

## 2009/10 Hopkins-Minnetonka Recreation Services Adult Volleyball Rules and Guidelines

### A. Rules

Official rules will be from the newest USAV official rulebook and the newest Minnesota Recreation and Park Association State Tournament Rules and Guidebook pertaining to all phases of the game, with the exceptions noted within. Official rulebooks will be distributed to the teams participating in the winter session.

### B. Eligibility

1. Players may participate where they live or where they work, but are limited to participating on only one team in their respective league (men's, women's or co-rec). A person may participate in both the Thursday and Friday co-rec volleyball leagues providing that they are on both rosters. If a team uses a player that is rostered on another team, the match will be considered a scrimmage.
2. For a team to be 100% eligible, all team members must either reside or work full-time in the City of Hopkins or the City of Minnetonka. In the case of the two co-rec divisions, only one spouse needs to work within the sponsoring area for both to be 100% eligible. The "outside" spouse should indicate the eligible spouse's address on the roster.
3. For the 2009/10 seasons, all teams will be allowed to use "outside" players on their team and be considered eligible for league and post season play. An "outside" player is one who does not live or work full-time in our eligibility area as defined in our "Eligibility Rules for Adult Sports" form. Outside teams will be allowed to register only after the 100% eligible teams have an opportunity to register.
4. Teams not designating themselves for use of "outside" players that *do* use an "outside" player will cause their team to forfeit all of the games they have played, and will forfeit the \$150 eligibility fee. These teams will be allowed to continue as an "outside" team (additional \$45) or as an eligible team (additional \$150 eligibility fee) less the "outside" player(s), at their choice. However, no roster additions will be allowed.
5. Outside players who are currently suspended from participating in sports in other communities are ineligible to compete in the Hopkins-Minnetonka volleyball league. Teams that use a suspended player may be expelled from the program with no refund of their entry fee.
6. The participation of an ineligible player in any league or playoff game will be just reason for forfeiting that game to the opposing team.
7. Players must be at least 16 years old and must not be participating on their high school team at the same time.

### C. Rosters

1. Complete names and addresses are needed for the "State Commissioners Office", "City Participation Study", and "Waiver of Liability" purposes. They are also needed for eligibility checks throughout the season of individual players playing on several teams, individual tourney affidavits, etc. Registration is not complete without the official team roster. Additional names on a roster must be added and turned in to the Recreation Department by 4:30 p.m. on the first game day. Although these are recreational leagues, failure to accomplish this requirement cannot be overlooked, and therefore, penalties even to a double forfeit, will be levied.
2. **A legible and complete team roster (using the official form) is due in Recreation Services office before your first league game.** Teams may use their fall season roster for the winter league but should indicate so when registering. Your registration is not complete until this is done.
3. Team rosters will consist of a maximum of 20 players, except in the case of teams participating in the State Tournament. State Tournament rosters are limited to 12 players.

### D. General Rules

1. Setting a serve may be legal but it is recommended that serves be "bumped" into play by the opposition especially if you are an inexperienced player.
2. Players serving before being signaled by the official will be warned on the first offense and will not cause a side-out. Subsequent offenses within the same service rotation will cause a side-out. Servers are allowed only one toss of the ball.
3. All games will be played using the rally scoring system with games played to 25 (win by two) with a cap of 29 (win by one). A match will consist of three games with a 55-minute time limit. Teams will be allowed a 5-minute "grace" period at the start of the match if they are short of players. Forfeit time for the remaining games is 10 minutes for the second game and 15 minutes from the third game with time taken from the scheduled game time. The third game will count only if a team has at least 13 points and is leading by at least 2 points when time expires. **When time expires and one team has at least 13 points but no clear cut winner, teams will play to a "win by two" or play to a cap of two points higher than what was the point total of the higher team. In this case a team does not need to win by two.** (Example; if the third game is 13 to 12 when time expires, the game will be played either to a two-point win (14 to 12) or a cap of 15 (15 to 14). If time allows, teams can play a fourth game but this game will not count in the team standings.
4. A team may start and continue with as few as four players. When teams play with 4 players, the server is considered a back row player.
5. In the co-rec leagues, teams will be allowed to play with 3 men/2 women, lined up alternately on the court with only 2 men allowed to attack or block in any rotation. In co-rec, a team may use more women than men only when they do not have available men. Men's league teams will be permitted to use one female on the court.
5. A ball may be played with any part of the body.
6. A coin toss before each match will determine side and service. Once determined, side and service will be alternated from game to game.

