



All games will be governed by league rules. This rule-guide is intended to inform managers and players of league-specific rules and is to be used as a summary of the MRPA Rule Book. All MRPA rules apply, given that a written league-rule doesn't trump them. Rules are subject to change. League Supervisor will rule on any instance that these rules do not cover.

League Website: www.ighmn.gov/adultsports League Director:
Cancellation Information: 651-450-2595

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1) TEAM AND PLAYER ELIGIBILITY

- a) Rosters are due to the League Supervisor before your first game or the match will be forfeited.
 - i) All players and substitutes must be on the roster before their first game. Rosters must be complete with street addresses, phone numbers and signatures. Penalty for not having a player on roster: Player is suspended for current season and matches played with illegal player will be forfeited.
 - ii) Any team found to be falsifying rosters or playing with players using alias names would be suspended from further participation in the league for the remainder of the season without refund at League Director's discretion.
- b) Players must be sixteen (16) years-of-age or older as of the start of the season. Only one person under the age of eighteen (18) is allowed to play on a team at any one time.
- c) A player must participate in a minimum of three (3) regular season matches to be eligible for the playoffs (exceptions can be made due to extenuating circumstances at League Director's discretion-must notify Director via phone or email by noon on game-day to receive permission for an exception). Sub status changes to 'Regular' following participation in 3 or more matches. A player listed as a 'Regular' on another roster within same league, cannot be a sub within that league.
- d) There is no deadline to add a player to your roster, but a rostered player may not be eligible for playoffs.
- e) A player may not be on more than one (1) roster in any league or division playing on the same day.
- f) An official team consists of six (6) players. Teams must start and finish with at least four (4) players.
 - i) Co-Rec: Serving order and positions on the court must be an alternate of male/female.
 - ii) Co-Rec: The following combinations of players may be played:
 - (1) 6 players on the court: three (3) men and three (3) women; two (2) men and four (4) women.
 - (2) 5 players on the court: three (3) women and two (2) men, three (3) men & two (2) women.
 - (a) If a team plays with three (3) men and two (2) women, a ghost female player must be used between the two males. That ghost player will occupy their position in the rotation order. When the ghost girl is in the front row, there will be only two eligible hitters, which are the other two people in the front row. A male from the back row may come up to block if there is only one male in the front row, but they may not attack the ball. The ghost player will be skipped in the service w/o penalty.
 - (3) 4 players on the court: two (2) men and two (2) women, three (3) women and one (1) man.
- g) Caps or jewelry shall not be worn. Note: non-dangling pierced earrings are permissible.
- h) A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance, even though padded, is not permitted on the finger, hand, wrist or forearm.

2) SUBSTITUTIONS

- a) Right front player is substituted by the incoming player entering in server's position.
 - i) Co-Rec: A man may only substitute for another man, and a woman for another woman.
- b) Late players may enter in the server's position at their team's next serve. Note: No players can be skipped in the service order.
 - i) Exceptions:
 - (1) If two new players enter, one will serve and the other will be in the front-right position.
 - (2) Co-rec – If a player is ready to enter the game on their team's next serve but it is the opposite sex's turn to serve, they can enter in the front-right position.
 - (3) Co-rec – If team has three women and two men or two men and three women and the final player comes late, they may enter in the correct rotation spot on their team's next serve, regardless of position in rotation.
- c) Injured Players:
 - i) If a player goes out injured, teams are not penalized and may play on provided they still meet the minimum of four players.
 - ii) Injured players may re-enter the game at any point when their team has the serve. They should go to their original position in the rotation, without skipping anyone in the serving order.

3) TIME LIMIT

- a) Teams need four (4) players to compete. Teams will be given a five-minute grace period after the scheduled start of the game to field enough players. If not enough players after five (5) minutes, they must forfeit their first game; fifteen (15) minutes for second game, thirty (30) minutes for third game. League Supervisor's time piece is official.
- b) 30-second time-out – each team is limited to two (2) per game.
- c) Two (2) minutes between games.

