

CRYSTAL VOLLEYBALL LEAGUES HOUSE RULES

Co-Rec modifications at the end.

*All play is governed by the 2011-12 USAV/MRPA rulebook with the following clarifications and modifications. Rulebooks will be available in December. **Teams are reminded that USAV rules do not necessarily carryover to MRPA and/or House League rules. This year there are new USAV rules that will not be incorporated into the House League rules.

1. All matches consist of 4 games. All 4 games count for league standings.
 - A. **Games are rally scoring to 25 point:** - rally scoring is a point scored on every dead ball; a team must win by 2 points **with a cap of 30 points.** Example: If the serving team wins the rally, it scores a point and continues to serve, if the receiving team wins the rally, it scores a point and gains the right to serve.
 - B. **Time Limit:** Referees will be issued stop clocks to time each match. Matches are 70 minutes.
 1. If time expires during a game, the game will be played until one team wins by two.
 2. If time expires during game 1, 2, or 3, any remaining games shall be played by rally scoring to 11 points (must win by 2 points). By using this method, every match will complete 4 games.
 - 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. **No timeout may be called in the last 5 minutes of the match.**
2. Teams may play a match with 4 players - any number less than that is a forfeit.
 - A. **Forfeit Times:** If a team is not ready to play 5 minutes after the scheduled start time, they forfeit the first game; 10 minutes, they forfeit the 2nd game and 15 minutes, they forfeit the match. Forfeit game score is 15-0. If there is a forfeit, the referee is **not** obligated to call the game if the teams wish to scrimmage for the time remaining.
 - B.
 1. Ready to play is defined as "on the court and in position to begin play".
 2. A team will be allowed to take their time-out(s) to get their team ready and in position.
 3. If a team knows they are going to forfeit, before the match (example, that afternoon), please call the Recreation Office and the opposing team so we can notify the referee.
 4. **Forfeited Games will not be re-scheduled.**
 - C. 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 5 minute warm-up will be allowed, however referees have the authority to waive warm-up time if matches are behind (See rule #4).

- D. 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.
- E. Men cannot play on Women's League teams and women cannot play on Men's League teams.
- F. A person may not play on 2 teams that play on the same night, even if they are 2 different divisions.

Example: A man could not play on a Monday night Men's Power A and a Monday night Men's Intermediate team, however, he could play Monday night Men's Power A and Wednesday night Co-Rec League.

3. **The Service**

- A. Overhand or underhand serves allowed in all divisions.
 - 1. In an underhand serve, the ball must be released before contact.
 - 2. In a service, the server must contact the ball within eight (8) seconds after the referee whistles for service. Only one toss or release of the ball is allowed.
 - B. The ball may be served anywhere behind the back court line.
 - 1b. The back court line will be adjusted for the Forest Elementary location
 - C. It is not illegal to set a serve. However, it is recommended that a serve is received with a "bump". Most serves cannot be handled cleanly in any other manner. ***Prolonged contact of serves will be called.***
 - D. 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. (See Rule #9).
 - E. 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).
 - F. Once the ball has been touched by the non-serving team it is no longer a served ball.
 - G. A team must rotate before their first serve after side-out.
 - H. For state tournament only: C Division: No jump serves allowed. D Division: All serving must be underhand.
4. Teams are allowed a 5 minute warm-up time if time permits. Referees have the authority to regulate warm-up time. (See Rule #2C).
5. 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.
6. 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. Substitution – a team may substitute a total of 15 times for all players.
 - 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.

7. Ground rules have been established for all facilities used in league play. Referees and captains will be issued copies of these. Remember, some equipment items may change in a gym; referees have the authority to make ground rules to cover changing circumstances.
 - A. **Play Off Ceiling:**
 1. If ball hits ceiling and comes down on own side, you may continue to play it. If the ball hits the ceiling and comes down on other side it is a point for the other team. If the ball hits the ceiling on the 3rd hit, it is a point (with rally scoring).
 2. Referees will hold a captains meeting prior to the start of each match to cover ground rules, etc.
8. 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.
9. **Blocking:**
 - A. The hands of the blocker(s) may reach over the net. However, the blocker(s) must not contact the ball in the opponent's side of the court until after the completion of the opponent's action which directs the ball toward the net and 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.
 1. 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.
 - B. 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.
 - C. 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.
10. 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, provided the ball is not held or thrown. Finger action is allowed.
11. The ball may be played with any part of the body.
12. 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.
13. Insignificant contact with the net by a player not involved in the play is allowed.
14. Minimum age for players - 18.
15. Please help us to keep matches on time.

16. 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.
17. 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: 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 it within 5 days.
 - a. 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. Referees will use the term "Yellow Card" for a first warning (no penalty) and "Red Card" for a second warning (penalty: point or side out) or Second Red Card" for a dismissal. 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 games for misconduct's reported by referees.
18. 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. Penalty is 1 time-out.
19. 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.*
20. Children are not allowed unless supervised at all times by an adult non-participating in the match. Refs will give teams 1 warning on this matter, then the parent will be asked to leave the match.
21. **HIV Statement:** Aggressive treatment of open wounds or skin lesions should be followed, on 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.

Play may not continue unless the court is cleaned of any body fluids.
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.

- 22. In case of inclement weather the following procedure will be followed:
 - A. If weather makes play doubtful, listen to WCCO-Am for school closing announcements. If District 281 schools are closed, then all evening activities are also cancelled.
 - B. In the event of late weather changes, a decision will be made by 5pm to cancel matches for that evening- cancellations will be listed on the weather information line at 763-531-1173 by 5:00 pm.
 - C. The Department will make every effort to contact the managers via email when the decision to cancel matches is made, however, it is the managers responsibility to contact the weatherline for updated information.
- 23. Referees have the authority to make decisions on anything not covered in these rules.

CRYSTAL VOLLEYBALL CO-REC MODIFICATIONS:

CHANGES TO THE ABOVE LISTED RULES:

RULE 1:

Men and women shall be positioned alternately on the court.

- A. You cannot play 4 women and 2 men or 4 men and 2 women.
- B. You may play with 4 players, either 2 women and 2 men or 2 men and 2 women.
 - 1. A team using 5 players must declare if their team will play 3 up or 3 back; if the 6th player comes, he/she can enter on any dead ball and must go in as determined by the referee.
 - 2. If there are only 2 women in the front line, a back row male player can be brought up.

RULE 2:

- A. When the ball is touched more than once by a player on a team, one of the contacts shall be made by a woman. Blocking the ball is not considered a touch. You do not have to alternate man-woman on hits.