



Adult Volleyball League Rules

**USA V rules shall be used as the general rules for play.
Any exceptions are listed below:**

Teams must furnish their own game ball. Team managers will agree upon which ball to use before the start of a match.

Matches:

All teams receive a 5 minute warm-up with 60 minutes of playing time. If a third game or match ends early, teams are entitled to use the court for the duration of their scheduled playing time.

A match shall consist of THREE games to 25 points, winning by 2 points, cap off at 27 using RALLY SCORING. If the third game is not finished by the time limit, the team ahead will be declared the winner.

The official will report the match results to the Municipal Athletics Office. All three games count.

Players:

A team must have 4 players to begin a match. If a team does not have 4 players, 10 minutes after the schedule playing time they will forfeit the match.

Players MAY play on more than one team during league play. However, during playoffs players are restricted to only ONE team per division.

Co-Rec Players: You cannot play with more men than women during league play. Failure to comply will result in forfeit. The only legal combinations are 3 men/3 women; 2 men/2 women; 2 men/3 women; 2 men/4 women; and 1 men/3 women.

Playoffs:

A player must have played at least four (4) league games during the season to play in the playoffs.

Serve/Serving:

The server is only allowed one re-toss. If the server tosses the ball as to initiate a serve and lets it drop to the ground, a re-serve will be called. If they catch the toss, it is a loss of rally and a point/side out for the opposing team. Only one re-serve per rotation.

Line faults will be called when serving.

A coin flip will determine serve and side. If there is a 3rd set/game, another coin flip will happen.

The service order and positions on the court must be alternated male and female.

The let serve will be in effect. If the ball hits the net and goes over, it is a legal serve and the team receiving must play the ball.

Contacting (Hitting) the ball:

When receiving the serve, the ball can be bumped with the forearms, or it can be set, any style of hitting is allowable (except underhand open palms) as long as the ball does not come to rest/carried. The serve CANNOT be blocked or attacked. The ball may be played off any part of the body (e.g. head, knee, foot, etc.)

Illegal Hits: Carrying the ball is when the ball comes to rest on any part of the body. Carries usually occur when a player contacts the ball using an open palm.

10 Foot Attack Line – A back row player can not contact the ball above the net past the 10 foot attack line. Doing so will result in a side out/point for opposing team.

Co-Rec: When the ball is played more than once by a team, one of the contacts must be by a female player. Blocking does not constitute a hit.

Blocking:

Only players who are in the front row at the time of the serve may block. Players in the back row at the time of the serve are not allowed to block. When blocking a ball that is hit above the net, the block does not constitute as a contact. A team still has 3 contacts after the block.

Net Violations and Line Violations:

Players can not touch the net. If a player touches the net, the play is dead and the opposing team will receive the side out/point.

Players may touch or step on the line. Players can not cross the center line or interfere with opposing teams plays under the net, a point will be awarded to opposing team.

Switching Positions/Rotating in Players:

Players may switch positions only after the ball is served. After a dead ball, players must return to their original positions, until the ball is served.

Teams will be allowed to rotate players into the court. It must be done consistently. Players will rotate in the server's position only.

Co-Rec League: Players must be of the same sex or meet the legal requirement of players on the court to rotate in.

Co-Rec C/D: If teams have more than 3 males, in attendance, they must rotate in, at the same spot thru out the match. Same rule if more than 3 women.

Co-Rec B: Rotation can be either continuous substitution or high school substitution. It must be declared at coin flip and remain the same for the whole match.

Ceiling/Basketball Backboard:

If a ball is hit into the ceiling by your team mates your team is allowed to continue to play 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 dead ball/point and side out. Same rules apply to basketball backboards.

Net Height:

Men's and Co-Rec leagues net height will be at 7' 11 5/8". Women's leagues net height will be set at 7' 4 1/8".

Referee:

All games will be refereed by certified referee from St. Paul Parks and Recreation Municipal Athletics office.

Only team managers may speak to the referees if there is a call in question.

Conduct Policy and Procedures

Policy and Procedure:

The actions listed below are not acceptable in the St. Paul Recreation program and will not be tolerated. Teams, managers, coaches and/or players committing such actions are subject to the penalty that follows each item.

1. *The consumption of alcoholic beverages is prohibited during all youth activities/events.*

During adult activities, alcohol is prohibited in the field of play and in the bench areas. The Division of Parks and Recreation reserves the right to prohibit alcohol of any kind during youth and adult activities. In addition, during any adult activity taking place at a St. Paul Recreation Center or St. Paul School facility, the consumption of alcoholic beverages is strictly prohibited. Individual(s) may be ejected from the site, and/or from the game, and the respective team may be forced to forfeit when applicable.

2. *Verbal abuse to opponents or officials*

Individual ejected from game. If ejected during tournament play, the ejection carries for the remainder of the tournament.

3. *Unnecessary rough play*

Individual ejected from game. If ejected during tournament play, the ejection carries for the remainder of the tournament.

4. *Flagrant physical contact*

Individual ejected from game. If ejected during tournament play, the ejection carries for the remainder of the tournament.

5. *Fighting*

Individual or team suspended from all Municipal Athletic programs indefinitely. Individual(s) involved may be requested to attend a hearing regarding reinstatement into the Municipal Athletics program.

6. *Physical abuse of game officials*

Individual or team suspended from all Municipal Athletic programs indefinitely. Individual(s) involved may be requested to attend a hearing regarding reinstatement into the Municipal Athletics program.

7. *Use of ineligible players*

Individual and team subject to forfeiture of all games individual(s) played in. In tournament or playoffs, the team will be removed from competition, and could be subject to a one year suspension from all Municipal Athletics' programs.

8. *Any Unsportsmanlike act not covered in 1-7 above*

Penalty imposed by the official according to the severity of the act. If ejected, the violation or ejection penalty will apply (see below).

****Any fees paid are deemed non-refundable as a result of conduct violation.***

Violation or Ejection Policy:

Violation of this policy and/or an ejection from any game is an automatic (minimum) one week suspension from *all* Municipal Athletic programs. It includes any additional league games scheduled to take place that night and the following week. It also includes all games in any other leagues for the period of one week. Any person receiving two ejections within the same season will automatically be suspended for the rest of the season and may be requested to attend a hearing regarding reinstatement into the Municipal Athletics program. If a player or coach participates during his/her suspension, they will be suspended for the remainder of the season, and the team will forfeit the game.

**For any action, Municipal Athletics reserves the right to impose such penalties as warranted to fit the circumstances.*

***Managers and Coaches are responsible for the conduct of their players and fans. They are also responsible for the awareness of these policies and procedures by their players and fans.*

Any other questions you may have please contact Jody Griffin (jody.griffin@ci.stpaul.mn.us).

Have FUN and Good Luck!!!



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