4) UNSPORTSMANLIKE CONDUCT

- a) A player, coach, or team follower shall not:
 - i) Use disconcerting acts or words when an opponent is about to play the ball. Penalty: Point and side out.
 - ii) Make derogatory remarks, use insulting language or gestures to staff or opponents. Penalty: League Supervisor's discretion.
 - iii) Question or show disgust with managers' or staff decisions. Penalty: At League Supervisor's and/or League Director's discretion.
 - iv) Intentionally screen an opponent. Penalty: Point and side out.
- b) Excessive Unsportsmanlike Conduct: At the League Supervisor's discretion, the offender shall be removed from the match and premises. For the first offense the offender shall also be suspended from playing in the match(es) the following week; two (2) weeks for the second offense; indefinitely for the third. If the offender doesn't conform within one (1) minute, the offending team forfeits the match.
- c) Spectators: If a spectator(s) becomes unruly or interferes with the orderly progress of the game, the game shall be suspended until the team whose follower it is removes that person(s) from the premises. Failure to do so within a reasonable amount of time shall result in forfeiture of the match by offending team.
- d) Profanity: Swearing is not tolerated. Each instance will result in a point for the offended team and a side-out.
- e) Verbally Abusing or Physically Contacting the League Supervisor or Director: One (1) year suspension from all Parks and Recreation activities, effective through the sport the player was disqualified from the previous year.
- f) Conduct Detrimental to the Game: This includes all acts that are disrespectful to the other team, game and/or the league. I.E. Purposefully doing bad in order to mock the other team or extend play, etc. There is a difference between easing up a little and just being rude by mocking the other team. Penalty: Offending team shall forfeit their current match and the following match on the schedule.
- g) Forfeits: If you know you won't have enough players, please inform the Park and Recreation office (651-450-2585) before 4:30 p.m. so we can inform opponents. After a team's first no-call forfeit or four (4) scheduled matches forfeited regardless of if they were announced, the team can be removed from the league, at the discretion of the League Director, without refund of registration or non-resident fees.

5) START OF PLAY, SERVICE AND ROTATION OF POSITIONS

- a) Signing in: Players must sign in at the League Supervisor's table. All players must sign in during playoffs. Players must have played in at least three (3) regular season matches to be eligible for playoffs.
- b) Side or Serve: Teams shall flip a coin or play scissors-rocks-paper with the winner determining choice of serve or side for the first game. The beginning serve and courts shall alternate with each new game. Alternation in positions of player may be made at this time. Teams will switch sides when a team scores their 8th point in the 3rd match.
- c) First Server & Subsequent Servers: The first server of the game is the player in the right back position. In subsequent side-outs the player in the right front position rotates clockwise to serving position.
- d) Release of Ball for Serve: After clearly being tossed or released, the ball shall be contacted with one hand or any part of one arm before it touches the playing surface. Up to two releases of the ball is allowed as long as the ball is not touched and allowed to drop to the floor.
- e) Serve Zone: Server can serve anywhere within the service zone (end-line) and shall not touch the court (end-lines included) until after contacting the ball.
- f) The service is considered good if the ball passes over the net between the antennas and/or sideline below the net or their assumed indefinite extensions. It is legal for a served ball to touch the net and for the receiving team to play the ball if it appears that it will remain inbounds.

6) PLAYING THE BALL

- a) Maximum of Three (3) Team Contacts: Each team is allowed a maximum of three (3) successive contacts of the ball in order to return the ball to the opponent's area. Exceptions: Blocks and simultaneous contacts (see below).
- b) Contact of Ball with the Body: The ball may be hit with any part of the body.
- c) Held Ball: The ball, upon contact, may not visibly come to rest even momentarily. It is an illegal hit if, during contact, the ball visibly becomes motionless or is in a state of inactivity.
- d) Illegal Sets: Players must set the ball "cleanly" meaning the ball may not contact a player's palms, rest even momentarily in a player's hands, come in contact or be released at different times with opposing hands, or roll off the fingers.
- e) Simultaneous Contacts: The ball may contact any number of parts of a person's body or between multiple teammates providing such contacts are simultaneous and that the ball rebounds immediately and cleanly after such contact. Simultaneous contacts are considered to be a single hit.
- f) Successive Contacts: Players may have successive contacts of the ball during blocking and during a single attempt to make the first team hit of a ball coming from the opponents, even if the ball is blocked, provided the ball is not held or thrown. All other successive contacts will be considered a double hit. Such contacts are a fault.
- g) Blocking:
 - i) It is illegal for a player to attack or block a served ball.
 - ii) Blocking a ball that is entirely on the opponents' side of the net is permitted when the opposing team has had an opportunity to complete its attack.
 - iii) After a block is made, either team has an additional three contacts to return the ball.
- h) Back Line Attack: A player in the back row can only attack a ball if they jump from behind the ten-foot line.
- i) Setting the Serve: Players will be allowed to set the serve provided it is not held or thrown and is released cleanly.
- j) Ball Interference: If a ball enters a court, teams may call out "ball" to warn players, but the only team who can stop play due to interference is the team whose side the ball entered.

- k) Play Area: The play area is all the space up to but not into the adjacent court line or its imagined extension and the gym walls. A player may not make a play on a ball if they are in contact with or made their last contact with the wall. A player may go up to the adjacent court sideline and its imagined extension, but if they enter the sideline, before or after touching the ball, it is a side out.
- l) A ball touching a boundary line is in or good.
- m) If a ball touches a player's clothing or hair but not body, it is still considered a touch.

