



Rules & Format – Mid-Winter Fest Volleyball Tournaments

Website: www.applevalleymn.gov/volleyball

Weather/Cancellation Line: (952)953-2399, option #1

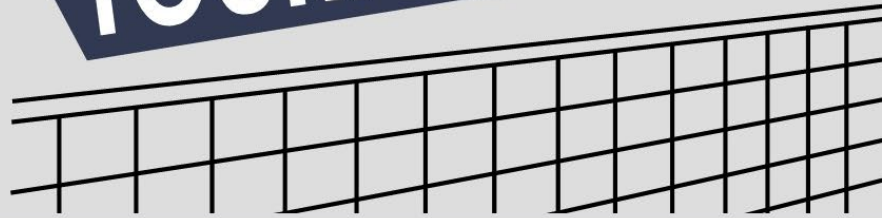
Location: Apple Valley Community Center, 14603 Hayes Rd

League Director: Nick Thompson

(952)953-2316

AVathletics@applevalleymn.gov

CO-REC AND WOMEN'S VOLLEYBALL TOURNAMENT



CO-REC

Saturday, Feb. 6

1-9pm

\$120*/team

WOMEN'S

Sunday, Feb. 7

8am-4pm

\$120*/team

Teams are guaranteed six round-robin games with the top four teams in each pool advancing to a single-elimination championship. An upper division (A and B level teams) & lower division (C and D recreational teams) will be offered for the Co-rec and Women's tournaments. Registration deadline Jan 22 or until filled.

Register at www.applevalleymn.gov/volleyball.

*\$10 discount available for current Apple Valley league teams

Apple Valley Community Center, 14603 Hayes



TABLE OF CONTENTS

General Information.....	2
Rosters & Eligibility.....	2
Game Site Information & Regulations.....	2
Safety.....	2
League Awards per Division.....	3
Playing Rules.....	3
Equipment.....	3
The Game.....	3
COVID-19 Volleyball Tournament Guidelines – Updated 9/16/2020.....	5
Waivers & Contact Tracing.....	5
Equipment.....	5
Sanitization.....	5
Sanitary Etiquette.....	5
Social Distancing and Minimizing Contact.....	5
Self-monitoring & Illness.....	6
State Resources.....	6
Questions.....	6

GENERAL INFORMATION

Apple Valley Mid-Winter Fest Adult Volleyball Tournaments will be governed by MRPA playing rules. Exceptions or points of emphasis are below.

ROSTERS & ELIGIBILITY

1. **Minimum age:** All participants must be at least 18 years old prior to participating.
2. **Players may only play on one team** per tournament.
3. **Rosters are due** before a team's first game. Download a roster at www.applevalleymn.gov/volleyball. Players may be added during pool play but rosters will be locked for the playoffs.
4. **Games with illegal players** can be ruled as forfeits.

GAME SITE INFORMATION & REGULATIONS

Games will be played at the Apple Valley Community Center, 14603 Hayes Rd.

1. **Showers:** Due to COVID-19 precautions, showers will not be available.
2. **Tobacco use and alcoholic beverages** are prohibited inside the facility.
3. **Alcoholic beverages** are not permitted in the facility or on the grounds.
4. **Drinks**
 - a. Drinking beverages is not allowed on the courts; please stay off the court to drink water.
 - b. Coolers or glass containers are not allowed in the gym.

SAFETY

1. **Insurance:** The City of Apple Valley does not provide insurance for the participants of our adult athletics leagues. Each player, as a result of participation in the league, assumes all liability and risk of injury. It is strongly suggested that each player obtain medical and liability insurance prior to participating in the league.
2. **Blood rule:** A player who is bleeding or has an open wound is prohibited from participation until the bleeding is stopped and the wound covered. If treatment can be administered in a reasonable amount of time, the individual will not have to leave the game. If excessive time is involved, the re-entry rule would apply. If there is any blood on the uniform, it must be changed or disinfected. All teams are encouraged to have a First Aid Kit with disinfectant with them during each game.
3. **Spectators and children:** Due to COVID-19 precautions, spectators will not be allowed.

LEAGUE AWARDS PER DIVISION

1. Division Playoff Champions: \$60 team gift card and t-shirts
2. Division Playoff Runner-up: \$30 team gift card
3. Lower Bracket, if played (3rd or 3rd & 4th place pool play) Playoff Champ: \$20 team gift card

PLAYING RULES

EQUIPMENT

1. **Volleyballs:** Teams must supply at least one game ball. Recommended balls include Tachikara SV-5W series, Molten Super Touch, or a similar ball inflated to the specs listed on the ball. The team serving first can choose what ball will be used during that particular game.
2. **Shoes** must be worn at all times. Only sneakers, tennis shoes and court shoes are allowed. Black soled shoe that mark the gym floor, hiking boots, street shoes, etc. will not be allowed in the league. Do not wear shoes from outside onto the playing area.
3. **Uniforms:** Teams are encouraged to wear similar colored jerseys. Numbers are also recommended.
4. **Casts, guards or braces** made of hard unyielding leather, plastic, pliable (soft) plastic, metal or other hard substance, even though padded, are not permitted on the finger, hand, wrist or forearm.
5. **Valuables:** The City of Apple Valley will not be responsible for lost or stolen items. Lock all valuables in the trunk of your car do not leave anything of value in plain sight in your vehicle.
6. **Electronic equipment** including a camera, audio or video device may not be worn or used by an umpire, player, or coach on the field of play.
7. **First aid:** Each team should supply a first aid kit for their team.

