



All games will be governed by league rules. This rule-guide is intended to inform captains and players of league-specific rules. Rules are subject to change. League Supervisor will rule on any instance that these rules do not cover.

League Online Portal: www.quickscores.com/invergroveheights

League Supervisor: Chelsea Swenhaugen, Recreation Coordinator

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Cancellation Information/ Weather Hotline: 651-450-2595

1) TEAM AND PLAYER ELIGIBILITY

- a) Rosters must be submitted on Quickscores.com before your *first* game, or the match will be forfeited.
 - i) All players and substitutes must be on the roster and waivers signed before their first game. Rosters must be complete with email address and phone number. Penalty for not having a player on the roster: Player is suspended for current season and matches played with illegal player will be forfeited.
 - ii) All players must have a signed waiver on quickscores.com prior to the first game night.
 - iii) 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 Supervisor's discretion.
- b) Players must be sixteen (16) years-of-age or older at 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 Supervisor's discretion-must notify Supervisor via 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 the 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 the playoffs.
- e) All teams may carry a maximum of 20 players (includes player/captain) on their team roster.
- f) A player may not be on more than one (1) roster in any league or division playing on the same day.
- g) An official team consists of six (6) players on the court. Teams must start and finish the game with at least four (4) players.
- h) Co-Rec: The maximum number of males is three (3), the minimum number of females is two (2).
 - i) Example: 6 players on the court: 3 female/ 3 male or 4 female/ 2 male. Teams may compete with 3, 4, or 5 players in the following female/male ratios: 2:1, 1:2, 2:2, 3:2, 2:3.
- i) Co-Rec: Serving order and positions on the court must alternate male and female. (exception, 2/1 and 3/2 player ratio)
- j) Every player participating in this league may compete as a member of the gender that they identify with, regardless of their gender at birth. The identity to which a player sincerely holds will be the gender recognized for the purpose of gender minimums and limits on the court.
- k) Caps or jewelry shall not be worn. Note: non-dangling pierced earrings are permissible.
- l) 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) The right front player is substituted by the incoming player entering in server's position.
- b) Late players may enter 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 gender's turn to serve, they can enter in the front-right position.
- c) Injured Players:
 - i) If a player goes out injured, teams are not penalized and may play 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 Captains' or staff decisions. Penalty: At League Supervisor's and/or League Supervisor'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 the 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: 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 to mock the other team or extend play, etc. 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 (651-450-2480) 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 Supervisor, 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 attendant's table for all regular season and playoff games. 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 antenna area 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 in-bounds.
 - i) *IGH Volleyball Leagues do not use an antenna.*

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 contact 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, 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 if 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 encounters 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.

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 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 of if a team wins the first two (2); one (1) league point will be awarded for each game won to determine league standings. Captains report scores to the League Supervisor via QuickScores.com.
- e) The serving team must call out their score before each serve loud enough for the 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 Captains 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 seasons match up - Team that beat the other will be seeded higher.
- b. The team that gave up least points in matches between tied teams.
- c. The team that gave up the least points in all seasons 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 Supervisor.
- b) The winner of silver league play will likely be bumped up to gold the following season at the discretion of the League Supervisor.
- c) The bottom team in gold league may be bumped down to silver the following season at the discretion of the League Supervisor.
- d) Other teams may be moved up or down at the discretion of the League Supervisor.

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 the 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

Do not bring children unless a *non-playing adult actively supervises* the child while you are playing

15) GUEST ETIQUETTE: Any guests in attendance must be respectful of all teams and players.

Disrespectful language or taunting of opposing players will not be allowed. All guests are visiting at their own risk, we do not have a designated seating area for guests and all three courts may be in use. Guests should wait until the ball is not in play to pass behind a court, to avoid being hit or disrupting the game.

16) AWARDS: The top team in the playoffs in each division will receive either championship t-shirts for players eligible for playoffs or a \$50 credit back to the card used at the time of registration.

**As of January 2024, the City is not permitted to provide restaurant gift cards or cash as prizes.*