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7. Unless there is an injury, or in the case of the advanced division in our men's and women's leagues, players may substitute in the center-back position or in the server position (server must remain in the game for a minimum of six rotations). In the advanced divisions of play, teams may use the 12-player substitution rule.
8. Overhand serves are legal. In the co-rec Intermediate B and lower divisions they must be alternated, if used, with underhand serves. All other divisions in co-rec and all other leagues (men's and women's) may use consecutive overhand serves.
9. In co-rec, one backcourt male player may also block when there is only one male player on the front line.
10. Players may not wear jewelry with the exception of medical medallions, flat wedding bands, or earring studs, during the game. This includes hanging earrings, bracelets and necklaces. Hat/caps are not allowed unless prior written approval is granted from the Recreation Services Department.
11. Net height will be as close to regulation as possible.
12. A team causing the ball to hit an obstruction or the ceiling (non official height) and rebounding to their side of the net may continue to play the ball (limit of three hits). If the ball rebounds off the opposing side the ball is dead and a side-out is awarded.
13. Teams will be allowed to request one-30 second time-out per game.
14. Let serves are legal and must be played by the opposing team.
15. For the Men's and Women's divisions only, the use of a Libero Player is permitted. The Libero is a defensive specialist who is restricted to performing as a back-row player and cannot complete an attack hit when the ball is above the net. The Libero may not block or attempt to block and will not be permitted to serve (serving will be allowed in the MRPA State AA, A, and B tournaments).

### E. Conduct of Players and Teams

1. Sportsmanship: It is expected that all team members will use sportsmanlike behavior at all times. Team members shall not stamp their feet, shout or make derogatory remarks at any time during the match. Use common sense and avoid arguments. Disputed points can be easily played over.
2. The conduct of teams playing in the recreation leagues must be above reproach. Managers must set an example to their players in sportsmanship. The Hopkins-Minnetonka Player Code of Conduct is as follows:  
*"At no time shall any person lay a hand on, shove, strike, use abusive language, or threaten an official of the Hopkins-Minnetonka Recreation Department on park or school property."* Such incidents will require persons to be suspended until the Protest Committee considers the case. Maximum penalty shall be suspension for one season from local league play, to suspension for life. The person in question may appeal this case.
3. The umpire's authority at a game shall not be questioned. They have been instructed to enforce the rules set up by the league. The umpire has the authority to remove a player, a coach, or a manager from the game for violation of the rules. Players removed from the game for unsportsmanlike conduct will not be allowed to compete in the following game. A second ejection from a game will result in a suspension for the remainder of the season. The game official need not issue a yellow card warning before ejecting a player.
4. The Hopkins and Minnetonka School Districts have adopted a tobacco-free/alcohol free policy.
5. **Children:** Adult volleyball is unique in that the playing surface in most cases extends to the entire court surface. Spectators attending a contest have no place to stand except within the possible playing area. This combination presents a potential hazard that is often unexpected, to both the spectator and the player. While it is reasonable to think that spectators may wish to attend a volleyball match, certain guidelines must be in place to protect them and the participant. These guidelines are:

**Spectators under the age of 13, who attend a volleyball match, must be supervised by an adult (one to one ratio) at all times. This supervisor cannot be a player. Spectators age 13 and over will not need to be supervised. All spectators must realize that there are certain hazards associated with this activity and that they must be alert to their surroundings at all times.**