THE GAME

1. **Minimum number of players:** A team must have at least four rostered players to start a game. Teams that have at least four players at the scheduled game time must begin to play at the scheduled game time.
2. **Libero:** Teams may use a Libero player (back row specialist) and the Libero may serve.
3. **Grace period** will only be given for a team's first match (5 minutes for game 1, 5 minutes for game 2 & 5 minutes for game 3 (if applicable).
4. **Forfeits** will be scored as a 10-0 win.
5. **Co-Rec player combinations:** Teams cannot play with more men than women during league play. Teams may have up to two more women than men.
6. **Rally scoring** will be used for all tournament games. See "pool play" and "playoff play" for details.
7. **Pool play**
 - a. Three-team pools: Each team will play two matches consisting of three games to 21, winning by 2 points with a cap at 23. 50-minute time limit per match.
 - b. Four-team pools: Each team will play three matches consisting of two games to 21, winning by 2 points with a cap at 23. 35-minute time limit per match.
 - c. Three points will be awarded for each Pool Match:
 1. 3-team pools: One point to each game winner
 2. 4-team pools: One point to each game winner and one point for the team who has a higher point total in the two games (if tied, each team receives 1.5 points).
 - d. The two teams who have the highest match point totals in their pool advance to the playoffs. If tournament format and time allows, 3rd place or 3rd & 4th place teams in Pool Play will advance to a separate play-off.
 - a. Tie-breaking order: 1) Total Match Points in Head-to-Head matches against tied teams; 2) Total Games Won; 3) Average Point Differential – maximum of 10 per game, 4) Coin Flip. When possible teams will not be placed in the same play-off bracket as teams from their original pools. Seeds 3-6 may be affected.
8. **Playoffs**
 - a. The playoffs will be single elimination.
 - b. Matches will be best two out of three games. The first two games will be played to 25 points, winning by two points with a cap at 27. The third game, if needed, will be up to 15 points (17-point cap).
 - c. Time limits: Round 1-50 minutes, Round 2-1 hour, Championship matches-no time limit.

9. Game timing

- d. **Warm-up:** A five-minute warm-up will be given for the team's first match of the tournament, but the game will start at the scheduled time.
 - a. **Time outs:** Teams may call one 30-second time out per pool play game and two 30-second timeouts per game during playoffs. Teams may not call a time out during the last two minutes of the match.
 - a. **Starting early:** The referee will start matches ahead of schedule if both teams are ready to play. Be ready to play, play-off games may be moved up 30 minutes from the scheduled times if a court and official are available for all play-off games.
 - b. **Time limit:** Varies, see "Pool Play" and "Playoffs". A game affected by a time limit must continue until one team has scored at least eight points and is ahead by at least two points.
 - c. **Unfinished or tied game at the end of the third game:** If the last game is not finished when the time limit arrives, the team ahead at that point will win the game. If the score is tied at that time, one additional rally will be played and the winner of the rally will win the game. A game affected by a time limit must continue until one team has scored at least eight points and is ahead by at least two points.
 - d. **Unplayed games:** If the last game has not been started at the time limit, the game will not be played and both teams will be given 1/2 point for the unplayed game.
10. **Ceiling/basketball hoops rule & divider curtains:** If a ball hits the ceiling or basketball hoops 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 wall, bench, or divider curtain prior to or during their play on the ball. However, once the ball has been played, a player's follow through may put him/her into the wall/bench/curtain.
11. **Beginning the game:** A coin flip will determine side & serve. The winner of the flip choose their preference (side or serve) for the first and third game and the loser chooses the option that the winner didn't choose. Teams will switch sides after each game.
12. **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.)
13. **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 with the following exception:
 - a. Co-Rec : 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.
14. **Contacting the net:** It is not a fault if a player touches the net that is forced into them by a driven ball. Contact with the net by the player between the antennae during the action of playing the ball is a fault. The action of playing the ball includes (among others) take-off, hit, blocking or attempting to block, hitting (or attempting to hit) and landing. Hair touching the net is not a fault. However, the ball touching hair as it goes out of bounds is a touch.
15. **Crossing the center line and center line violations:** Touching an opponent's court with a hand or foot is permitted, provided that some part of the penetrating hand or foot remains in contact with or directly above the centerline. 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.
16. **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.
17. **Substitution:** Teams may use one of two methods for substitution: 1) Rotating into the game at a consistent position (left front, right back, etc.); or 2) Traditional substitution where you enter for a specific player and each player may have three entries into the game.

In the best interest of the tournament, the Tournament Director reserves the right to make decisions which may or may not be covered by one of the above.

