

Adult Co-Ed Volleyball League Format and Rules

Safari Island Community Center
1600 Community Drive Waconia, MN 55387
(Ph) 952-442-0695

League Director: Dan Montague
(Ph) 952-442-3101
dmontague@waconia.org

1. Facilities and Locations

- a. Safari Island Community Center Gymnasium
1600 Community Drive Waconia, MN 55387

2. League Format

- a. **Regular Season:** Each team will play an eight (8) game regular season that begins on Monday October 3, 2022. Deadline to register is September 18th, 2022. Team's schedules will be emailed out no later than September 23rd.
- b. **Playoffs:** Playoffs will begin the week following the regular season. Playoff schedules will be posted on the Friday following the final regular season game. Every team will play at least two playoff games.

3. Teams

- a. Team rosters are due via email or hard copy prior to your team's first game. Teams are encouraged to carry extra players to avoid playing short. Teams can have a max of 12 players.
 - 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 (must have 2 women present).
 - 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 14 regarding forfeits.

4. 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.
- a. 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 6:00 match a team receives a 5 minute warm up period and a 5 minute grace period – the forfeit rule will be applied at 6:10)
- b. Each team gets one time out of 30 seconds duration per game.

- c. Intermissions between games will be a maximum of 1-minute.

5. Free Agents

- a. League Director will keep a list of individual players who would like to be placed on a team and/or be substitutes. Email dmontague@waconia.org to request a copy of the list. Players from the Free Agent List can sub for multiple teams in a league, but if they play in a fourth match for a team, they must be removed from the draft list for that particular evening's leagues and be placed on that particular team's roster. Free agents are not eligible for the playoffs, so invite them onto your team!
- b. Players interested in becoming a free agent can fill out the form at www.safariislandcommunitycenter.com/adultleagues.

6. Scoring

- c. Best two-out-of-three games decides match winner.
- d. Rally Scoring Format is used for all games.
- e. First two games are to 25; third game is to 15 - must win by 2 in all games, unless cap of 30 is reached in first 2 games, or 18 in the final game.
- f. Teams will switch sides after each game.

7. Serving

- a. The home teams (as indicated on the schedule) has their choice of first serve, receive, 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.

8. Net Contact

- a. Contacting ANY part of the net will result in a fault-no contact with the net will be allowed.

9. 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. Teams may utilize a traditional substitution format or a continuous rotation, as long as each player does not occupy more than one position in the service order in a single game.
- c. Rotation order must stay the same throughout the game but can be changed between games in the same match.
- d. For positioning of players on teams with less than 6 players, see rule 3

10. 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).

11. 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.
- 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.**

12. Co-Rec League Special Rules

- a. 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).
- b. No back row attack is allowed.

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

14. Conduct

- a. Any participant who is involved in fighting or provoking fighting shall be eliminated from the league with a forfeiture of all fees.
- b. Only the floor captain (player 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.

15. 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 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.

16. 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.
- 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.

17. Rule Set

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

18. Officials

- a. The officials for the Safari Island Adult Basketball league are contracted from an outside officials' organization and are not employees of Safari Island Community Center. However, the officials are expected to treat players in a professional and respectful manner and uphold all of the rules and policies in this manual.
- b. Safari Island contracts for one official per game and intends to play each game with one official
- c. In the event that the official is not present, teams may decide to proceed in one of the following ways:
 - i. Solicit a volunteer(s) to officiate the game. The volunteer official will be paid the officials' fee.
 - ii. Play a self-officiated game (teams will split the official's fee).
 - iii. Declare the game a no-contest, so neither teams standings are affected (teams will split the official's fee)
 - iv. If option i or ii are agreed upon, the game must be played to completion, unless an official arrives to complete the game (the game shall not be restarted).
 - v. Once a game has begun, it is considered an official game and cannot be replayed.

19. **SCHEDULE AND STANDINGS:** All standings and schedules will be posted on the Safari Island Community Website.

20. **WEATHER:** In the event of inclement weather, consult the front desk at 952-442-0695 to determine whether games have been cancelled. **NOTE:** Game cancellation decisions are independent of school closures and other activities. Please do not assume that games are cancelled because schools are closed.

21. **PRIZES:** All regular season champions will receive champion T Shirts (up to 10 shirts).