

WOODBURY PARKS AND RECREATION - Volleyball League Rules

Manager's Duties

1. Make sure you have a full team and at least one reserve for every game.
2. You, the manager, must handle any dispute. Do not let one of your players face ejection by arguing a call.
3. You are responsible for taking charge of your team's and your spectator's conduct. Abusive language, improper drinking, litter and other irresponsible acts will not be tolerated.
4. Any schedule information, changes or other league information will be sent to you. Make sure we have your current address for the current season and next year. It is your responsibility to pass the information to your players.
5. Know the rules. Tell your players the rules. This will help the game run smoothly and help your team concentrate on playing.

Sportsmanship

1. Unsportsmanlike behavior will not be tolerated. Each team member is responsible for his or her conduct. Respect yourself and others.
2. Casual profanity is prohibited. When a player does use profanity, the entire team is warned. Any further occurrence by any other player will result in a game ejection. The referee may choose to eject someone without warning depending on the situation.
3. Any player, coach or manager ejected from a game for an unsportsmanlike act (profanity, verbal abuse, tantrum behavior or other unsportsmanlike conduct):
4. Game(s) suspension will result for profanity, tantrum behavior, verbal abuse, etc., for that game plus at least the next two games. A suspended player may not be present at any site where league games are in progress. Violation will result in an extended period of suspension.
5. Any player, coach or manager ejected for a second time during the year from any sport for unsportsmanlike conduct shall be prohibited from participating in any Woodbury Parks & Recreation league for at least one calendar year.
6. Any physical assault on an official will result in a minimum 13-month suspension. The incident will also be reported to the state organizations for additional disciplinary action.
7. Any physical assault on another individual will result in a suspension deemed appropriate by the League Director.
8. An individual retains the right of a hearing when the action to be taken is expulsion from participation in the league:
 - a. The player will provide a written explanation of the situation that resulted in his/her ejection from the game.
 - b. Present at the hearing will be the player, his/her manager, the League Director and the Official Assigner for the community.
 - c. An appeal letter must be received within 7 days of being notified of the expulsion to the League Director. Failure to do so will result in a forfeiture of ones right to appeal.
9. Remember that leagues are available to help you enjoy your leisure time. Your "fun" should not be at the expense of others. Check your language that will be offensive to others. Respect people and the facility.

Eligibility

1. Minimum age for players is 18.

Rosters

1. The maximum number of players that may be on the roster is 12.
2. Only players on the roster may be used.
3. A match is forfeited if a team plays with players whose names are not on that team's roster.
4. Players may have their name on one roster only and play for one team only (per night/league).

Playing Rules

USA Volleyball Rules govern play:

1. **Game is 25, three games is a match using rally scoring.** If a team fails to serve properly, return the ball, or commits any fault, the opponent wins the rally and scores a point, even if that team did not serve that point. The results of winning the rally are: If the team wins the rally, they score a point and continue to serve. If the receiving team wins the rally, they will score a point plus gain the serve.
1. Each team has a 55-minute time limit. If a match is finished early, the following teams may start up to 5 minutes early.
2. The ball may be contacted with any part of the body.

3. No jump serves are allowed in any league.
4. It is **legal** for a served ball to touch the net. The receiving team must play the ball if the serve touches the net and appears that it will remain in bounds.
5. The service zone is now extended to include the full width of the court behind the end lines for all leagues.
6. If the third game is not completed by the end of the 55 minutes, the score is where it stands unless you have not played to fifteen (15) points. Games may not end in a tie. When time is a factor, you do not have to win by (2) points.
7. Teams are allowed maximum of (12) substitutions per game.
8. A team must win by two (2) points up until the 26th point. If tied, the first team winning by one at the 27th point will constitute the game winner.
9. Teams will flip a coin to determine choice of court or choice of 1st serve. Teams will switch sides after each game.
10. A ball that hits the ceiling or any overhead structure is considered in play only if the team has one or more hits left to use, and that the ball has not crossed the plane of the net into the opponents' court. Backboards that are attached to the ceiling are considered part of the ceiling and are playable on your side of the court as long as they are not hanging over non-playable areas (such as another court). Backboards attached to walls (or other obstacles below 14 feet above the floor) are a judgement call - if ball hitting the backboard (or rim or supports) would otherwise be out-of-play the ball is out-of-play.
11. The league will supply game balls.
12. No protests are allowed.
13. Each manager should carry a copy of the rules.

Additional CoRec Rules

1. The net height for CoRec is the men's height of 7' 11-5/8".
2. When playing with six (6) players, a team may play with more women than men on the court at one time, but not more men than women.
3. You may start a match with four (4) players. When playing with 4 players, you may play with 2 men and 2 women or 1 man and 3 women. When playing with 5 players, you may play with 2 men and 3 women, but NOT 3 men and 2 women.
4. When more than one volley is used, one contact must be by a female.

Late Arrival & Forfeits

1. You may start a match with four (4) players. (League Play only)
2. A five (5) minute warm-up/forfeit time is allowed before the match begins.
3. If a team is short players at the scheduled game time a five (5) minute grace period is allowed, if still short, the first game is forfeited; if still short after ten (10) minutes the match is forfeited.
4. A team, which forfeits two matches during the season, will not be invited to return next season.
5. If a team knows they are going to forfeit before the match, please call the Recreation office at 714-3583 so we can notify the other team and the referee. You may also contact the opposing team manager.
6. In case of a "no show" referee, teams are asked to try to find someone agreeable to both sides to ref the match. The Recreation Department will pay this person. If a person cannot be found, the match will be rescheduled and teams may use the time for practice.

Equipment, Courts, Gyms

1. Assists with set up and take down the nets.
2. The net height for Women's is 7'4-1/8" and Men's is 7'11-5/8".
3. Black-soled running shoes that mark the floor may not be worn.

Blood Rule

1. A player who is bleeding or has an open wound shall be prohibited from participation until the bleeding is stopped and the wound is covered. If treatment can be administered in a reasonable amount of time, the individual will not have to leave the game. If excessive time is involved, the re-entry rule would apply. All teams are encouraged to have a First Aid Kit with during each game.

Facility Rules

1. Beer, alcohol, wine or other controlled substances are not allowed on school grounds.
2. Smoking is not allowed on school grounds.
3. No coolers, outside food/beverage or glass shall be allowed in the school or on the grounds. Water bottles will be permitted.

Children

Adult leagues are created for adult attendance only. Due to supervision problems, any and all children are not allowed to enter the schools and/or gyms in the evening unless a NONPLAYING adult supervises them. Players not adhering to this policy will not be permitted to participate and subject to removal from the league.

Inclement Weather

1. If school is canceled at **Valley Crossing School or Crosswinds School (not district 833)**, evening activities in the buildings are usually canceled, too. Team managers may call **(651) 714-3569** to verify whether games are on. Please do not call the Parks & Recreation office.
2. Games will not be cancelled easily. Teams should report to the gyms if the recorded message has not cancelled games.
3. Limited dates are available for make-up games. Make-up dates will be based on the availability of officials and gym space.

Standings and Awards

1. Final standings are based on:
 - a. **Points earned. (Win = 2 points, Tie = 1 point, Loss = 0 points)**
 - b. **If tied, head-to-head record.**
 - c. **If tied, point differential from head-to-head games.**
 - d. **If tied, overall point differential.**

Insurance

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

Woodbury Parks and Recreation has the right to change or add rules for the betterment of all.