Apple Valley Parks & Recreation strives to make your experience as safe and fun as possible. Please take a few moments to read through the guidelines and discuss them with teammates. Any guideline below will override any league rule that contradicts it. All guidelines are subject to change based on what is best for the league and we will continue to evolve and adapt with new recommendations from the MDH, CDC, and State of Minnesota.

If you have any questions, please contact our office at 952-953-2316 or AVathletics@applevalleymn.gov

WAIVERS & CONTACT TRACING

- **Waiver on roster:** Players need to completely fill in and sign the roster before they play their first game.
- **Players:** Each manager should keep a log of all participating player first and last names for contact tracing, if necessary.

EQUIPMENT

- **Minimize shared equipment:** It's recommended that all players use their own equipment while participating.
- **Minimize extra equipment:** Arrive with only what you need. Leave bags, purses and other items at home.
- **Face coverings:** We will continue to align with state recommendations on face coverings/masks. Currently, staff and participants are required to wear a mask indoors, but are allowed to temporarily remove it "When participating in organized sports where the level of exertion makes wearing a face covering difficult". For some people, wearing a mask is not medically advised; reasonable ADA accommodations will be made on a case by case basis. <https://www.health.state.mn.us/diseases/coronavirus/facecover.html>
- **Volleyballs:**
 - All teams are required to bring their own game ball. We recommend Tachikara SV-5W series, Molten Super Touch, or a similar ball inflated to the specs listed on the ball. The team serving first can choose what ball will be used during that particular game.
 - Please sanitize your ball prior to using it in the league. There is disinfecting spray or wipes in each gym. Sanitize the entire ball down and let product dry; do not wipe the sanitization product off. Sanitizer may damage some volleyballs; use at your own risk. You may bring your own disinfecting spray or wipes if you choose.
 - If the ball comes into contact with anyone's face, the ball should be taken out of play and sanitized. While the sanitization spray is drying and working, a replacement ball should be used to resume play.
- **Hand sanitizer:** Participants must sanitize hands upon arrival and departure. Individual players must bring hand sanitizer. It is also encouraged to use additional sanitizer before and after eating, after using the restroom etc.
- **Locker rooms and showers** will not be available.
- **Drinking fountains** are available to fill up water bottles, but participants will not be able to drink directly from the fountain.

SANITIZATION

- **Restrooms:** The restrooms in the sport court side will be open to encourage hand washing and they will be sanitized once prior to games starting each day. The locker rooms will not be opened.
- **Hand sanitizer:** Staff and players bring hand sanitizing products with them and use it frequently.
- **Sanitizing volleyballs:** All teams should clean their volleyball before each game.

SANITARY ETIQUETTE

- **Spitting or touching face:** Please refrain from activities that have a higher likelihood of spreading germs including spitting, touching your face, etc. Staff have discretion to handle irresponsible sanitary behavior at an appropriate level ranging from a warning to ejection.
- **Sneezes or coughs:** All should cover their mouth and nose with their sleeve or a tissue when coughing or sneezing. Dispose of tissues and wash or sanitize hands immediately afterward.
- **Handwashing or sanitizing:** All participants should wash and/or sanitize hands immediately upon entering the building and just prior to exiting.
- **Touching others:** Refrain from contacting others unnecessarily (no high fives, huddles, etc.).

SOCIAL DISTANCING AND MINIMIZING CONTACT

- **6' social distancing:** All staff and players are encouraged to continue 6 feet social distancing when not playing and maintain distancing when not making a play on the ball. It is also important that social distancing take place before and after matches to ensure we can continue to provide opportunities for people to recreate in our leagues and programs.
- **Gathering sizes** will adhere to MDH and State guidelines.
- **Spectators** will not be allowed. Teams should limit attendance to players only (no family, children, etc.).

SELF-MONITORING & ILLNESS

- **Temperature check at home:** Players should do a temperature check at home (needs to be less than 100.4F)
- **Exposure, symptoms & quarantine:** A participant is required to stay home if they are [exhibiting symptoms of COVID-19](#) or if they have exposure to others with COVID-19 symptoms/illness in order to prevent the spread of COVID-19 to other people. The Parks & Recreation department will follow [Minnesota Department of Health \(MDH\) guidelines regarding how long to stay home if you're sick](#).
- **Reporting illness:** If you have tested positive for COVID-19 and have participated in Parks & Recreation program, we would appreciate it if you contact our office as soon as possible.
- **Players:** Each manager should keep a log of all participating player first and last names each evening for contact tracing, if necessary.

STATE RESOURCES

- [Guidance for Social Distancing in Adult Sports:](https://www.health.state.mn.us/diseases/coronavirus/sportsguidefaq.pdf) <https://www.health.state.mn.us/diseases/coronavirus/sportsguidefaq.pdf>
- Stay Safe Guidance for Organized Sports: <https://staysafe.mn.gov/industry-guidance/organized-sports.jsp>
- MN Mask Mandate Information: <https://www.health.state.mn.us/diseases/coronavirus/facecover.html>

QUESTIONS

Contact the Tournament Director, Nick Thompson, at 952-953-2316 or AVathletics@cityofapplevalley.org.