



Adult Women's Volleyball League Rules

1. Teams are required to help set up (7:00pm match) and help take down (8:30pm match) volleyball nets and standards.
 - a. Rosters must include all players, including subs and teams are encouraged to carry extra players to avoid playing short.
 - b. Each team will be limited to twelve (12) players on their roster.
 - c. Playing without a roster or with an un-rostered player will result in a forfeit.
 - d. All players must be 18 years of age or older.
 - e. A team consists of six (6) players, but can play with only four (4). If a team has less than four players, they will forfeit.
 - f. No player will be allowed to play on more than one (1) team within this league.
 - g. New players may be added to a roster anytime. Contact the City of Otsego staff with your update.
2. The home team (as indicated on the schedule) has their choice of first serve or court side in the first, third and if applicable fifth game.
3. Each match will be the best 3 out of 5 games.
4. The team that did not serve first during the first game will serve first the second game then alternate.
5. Teams exchange courts at the end of each game.
6. Tie Breaker Rule for League Standings: a coin flip.
7. Call your own fouls.
8. It is the responsibility of the winning team's captain to submit scores after each match to the City of Otsego Women's Volleyball League Facebook page. If the score is not submitted, the match will be considered a forfeit.
9. All protests, rule interpretations, and eligibility will be handled by Otsego Parks and Recreation staff by emailing: (recreation@ci.otsego.mn.us) within 24 hours of the game in question by the team captain.
10. Only the team captain may address the other team for questionable penalty issues (touching the net during play, foot over the line, etc.)
11. The first server is the right back player and may not touch the boundary line while hitting the serve. She may strike the ball with her hand in any manner; underhand, sidearm or overhand.
12. No player may encroach on the opponent's court. The centerline under the net may be stepped on, but not over.
13. No player may play the ball twice in succession unless two (2) players touch the ball simultaneously as in passing or blocking the ball. A player may play the ball on the first and third hit.
14. Each team may not play the ball more than three times (3) before it is returned over the net.
15. If a ball touches the boundary line, it is good.
16. A player may run outside her own court to play a ball.
17. The ball, to be legal, must pass between or over the side boundary lines as it crosses the net.
18. If the ball touches the net antennas, play stops and the ball is considered out.
19. All games are rally scoring. A team wins the game when they score twenty (20) points and have a two-point advantage. If the match goes to a fifth game, it will be to fifteen (15) points.
20. Front line players are allowed to block at the net. No block or attack of a serve is allowed.

21. Any front-line player may spike the ball at the net. Back-line players may spike providing they takeoff with both feet behind a line 9'10" from the net.
22. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player, it is not a foul providing the players did not actually make contact with the net by their own motion.
23. The team receiving the ball for service from its opponents immediately rotates one (1) position clockwise; the front-line moves one (1) position to the right and the back-line one (1) position to the left. Teams with more than six (6) players will be allowed to rotate players in and out, but it must always take place at the serving position. The intention to rotate players in must be declared and started at the beginning of a game.
24. If the ball hits the basketball goal or the rafters, does not break the plane of the net and drops on the offensive side of the net, the team can make a play on the ball if they have a play left. If the ball hits the basketball goal or the rafters and falls over the net, it will be considered a side-out.
25. The ball may be played with any part of the body. It must be clearly batted, kicked, not thrown or scooped, except off a hard-driven spike. Then if it is clearly played, it may remain in play if it hits the waist or above the waist.
26. Follow through over the net is permitted, unless the player touches the net, however, the hand must not remain in contact with the ball. Players cannot reach over the net and hit the ball.
27. Any team which consistently exhibits poor sportsmanship may be eliminated from the league with forfeiture of all fees.
28. Service
 - a. The team receiving the first service of the game shall rotate upon receiving a side-out or point.
 - b. First service alternates each game.
 - c. Server may touch imaginary lines bounding width of serving area but not end-line of the court.
 - d. Any serve that strikes the net and continues over into the receiving team's court is playable.
 - e. Additional illegal serves:
 - i. Striking ball with both hands.
 - ii. No more than one toss per serve attempt (position).
 - iii. Served ball contacts ceiling or obstruction.
 - iv. Does not take the proper position before serving.
 - v. Commits a foot fault.
 - vi. Hits the ball so that it crosses outside the sidelines as it passes over the net.

