

Adult Winter/Spring Indoor Volleyball League Format and Rules

ROSEVILLE PARKS AND RECREATION

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I. Facilities and Locations

- a. **Brimhall School Gym:**
1744 County Rd B. West
Roseville, MN 55113

- b. **Central Park School Gym:**
535 West County Road B2
Roseville, MN 55316

Enter the gym on the Northwest side of the school

II. League Format

- a. The regular season champion shall be the team with the best winning percentage in all games at the end of the season. The below tiebreakers will be used:
 - i. Winning Percentage
 - ii. Head-to-Head
 - iii. Head to Group Differential
 - iv. Common Opponents
 - v. Strength of Schedule
 - vi. Total Points Differential
 - vii. Lowest Number of Forfeits
- b. The top 8 teams from each league will qualify for the playoffs. Other teams may be placed in the consolation bracket, depending on the size of the league.
- c. Each team will play multiple playoff games
- d. Post season will begin the week following the end of the regular season. Brackets will be posted on the league schedule page.
- e. Post season games will be best 2 out of 3 games with no time limit.

III. Teams

- a. Team rosters are due online, via email or hard copy prior to your team's second game. Teams are encouraged to carry extra players to avoid playing short.
 - i. Rosters must include all players, including subs
 - ii. Playing without a roster or with an un-rostered player may result in a forfeit.
 - iii. All players must be 18 years of age or older, unless special permission is obtained from the league director.
- b. All matches are played 6 on 6 (3 of each gender for Co Rec).
- c. Teams may start and play a game with 4 players, but may not play with less than 4 (2 of those players must be female)

- i. The server shall be considered the “back row player” and may not attack
- d. If a team plays with 5 players the lineup will consist of 2 back row and 3 front line players.
- e. If a team does not have the required minimum number of players, see rule XIV regarding forfeits.

IV. Match Timing

- a. Matches are scheduled for a 55 minute time limit
- b. Teams will be allowed a 5 minute warm up prior to their match.
- c. Teams are allowed a 5 minute grace period prior to their first game ONLY if they do not have 4 legal players present (*example: for a 6:30 match a team receives a 5 minute warm up period and a 5 minute grace period – the forfeit rule will be applied at 6:40*)
- d. If a team has 4 players present at the start of match time- they must begin play; (2 women must be present)- See Rule III and XIV

V. Scoring

- a. Matches will consist of three games to 25 with a 27 point cap. All three games will be played regardless of whether the same team wins the first two.
- b. The 3rd set will be dictated by time with the team that is ahead at the end of the allotted time being deemed the winner
- c. EXCEPTION: IF time expires during the 3rd game BEFORE either team has reached 15 points, the 3rd game will continue until one of the teams reaches 15 points.

VI. Serving

- a. The home teams (as indicated on the schedule) has their choice of first serve or court in the first and third game. Teams will alternate for the second game.
- b. Only one toss or release of the ball which can be considered part of the service action will be allowed.
- c. A served ball contacting the net between the antennas shall remain in play.

VII. Net Contact

- a. Contact with any part of the net by a player during play WILL result in a fault.

VIII. Position of Players

- a. When the ball is served, each player will be in his/her own assigned area. After the ball is served, each player may cover any section of his own court. All players must stand inside the court boundaries except the player who is in the act of serving.
- b. There are unlimited substitutions - they must be made in a logical pattern (this rule on substitutions is different in state tournament play). All substitutes must be put in the rotation.
- c. A player may not enter another court (defined as the area within the end lines and side lines) to play a ball. (note: this rule may be waived if there is no game scheduled on a court).
- d. For positioning of players on teams with less than 6 players, see rule III

IX. Ground Rules

- a. The official shall go over the ground rules prior to each match.

- b. Backboards attached to ceiling are considered part of ceiling and are playable on your side of the court as long as they are not hanging over non-playable areas (such as bleachers or another court). Backboards attached to walls (or other obstacles below 14 feet above the floor) are a judgment call: if a ball hitting the backboard (or rim or supports) would otherwise be out-of-play the ball is out-of-play.

