

**SHAKOPEE CO-REC VOLLEYBALL
RULES AND REGULATIONS
Fall 2013**

Dates & Times

1. Games played Friday evenings at the Sun Path & Eagle Creek Elementary School.
2. **League runs September 27-December 20. No Play on non-school days - October 18 & November 29.**
3. Schedules will be handed out before your first match. You will be contacted with what time your first match will be. Number of games will be dependant on the number of teams in the league.
4. A single elimination playoff will be held following the regular season. All teams will play in the playoffs.

TEAM ROSTERS

Official team rosters must be completed and submitted by the team managers. It must be completely filled out and turned in to the Park and Recreation Office by 4:30 PM on the day of your second game.

This is an adult activity. Players must be 18 or over and post high school.

Rosters are limited to 12 players.

Players may play or be rostered on one team only.

Roster changes may be made through the fourth game of the season.

FEE PAYMENT

All league fees must be paid in full before 4:30 PM on October 4. IF roster and team fees are not paid by this date, teams will not play and forfeit all games until fees are paid in full. NO EXCEPTIONS. Make checks payable to City of Shakopee.

Team fee = \$95

CHILDREN

Co-Rec volleyball is an ADULT activity. **Please do not bring children**

There is not adequate space for children to be at the gym while you are playing.

Please make other arrangements than bringing them along.

MANAGERS' DUTIES

1. Make sure you have a full team and at least one reserve for every game.
2. The manager is responsible for the behavior of all players on their team while playing and for the entire time the team is in the facility. Abusive language, improper drinking, litter and other irresponsible acts will not be tolerated.
3. Any schedule information, changes or other league information will be sent to you. Make sure we have your current address for the current season and next year. It is your responsibility to pass the information to your players.
4. Know the rules. Tell your players the rules. This will help the game run smoothly and help your team concentrate on playing.
5. **Winning team calls in number of games won to 952-233-9509 or email sdvorak@ci.shakopee.mn.us by 8:00 AM the following Monday.**

SPORTSMANSHIP

The Shakopee Parks and Recreation Department is interested in ensuring that a high level of sportsmanship be maintained in the sports programs directed by the City. Remember that leagues are available to help you enjoy your leisure time. Your "fun" should not be at the expense of others. Check your language that will be offensive to others. Respect people and the facility.

TIE BREAKING PROCEDURES

The procedure for breaking ties in the standings will be:

1. Results of games between teams that are tied.
2. Flip of Coin.

PLAYING RULES

Co-Rec Volleyball is an un-officiated volleyball league. During play, teams shall make all judgment calls on their own side. It is imperative that 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.

1. Game is 25, three games is a match using rally scoring. If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores a point, even if that team did not serve that point. The results of winning the rally are: If the team wins the rally, they score a point and continue to serve. If the receiving team wins the rally, they will score a point plus gain the serve.
2. Each match has a 55 minute time limit. Please start your matches on time.
3. The ball may be contacted with any part of the body.
4. Serving:
 - a. The server must announce the score before serving, announcing their score first and then the other team's score.
 - b. Players may serve from anywhere along the back line. 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 side out.
 - d. Overhand serves are allowed in all leagues.
 - e. No jump serves are allowed in any league.
 - f. It is legal for the served ball to touch the net. The receiving team must play the ball in if the serve touches the net and appears that it will remain in bounds.
5. Each team is responsible for calling the lines, double hits and carries on their own sides.
6. **Blocking or spiking the serve is not permitted. Setting on Serve Receive is permitted.**
7. If the third game is not completed by the end of the 55 minutes, the score is where it stands unless you have not played fifteen points. Games may not end in a tie. When time is a factor, you do not have to win by two (2) points.
8. A team must win by two (2) points up until the 26th point. If tied, the first team winning by one at the 27th point will constitute the game winner.
9. **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, the underhand open palm hits should always be called by the manager as illegal.** Please teach your players to use the forearms.
10. **Hitting the Ball** – When receiving the serve, the ball can be "bumped" with the forearms or closed hand(s). Overhead bumps are legal if contact is made using forearms, closed hands(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 does not come to rest.
11. **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".
12. **10' 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.
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. **Blockers may break the plane of the net only on the 3rd hit**, but only on a ball directed over the net, or if the ball is near the net and no offensive play has a legitimate chance to play the ball.
14. The following are guidelines of "Playing the Ball" from the MRPA Guide & Rule Book.
 - a. **Maximum of Three Team Contacts** – Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area.
 - b. **Contacted Ball** – A player who contacts the ball, or is contacted by the ball, shall be considered as having played the ball.
 - c. **Simultaneous Contacts with the Body** – The ball can contact any number of parts of the body down to and including the knee providing such contacts are simultaneous and that the ball rebounds immediately and cleanly after such contact.
 - d. **Successive Contacts** – Players may have successive contacts of the ball during blocking and during a single attempt to make the first teams hit of a ball coming from

the opponents, even if the ball is blocked, provided there is not finger action used during the effort and the ball is not held or thrown. Any other player contacting the ball more than once, with whatever part of the body, without any other player having touched it between these contacts, will be considered as having committed a double hit. Such contacts are a fault.

