



## Co-Rec Volleyball League Rules

### I. LEAGUE INFORMATION

- a. Game times will be 7:00 p.m., 8:00 p.m., 9:00 p.m.; please arrive 20 minutes early for your games. The YMCA closes at 10 p.m. no participant will be allowed into the YMCA building after 10 p.m.
- b. All games will be played at the Elk River YMCA.

### II. ELIGIBILITY

- a. Players may only play on one team with each league.
- b. Players must be on the official roster for the team they are playing for.
- c. All players must be 18 years of age or older.

### III. ROSTERS

- a. The roster limit is a maximum of 12 and a minimum of 6 players with 3 men and 3 women on the court.
- b. Rosters are due on the second game night.
- c. Rosters may be changed until the third game of the season.
- d. Players need to have identification available before and during a game in case a roster check is requested from the opposing team. If a player is found ineligible their team will forfeit the game and that player may be suspended for up to a year.
- e. In order to play in the end of season playoffs, everyone who is on your roster must of played during the regular season. Teams may NOT bring in any new players that have not previously played during the regular "non playoffs" weeks.

### IV. FEES

- a. The fee for the Fall 2013 Season is \$135.00 per team. That fee includes sales tax. Registration after October 1, 2013 is \$165.00 per team.

### V. GAME CANCELLATIONS

- a. Emails will be sent out to team managers in the case of cancellations. All other information can be on [elkrivernm.gov/parksandrec](http://elkrivernm.gov/parksandrec)

### VI. FORFIETS

- a. If your team cannot show and needs to forfeit, please contact the opposing team manager(s) and the Parks and Recreation main office at (763)635-1150.
- b. Teams must be ready by game time; if a team cannot field a team five minutes after game time that team will forfeit the game.
- c. If a team forfeits three times during a season that team maybe ejected from the league without a refund.

### VII. SET-UP

- a. It is the responsibility of the first and last teams on each court to assist the building

- engineer in set-up and takedown of the net standards.
- b. For everyone's safety, no balls are allowed on the court until set-up is complete.

## VIII. RULES

### a. Facility Rules

1. No food or beverage in the gym, except covered water bottles.
2. Go directly to the gym for the game, do not wander the hallways.
3. **DO NOT WALK ON BASKETBALL COURTS IN STREET SHOES.**  
Always bring a pair of non-marking soled tennis shoes to play in.
4. No smoking or drinking alcoholic beverages on YMCA property.
5. All players must leave the facility at the conclusion of the evening.
6. No children are allowed in the YMCA gym during the volleyball matches.  
YMCA members are allowed to bring children to the YMCA Daycare as this is a YMCA/Elk River Parks and Recreation

### b. Game Rules

1. There are no awards or rebates; play is for your own enjoyment.
2. You must have 4 players to begin and end a game, 6 maximum on the court.
3. You must have an equal amount or more women than men on the court at any time.
4. Once a player touches a ball, whether intentional or not, he/she will be considered as having played the ball.
5. The ball may be hit by any part of the body above and including the waist.
6. The ball must be clearly hit; it cannot be scooped or held.
7. If a ball is hit more than once, one of those hits has to be hit by a female.
8. It is permissible to run out of bounds to play a ball.
9. If a ball that crosses the net in-between the supports and enters and another court during a game or warm-up the point will be replayed. (Do not run into another court during a game.)
10. A player may cross the center line with his/her foot providing part of their foot remains on their side of the court and also providing the player's foot does not interfere with the play of an opponent.
11. If a ball that was last touched by the opposing team is going out of bounds, the team receiving the ball must let it touch the floor or wall to be considered out of bounds. If the receiving team touches the ball before it goes out of bounds it is considered a touch by the receiving team.
12. If the ball hits the net support, the ball is out of bounds.
13. If during the 3 hits the attacking team hit the ball into the ceiling or ceiling fixture the ball is considered in play if it comes down into the attacking team's side. However, if after contacting the ceiling or ceiling fixture the ball enters the opposing team's side it is considered side out or point.
14. If any part of the ball touches a boundary line it is considered good.
15. A ball is kept in play if it hits the net and goes over into the opponent's courts.
16. A ball hit into the net by a team may still be kept in play provided any player does not touch the net.
17. A player may play the ball twice (but cannot be in succession) during a volley.
18. A two handed hit must have both hands touching.

19. The ball must be returned over the net by the third contact.
    - a. If the ball is blocked the team that was attempting to place the ball over the net will have an additional three contacts in order to place the ball over the net.
  20. An attempt to block a ball may only happen when the attacking team is attempting to put the ball over the net with anything other than a serve.
  21. A game is complete when a team scores a total of 15 points. If after 15 points a team is not ahead by two points, play will continue until a team is ahead by 2 or a team has reached 17 points.
  22. Extra players/ bystanders may serve as line and net judges.
  23. A replay shall be declared when a foreign object enters the proximity of the court.
  24. No players are allowed at any time to hang on the net.
  25. Attacks from the back row will be limited, as your feet may not leave the gym floor.
- c. Serving
1. Serves may be overhand or underhand. **NO JUMP SERVES!**
  2. Home team will serve the first game; the loser of the game will serve the second game.
  3. The server shall stand with both feet back of the rear boundary line and in the serving area.
  4. A bump or a set, no blocking or attacking the serve must receive all serves.
  5. Once a ball is contacted when hit for serve, players may move from their initial position.
  6. Net serves are now considered in play.
- d. Scoring
1. There will be a sheet in the gym office where the teams will be responsible for reporting the scores for their match. If scores are not turned in, each team will be recorded with a loss.
  2. Only the serving team can score unless rally scoring.
  3. Rally scoring (teams scores regardless of who serves) shall take place if 15 minutes or less are left when the last game begins.
- e. Conduct of players and Managers
1. To keep costs down this league utilizes honor calls. What this means is that there are no officials and each team and player is responsible for making their own calls. Team managers are responsible to resolve any disputes in a sportsmanlike manner.

## IX. LOST VALUABLES

- a. The City of Elk River/YMCA is not responsible for lost or stolen valuables. Please do not bring valuables to league games.

## X. INSURANCE

- a. 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 or bench, etc. Be

aware that The City of Elk River does not provide insurance for the participants of our leagues. Each player as a result of participation in our league assumes all liability and risk of injury. It is strongly suggested that each player obtain medical and liability insurance prior to participating in our league.