29. A Side-Out for Receiving Team

The serving team loses the ball for service when:

- a. Any service fault occurs.
- b. Any member of the serving team is not in proper rotation order.
- c. Any serving team player reaches over or contacts the net.
- d. The serving team fails to return the ball over the net with a maximum of three (3) hits, or illegally plays the ball.
- e. Serving team players step over the centerline (they may step on this line, however).
- f. There is an illegal substitution.
- g. The server serves out of turn.

30. A Point for the Serving Team

A point is scored when:

- a. Opponents fail to return the ball legally within a maximum of three (3) hits.
- b. Opponents contact the net, reach over the net or step over the centerline.
- c. Opponents are not in proper rotation order as the ball is served.

31. Scoring

A game is won by either team when:

- a. One team scores 20 points or if the match goes 5 games, 15 points in the 5 game.

- b. For any reason, team is reduced to less than four (4) players (the game shall be forfeited). The score of a forfeited game is 25-0 or 15-0 for a deciding game.
- c. A match is won by the team that wins three (3) out of five (5) games.

32. Time Factors

The following time factors are in effect:

- a. The rest period between games of a match shall not exceed three (3) minutes.
- b. Matches are scheduled for an hour twenty-five minutes (1hour 25minutes) time limit.
 - i. Teams will be allowed a 5-minute warm up prior to their match.
 - ii. Five minutes prior to the time limit, (8:25pm & 9:55pm) whichever team has the lead, will be declared the winner.

33. Teams are allowed a 5-minute grace period prior to their first game (ex: for a 7:00 match a team receives a 5-minute grace period and a 5-minute warm up period – the forfeit rule will be applied at 7:10).

34. Ball Becomes Dead

- a. When ball passes over, outside antennas.
- b. Ball passes completely under the net or completely across the centerline or its extension.
- c. Contacts obstruction above 23'. Simplify this rule to anytime the ball comes into contact with an obstruction.
- d. Touches floor.

35. Net Fouls

It is a net foul to touch the net (including the part of the net outside the antennas), but is not a foul to touch the net supports. Inadvertent contact of the net by the hair caused by the turning movement of the player is not a foul.

- a. Touching opponent's court with a foot or feet is not a foul, providing some part of the encroaching foot or feet remains on or above the centerline at the time of such contact.
- b. Stepping completely across the centerline with the feet or touching opponents court with any other part of body is a foul.
- c. A player may cross the extension of the centerline but if playing the ball, the ball must not be completely across the centerline extension.
- d. A player may cross the centerline once the play is dead (e.g. ball has already hit the floor.)

36. Ball Touching Net

- a. Ball is dead if it touches that part of the net, which is beyond the antennas.
- b. A ball which touches the net without crossing to opponent's side after a team's three (3) contacts is not dead until it is contacted a fourth time or touches the floor.

37. Blocking

- a. The intention to block is determined by attempting to stop the ball from crossing the net by contacting the ball while in a position at the net.
- b. An actual block is contact with the ball by one (1) or more of the blockers.
- c. Blockers may reach over the net to block but may not contact the ball until after completion of opponent's action, which sends the ball towards the blocker's side.
- d. A team, which has affected an actual block (contact), shall have three (3) or more contacts to return the ball to opponent's area.

38. More Than One (1) Contact

- a. Not allowed on any play except on attempt to block.
- b. Any player participating in a block shall have the right to make the next contact, which shall count as the first of three (3) contacts allowed the team.
- c. Simultaneous Contacts by Teammates: The simultaneous contacts count as one (1) contact. Either player may play the next ball.

42. Gym Rules

- a. Children are not allowed unless supervised at all times by an adult who is not participating in the match.

- b. Game balls will be provided; however, teams are encouraged to bring their own warm up balls.

39. Weather:

- a. In the event of inclement weather, participants will receive notification from the City of Otsego Parks and Recreation staff via the Facebook site.

40. Prizes:

- a. All champions will receive league t-shirts (up to 12 shirts).

**Games will take place at Prairie View Elementary & Middle School
12220 80th Street NE**

Otsego Parks and Recreation Contact Info:

League Contact: Brittany Dixon-bdixon@ci.otsego.mn.us

Recreation Coordinator: Connie Schwecke- recreation@ci.otsego.mn.us

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