. A team member **MUST** be on your official team roster prior to your last night of league play to be eligible for the play-offs.

6. **AWARDS**

A Gift Card will be awarded to the first (\$30.00) and second place (\$20.00) finishers in each league. Choices include: Apple Valley Liquor Store, Buffalo Wild Wings, Rascals, and Wild Bill's (for. Also, the first place team in each league will receive league champion t-shirts for their team members.

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 or front desk staff.

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 4:00 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. **FORFEITS**

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

14. **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.

There should never be a tied game unless the time limit expires before the third 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 second or third game.

## **PLAYING RULES**

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

15. **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 will constitute the game winner. Teams will be given one point for each game won.

**RALLY SCORING:** ALL leagues will use 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!

16. **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.

17. **NO REFEREES**

There will be no referees for the Thursday and Friday recreational 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 managers. If disagreements persist regarding a play, the point should be played over. Either team manager has the right to request a point be replayed on a questionable play.

18. **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, 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.

19. **CO-REC PLAYERS**

For the **Co-Rec "A" league** – you cannot play with more men than women during league play. The only legal combinations are 3 men/3 women; 2 men/2 women; 2 men/3 women; 2 men/4 women; 1 man/3 women. For the **Co-Rec "B" league** you can play with more men than women during league play. Legal combinations are 3 men/3 women; 3 men/2 women; 2 men/2 women; 2 men/3 women; 2 men/4 women; 1 man/3 women. For the **Co-Rec "C" & "D" leagues**, the following combinations are allowed for league play: 3 men/3 women; 3 men/2 women; 2 men/2 women; 2 men/3 women; 2 men/4 women; 1 man/3 women.

\*For all tournament play teams may not at any time have more men than women on the court, more women than men (at any time is allowed) but teams at ALL LEVELS during tournament play may not play with more men than women.

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 un played 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 9:30 PM matches must relinquish the court at the conclusion of their 3<sup>rd</sup> game as the A.V.C.C. Staff needs to prepare the court for the next morning's use.

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. A ball touching the antennae or the net outside of the antennae is considered out of bounds.

22. **CEILING RULE & DIVIDER CURTAINS**

If a ball hits the ceiling on your side of the net and your team member 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, during any part of the play, in order to play the ball. No body part of a player can touch the divider curtain before OR during play on the ball. Once the ball has been played a players follow through may put him/her into the curtain that is a legal play. A player can in no way use the curtain or a wall/bench to his/her advantage to make a play on the ball.**

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. 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 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 (i.e.: 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 team manager as illegal.** Please teach your players to use the forearms.

26. **CO-REC HITS**

If a ball is hit more than once by a team, one of these hits must be a female member. (Blocking the ball is not considered a hit.)

27. **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 dunks”

28. **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.

29. **SUCCESSIVE CONTACTS BY A PLAYER**

A player shall not make successive contacts with the ball except when playing a ball they have just blocked. OR, if when playing a low ball and saving it off an arm (for example), the ball glances off another body part on the way up, this is not a successive contact since it was one action to play the ball, and the player did not intend to hit the ball off their arm and then glance it off another body part – play will continue.

30. **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.

31. **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.

32. **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.

<p><b><u>CO-REC A LEAGUE ONLY:</u></b> 1 male player can come up from the back row to block when the team is in a rotation that has only 1 male blocker in the front row. This allows for 2 male blockers at all times.</p>
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33. **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 who 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.

34. **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 or a side out will be awarded.

35. **SWITCHING POSITIONS**

Players may switch positions after the ball is served. After the play they must return to original positions. In the Co-Rec Leagues, men and women shall be positioned alternately at the time of the serve, except when playing with only 5 players. There can never be 3 men or 3 women all up front at the same time.

36.           **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. In the Co-Rec leagues, substitutions shall be made male for male and female for female.

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!**

**In addition, players waiting near the court to play the next scheduled match should not be warming up along the sidelines of the court, thus distracting those players involved in a match. Please wait until the match has ended to begin your warm-ups!**

39.           **NET HEIGHT**

Net height shall be eight feet for the men's and co-rec leagues, 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 the league. Please bring a dry pair of shoes for play, **DO NOT WEAR SHOES FROM OUTSIDE ONTO THE PLAYING COURT.**

## **LEAGUE DIRECTOR**

If you have any questions regarding the league, contact the League Director: Lyndell Frey at (952) 953-2316 or [lfrey@cityofapplevalley.org](mailto:lfrey@cityofapplevalley.org) weekdays from 8:00 a.m. - 4:30 p.m. Please note that the Recreation Department reserves the right to make rule changes where needed for the betterment of the League. If so, Team Managers will be informed of rule changes or clarifications in writing. Based on final standings teams may be required to move up or down in their current division, as a general rule of thumb (but each case will be closely looked at by the League Director) the top team in each division will move up and the bottom team in each division will move down. Sometimes based on the number of teams in a current division and final team standings, several teams may be required to move up or down a division. I will look at what is best for the overall league and in each division a few changes may need to be made to have teams playing other teams of "like" ability.