- e. **Held Ball** – When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing or carrying the ball shall be considered to be a form of holding. A ball clearly hit with one or both hands from a position below the ball is considered a good play.
 - f. **Simultaneous Contacts by Opponents** – If two opposing players held the ball simultaneously, it is a double fault and the first direct a play-over.
 - i. If the ball is contacted simultaneously by opponents and is not held, play shall continue.
 - ii. After simultaneous contact by opponents, the team on whose side the ball falls shall have the right to play the ball three times.
 - iii. 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.
 - g. **Ball Played by Teammates** – When two players of the same team contact the ball simultaneously, this is considered as two team contacts and neither of the players may make the next play on the ball.
15. No protests will be allowed.
16. Winning team calls in number of games won to 952-233-9509 or email sdvorak@ci.shakopee.mn.us by 8:00 AM the following Monday.

ADDITIONAL CO-REC RULES

1. The net height for Co-Rec is the men's height of 7' 11-1/4".
2. Generally, play is 6 vs. 6; 3 men and 3 women. See #5.
3. You may play a game with 4. When playing with 4 players, you may play with 2 men and 2 women, or 1 man and 3 women, or 3 men and 1 women. See #5.
4. When playing with 5, the odd number may be either male or female. There cannot be 4 men & 1 female. See #5.
5. When more than one volley is used, one contact must be by a female.

BOUNDARY LINES

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

NET PLAY AND CENTER LINE

1. 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 being illegal. It is a fault if a blocker touches the net while jumping to block a player who is faking an attack.
2. Hair touching the net is not a fault. However, the ball touching hair as it goes out of bounds is a touch.
3. 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.

CEILING & BASKETBALL HOOP RULE

1. 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 as long as that wasn't your third contact with 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.
2. Side Basketball backboard is part of ceiling play as #1.
3. **Backboards at end of court are the same as a wall.**
4. Ball hitting the ropes is a replay.

BEHAVIOR

1. Unsportsmanlike behavior will not be tolerated. Each team member is responsible for his or her conduct. Respect yourself and other.
2. Casual profanity is prohibited.

LATE ARRIVAL AND FORFEITS

1. You may play with four (4) players.
2. A five minute warm-up/forfeit time is allowed before the match begins.
3. If a team is short players at the scheduled game time a five (5) minute grace period is allowed, if still short the first game is forfeited; if still short after ten (10) the match is forfeited.

EQUIPMENT AND APPAREL

1. The first teams scheduled are required to set up the equipment. The last teams playing need to put the equipment away. Equipment must be put back in proper storage room neatly.
2. Additional volleyballs are kept in the storage room. Balls must be put back at the end of the night.
3. Black soled running shoes that mark the floor may not be worn.
4. If snow or rainy conditions exist, please wear street shoes to the facility. Once inside, please change into your playing shoes before entering the gymnasium. Please do not wear your volleyball shoes outside.

BLOOD RULE

1. A player who is bleeding or has an open wound shall be prohibited from participation until the bleeding is stopped and the wound is covered. If treatment can be administered in a reasonable amount of time, the individual will not have to leave the game. If excessive time if excessive time is involved, the re-entry rule would apply. All teams are encouraged to have a First Aid Kit with them during each game.

FACILITY RULES

1. Beer, alcohol, wines or other controlled substances are not allowed on school grounds or on Shakopee Community Center grounds.
2. Smoking is not allowed on school grounds or on Shakopee Community Center grounds.
3. No coolers, outside food/beverage or glass shall be allowed in the gyms. Water bottles with closable tops are allowed.

INCLEMENT WEATHER

1. Please call the Program Information Line at 952-233-9502 after 4:30 PM to verify whether games are on as scheduled. Do not call the Parks and Recreation Office.
2. If school closes due to bad weather the gym is not available and volleyball is cancelled.

INSURANCE

1. Be aware that there are inherent risks to playing the game of volleyball. Injuries may occur due to collisions, with other players, running into a wall, etc. The City of Shakopee does not provide insurance for the participants in our leagues. Each player as a result of participation in the leagues 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.

The Shakopee Parks and Recreation Department has the right to change or add rules for the betterment of all.