X. Co Rec Modifications

- a. Men and women shall be positioned alternately on the court.
- b. When the ball is contacted more than once by a team on their side, one of the contacts must be made by a woman. Blocks are not considered to be one of the allotted three contacts per side. (**Note – This rule will not be used in the A League for Winter**)
- c. A male player may be brought up from the back row to participate in a block when only one male is in the front row.
- d. Teams that have only two females present may select to use one of the below options. Once a team has declared which option they will use, they must use that option until for the remainder of the match, or until a 3rd female arrives. A team may not switch back and forth between the two options.

OPTION 1 – USING 4 PLAYERS: A team may play with two men and two women on the court at all times. If a team does only have 4 players, the server is the back row person - if this player comes up to the net, they can only block, not attack.

OPTION 2 – THE PHANTOM PLAYER RULE: A team may use 3 male and 2 female players, however the phantom player rule will apply. **The “phantom” female will be deemed to be on the court at the beginning of each point. For purposes of determining potential overlapping and front row/back row alignment, the team must act as if the missing woman was present. Once the ball is contacted the team may bring up a male from the back row to block (if there is only one male in the front row) or any player to set. When the “phantom” player reaches the service position, it is an automatic side out with the service and point going to the opposition.**

- e. Teams may play with more women than men without penalty: ex. 3 women and 2 men or 4 women and 2 men is O.K.
- f. Net height is eight feet.

XI. Class C Co-Rec League Special Rules

- a. A male or female may not come up from the back row to block when there is only one man in the front row.
- b. Rotation or substitution may be used but teams may not use both methods of substitution within the same game (male must substitute for male - female for female).
- c. No back row attack is allowed.

XII. Balls: Game balls will be provided, however, teams are encouraged to bring their own warm up balls.

XIII. Conduct

- a. Any participant who is involved in fighting or provoking fighting shall be eliminated from the league.
- b. Only the floor captain (player actually in rotation so designated) may discuss calls with the official. Judgment calls are not subject to discussion. Captains may question officials (respectfully) if they have concerns about a rule interpretation. The official's decision is final. Unsportsmanlike conduct will not be tolerated.
- c. Any team which consistently exhibits poor sportsmanship may be eliminated from the league with forfeiture of all fees.

XIV. Forfeits

- a. If a team is not ready to play (with a minimum of four legal players on the court) following their 5 minute grace period and 5 minute warm up period (a total of 10 minutes from the scheduled start time), they will forfeit the first game.
- b. If a team is not ready to play after an additional 15 minutes (a total of 25 minutes after the scheduled game time), they will forfeit the match.
- c. If your team is unable to attend a match, please call the opposing manager AND league director to notify them of the forfeit. PLEASE DO NOT NO CALL NO SHOW.

XV. Gym Rules

- a. **Children are not allowed unless supervised at all times** by an adult who is not participating in the match. Refs will give teams 1 warning on this matter, then the parent will be asked to leave the match. (No fans are allowed for the 2021 winter season due to Covid)
- b. Teams playing in the first or last matches of the night are encouraged to assist the gym staff with take down/put up of the nets and other equipment.

XVI. Rule Set

- a. All rules not specifically discussed above shall follow Minnesota Rec and Park Association Rules.

SCHEDULE AND STANDINGS: All standings and schedules will be posted on the Roseville Parks and Recreation website at cityofroseville.com/parks.

WEATHER: In the event of inclement weather, consult the weather update link on your schedule, or contact the weather line at (651) 792-7416 to determine whether games have been cancelled.

NOTE: Game cancelation decisions are independent of school closures and other activities. Please do not assume that games are cancelled because schools are closed.

PRIZES: All regular season champions and playoff champions will receive champion T Shirts (up to 8 shirts).