7) PLAY AT THE NET

- a) Player contact with the net: It is a fault to touch any part of the net or the antennas, except for incidental contact by a player's hair or clothes and insignificant contact by a player not involved in the action of playing the ball. If the ball is driven into the net with such force that it causes the net to contact a player, it is not a fault.
- b) Crossing the Center Line: A player may cross the centerline with their foot or hand as long as part of the foot/feet or hand remain(s) on or above the line, provided they don't interfere with the opposing team. If a player crossing the center line comes in contact with any player on the opposing team, before or after the play is dead, it is a side-out awarded to the team who was interfered with. It is not a fault to cross the assumed extension of the center line outside the playing area. It is also not a fault to cross the centerline after the play is dead.
- c) Ball Penetrating or Crossing the Vertical Plane: A ball below or outside the court that has broken the plane of the net but has not completely passed beyond the vertical plane of the net can be returned to the attacking team's side by a player of the attacking team. A ball which has penetrated the vertical plane above the net may be played by either team.
- d) Ceilings: A ball contacting the ceiling or any object attached to the ceiling may be played if it comes down on the attacking team's side of the net, within the three (3) hit parameter. If it comes down on the opponent's side or touches a wall it is a side out.
- e) Jousts: A held ball (joust) at the net is a live ball and the team on whose side the ball falls shall have the right to play the ball three (3) times. If, after simultaneous contact by opponents, the ball falls out of bounds, the team on the opposite side shall be deemed as having provided the impetus necessary to cause the ball to be out of bounds.
- f) Special Co-Rec Rules:
 - i) When a ball is played more than once by a team, a female player shall make at least one (1) of the contacts. Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball, regardless of the number of hits by a team.
 - ii) When only one (1) male player is in the front line at service, one (1) male back line player may be forward of the attack line for the purpose of blocking. This player cannot attack the ball.

8) SILVER LEAGUE RULES (only applicable to the division with the lowest level of play in leagues with multiple divisions)

- a) No middle quick set/hit (ones or twos) or shoot sets, fake spikes, jump serves, jump sets or back-row attacks allowed.
- b) No current high school or former college player may play in the any league but the upper league.

9) SCORING

- a) Rally scoring shall be used. Points can be won by either the serving or the receiving team upon a side out or fault. If the serving team wins the rally, they get a point and continue serving. If the receiving team wins the rally, they get a point and serve.
- b) First Two Games of Match: Games are won when a team scores 25 points and has at least a two (2) point advantage over the opponents, with a cap at 27 points.
- c) Final Game of Match: Game is won when a team scores 15 points and has at least a two (2) point advantage over the opponents, with a cap at 17 points.
- d) A regular season match will consist of three (3) games, regardless if a team wins the first two (2); one (1) league point will be awarded for each game won to determine league standings. Managers report scores to the League Supervisor.
- e) The serving team must call out their score before each serve loud enough for opposing team to hear.

10) HONOR CALLS

- a) It is traditional in volleyball that players indicate their own faults (i.e. carrying the ball, double hit, touching the net, etc.). Also, because the league is not officiated, players should give honest assistance in making calls on balls near the boundaries and other plays difficult to detect. The teams playing should be the only people discussing a call, not spectators, other teams or League Supervisor. If a team calls themselves on a rule infraction, play should stop immediately. If a team makes a call on the opposing team, finish the point and discuss after. Team managers of the teams involved in a disputed call will resolve the problem at that point. If no decision can be agreed upon, the point shall be played over.

11) LEAGUE STANDINGS WILL BE DETERMINED BY GAME WIN-LOSS RECORD. TIES WILL BE DETERMINED AS FOLLOWS

- a. Head-to-head season match up - Team that beat the other will be seeded higher.
- b. Team that gave up least points in matches between tied teams.
- c. Team that gave up least points in all season matches.
- d. Flip of a coin.

12) LEAGUE DIVISIONS

- a) If possible, the league will be divided into two divisions at the discretion of the League Director.
- b) The winner of silver league play will likely be bumped up to gold the following season at the discretion of the League Director.
- c) The bottom team in gold league may be bumped down to silver the following season at the discretion of the League Director.

d) Other teams may be moved up or down at the discretion of the League Director.

13) Playoffs

- a) Matches are best of three – match can end after two (2) games.
- b) Players must have played in at least three (3) regular season matches to be eligible for playoffs.
- c) High seed automatically wins choice of side/serve for first game – side and serve alternates for the remaining games. Teams retain their seedings through the loser's bracket.

14) CHILDREN AT VOLLEYBALL: Children under the age of ten (10) are not allowed at an adult-volleyball league. Disruptive children can and will be asked to leave either location.

15) AWARDS: The top team in the playoffs in each division will receive either championship t-shirts for players eligible for playoffs or a \$50 gift certificate to a restaurant in Inver Grove Heights (team's choice).