

## Volleyball League Rules 2010-2011

### ***HOUSE RULES for Over 40 Men's League***

All play is governed by the current USAVB rulebook with the following clarifications and modifications.

#### Pre-match:

1. Teams are allowed a 5 minute warm-up time if time permits. Referees have the authority to regulate warm-up time.
2. In the case of a "no-show" referee, teams are asked to try to find someone agreeable to both sides to ref the match. If the match is played in this way, the results stand. If a person cannot be found, the match will be rescheduled and teams may use the time for practice. Captains should inform the Recreation Department as soon as possible in regards to a "no-show" referee situation.
3. The league will not provide line judges. However, it is recommended that teams provide their own line judges to assist referees with line calls. There is no penalty for teams not able to provide line judges, however, teams are reminded that without line judges, refs will do their best to make these calls.
4. Referees will hold a captains meeting prior to the start of each match to cover ground rules, etc. Ground rules have been established for all facilities used in league play. Remember, some equipment items may change in a gym. Referees have the authority to make ground rules to cover changing circumstances.
5. Coin toss determines choice if serve or court. Serve alternates for each game after that. Team listed 1st on the schedule will be considered the host team and should be able to provide a good condition volleyball as a back-up.
6. Players are asked to assist Building Supervisors with set-up/take down nets. Please help us to keep matches on time.

#### The Match:

1. All matches consist of 4 games. All 4 games will count for league standings.
  - A. *Games are 25 points, rally scoring. Teams must win each game by 2 points. Games cap at 32.*
  - B. **Time Limit: is 65 minutes.**
  - C. *Time Outs:* Each team is allowed two 30 second time-outs per game. Request for time-out is made when the ball is dead. *Referee will not stop the game clock during time-outs.* An official's time-out will be used for an injured player. The clock will stop during an official's injury time-out.
2. Teams may play a match with 5 players - any number less than that is a forfeit.  
**Forfeit Times:** 5 minutes after the scheduled start: Game 1 is forfeited.  
10 minutes after the scheduled start: Game 2 is forfeited.  
15 minutes after the scheduled start: Match is forfeited.  
*If there is a match forfeit, the referee is not obligated to call games if the team(s) wishes to scrimmage for the remaining time.*
  - A. Ready to play is defined as "on the court and in position to begin play."
  - B. A team will be allowed to take their time-out(s) to get their team ready and in position.
  - C. If a team knows they are going to forfeit before the match (example, that afternoon), please call **Recreation Services-763-531-1278 or League Director-763-531-1271** so we can notify the referee and the other team.
  - D. The referee's clock is considered official. All start and end times are determined by the referee. It is the referee's discretion whether warm-up time will be allowed. Generally, a

3 minute warm-up period will be allowed, however referees have the authority to waive warm-up time if matches are behind.

- E. A team playing with 5 players must declare if they are playing 3 up or 3 back. When the 6th player arrives, he/she will be permitted to enter the game on any dead ball and he/she must go into the designated open slot.
- F. *Players may play on more than one team on any given night, **provided that** they are only playing to ensure that the match is played. Teams **may not** pick up players to gain an advantage over their opponent. Abuse of this rule will result in removal of the team from the league.*

### The Play:

- 1. The Service:
  - A. Overhand or underhand serves allowed in all divisions.
    - 1. With an underhand serve, the ball must be released before contact.
    - 2. When serving, servers have eight (8) seconds after the referee indicates to serve the ball. Refs will give the following penalties:
      - a. 1st infraction (warning) - replay
      - b. Additional infractions - delay of game penalty (*side out and point*).
  - B. The ball may be served anywhere behind the back court line.
  - C. The Let Serve IS *being* used in League play. A let serve is any serve that hits the *net and continues into the opponent's side of the court within the court boundaries*.
  - D. It is not illegal to set a serve. However, it is recommended that a serve is received with a "bump".
  - E. Blocking a served ball is prohibited. Blocking is defined as a player within an arm's length of the net with arms extended straight overhead. The arms do not move when the ball is contacted, the force of the ball propels it forward.
  - F. Spiking a served ball is prohibited. Spiking is defined as playing the ball above the horizontal and vertical plane of the net within the spiking zone (in front of the 10' line).
  - G. Once the ball has been touched by the non-serving team it is no longer a served ball.
  - H. A team must rotate before their first serve, after a side-out.
- 2. Rotation or substitution may be used for teams with more than 6 players. The method must be chosen at the beginning of the match and used for the entire match.
  - A. Teams are allowed unlimited substitutions regardless of using rotation or substitution methods.
  - B. In MRPA state tourneys only substitution is allowed. Teams that may participate in the state tourney may want to consider this for league play.
- 3. **Libero player:** The player designated as the Libero player *must wear a solid red colored shirt*. If the team's uniforms are red, then the Libero player *must wear a solid black colored shirt* and follow the USA Volleyball Libero player rules.
- 4. Blocking:
  - A. The hands of the blocker(s) may reach over the net. However, the blocker(s) must not contact the ball on the opponent's side of the court until after the completion of the opponent's action which directs the ball toward the net. If no offensive player is near enough to play it, the blocker(s) may reach over the net and block it after the first or second touch. However, if one of the offensive players is near and about ready to make a play, it is not legal for the blocker to make contact until the offensive player has had an opportunity to play the ball.
  - B. In order for a player(s) to be considered to be in the act of blocking, some part of the body must be above the height of the net during the effort. Blocking action is terminated when a blocker contacts the floor and has no part of the body above the net.

- C. When simultaneous contact occurs between the spiker and the blocker on the spiker's side of the net, the blocker's action is not legal. It is legal to block a ball above the opponent's court once the opposition has played the ball 3 times.
  - D. When an offensive attacker is blocked and the ball is deflected back from the defense into the offensive attacker, this contact of the ball will be designated as the first of 3 hits on the player's team. This is not considered a block attempt.
5. Successive Contacts: Players may have successive contacts of the ball during blocking and during a single attempt to make the first "team hit" of a served or spiked ball coming from the opponents.
  6. The ball may be played with any part of the body.
  7. Touching the opponent's playing area with a foot is not considered a foul provided that some part of the encroaching foot remains on or above the center line at the time of such contact.
  8. Insignificant contact with the net by a player not involved in the play is allowed.

### Team information:

1. **Minimum age for players: Men's – 40 (minimum age in 2010-11)**
2. Teams should wear shirts of similar color. Teams wishing to participate in the state tourney should be aware that they must wear jerseys which are similar in colored and differently numbered in a visible location.
3. Sportsmanlike conduct is expected from all captains, players and spectators. Only captains are allowed to talk to referees in disagreements.
  - A. Decisions based on referee's judgment are final and not subject to protest.
  - B. Disagreements on rule interpretation should be brought to the referees attention prior to the first service following the play in which the disagreement occurred. The captain of the protesting team is the only one who can bring the protest to the attention of the referee.
    1. The captain shall inform the referee that the remainder of the game is being played under protest. The referee and the captain will write down all pertinent information regarding the protest: including date, time, rule, player positions, service, score, etc. This information must be forwarded to the League Director by the protesting captain within 24 hours of the game.
    2. The League Director will investigate the protest and rule on the validity of the protest within 5 days.
    3. If a protest is valid, the game is replayed from that point. Any games won prior to the protest stand as played. The game resumes from the point of protest.
  - C. Referees will use the card system in warning players of their unsportsmanlike behavior.
 

**Warnings:** "Yellow Card" --- 1<sup>st</sup> warning (no penalty).  
                   "2<sup>nd</sup> Yellow Card" --- Ejection and penalty (point or side out).  
                   "Red Card" --- Immediate Ejection and penalty (point or side out).

Referees will note whether the infraction is per a specified player or per team basis. A team penalty is given to the floor captain.
  - D. The League Director has the authority to suspend player(s) for future matches for misconduct reported by referees.

### Miscellaneous Rules:

1. Illegal Equipment: This will be enforced by referees.
  - A. Equipment will be determined legal/illegal by the referee.
  - B. Hats may not be worn except for a medical condition.

- C. Chains, bracelets, watches or any other jewelry with sharp or protruding edges or points are illegal. Post or stud earrings, rings, or bobby pins are not considered illegal equipment if they have no sharp edges protruding.
  - D. Knee, elbow, hand, wrist or arm guards or braces made of plaster, metal or any other hard substances even if it is covered or padded are illegal. A hinged knee brace, if properly covered, padded, and with no metal protruding, is considered legal.
  - E. Illegal equipment penalty is 1 time-out.
2. Children are not allowed unless supervised at all times by a non-participating adult in the match. Refs will give teams 1 warning on this matter, then the parent will be asked to leave the match.
  3. HIV Statement: Aggressive treatment of open wounds or skin lesions should be followed. In particular, whenever an athletics participant suffers a laceration or wound where oozing or bleeding occurs, the match must be stopped at the earliest time possible and the athlete must leave the field of play and may not re-enter until:
    - A. The bleeding has stopped.
    - B. The injury is covered.
    - C. Play may not continue unless the court is cleaned of any body fluids.
  4. It is recommended that all teams have a first aid kit at their disposal. All playing sites have first aid kits on site, but it may not be in the gym.
  5. District 281 and Community Center facilities are tobacco free. No food or drink allowed in the gyms. Teams are asked to look for trash and help keep gym areas clean.
  6. In case of inclement weather the following procedure will be followed:
    - A. If weather forces school closings during the day, listen to WCCO radio for District 281 closings, if they close, all evening activities are cancelled.
    - B. In the event of late weather changes, a decision will be made by 4 pm to cancel matches for that evening or *delay the start of the matches. Please call the **Program Information Line at 763-531-1276.***
    - C. It is the manager's responsibility to call the Information Line for cancellation information.
  7. Referees have the authority to make decisions on anything not covered in these rules.

Ground Rules:

1. The ball may be played from the ceiling, light fixtures, and baskets provided that the ball does break the plane of the net after striking the object.
2. In the official's judgment, if the ball strikes the vertical overhang and the player could have played the ball, then the ball is dead immediately and the official shall declare a replay.
3. In the official's judgment, if the ball strikes the vertical overhang and an unfair advantage occurs, then the ball is dead immediately and will be ruled out of play.