

ADULT VOLLEYBALL RULES

All City of Blaine Volleyball Leagues will be governed by the following rules. Managers should meet prior to their match to ensure both teams understand the rules. Teams should play a point over for rule interpretations or calls that cannot be resolved during a game.

1. **TIME LIMIT:** There is no time limit to games. Schools should be vacated as soon as the match is completed.
2. **GAMES & MATCHES:** A match will consist of three **25** point games. All three games will count in the standings. For the first game of the match, managers shall call the toss of the coin. The winner takes the choice of serve or playing area. Teams change playing areas and alternate serves at the end of each game.
3. **SCORING:** Rally type scoring is used for all games of the match. Rally scoring is when points are scored for teams serving or receiving serve. The team scoring the point serves for the next volley. The first team to reach **25** points wins the game and a team must win by 2 points. Game scores should be recorded on the posted score sheet before leaving the gym.
4. **FORFEIT POLICY:** A Team must start with at least four (4) eligible players. Teams may finish with 4 players. The Match will be forfeited ten (10) minutes after the scheduled starting time if a team does not have at least 4 players.
5. **SUBSTITUTION:** Players may be substituted on a rotation basis only. The rotation must remain consistent throughout an entire game, unless an injury occurs. Players arriving late can be placed in the rotation. No player is allowed to sit out more than one game.
6. **SERVICE:** The server shall serve within the serving area (right back position). The serving area dimensions are 9' 10" wide, taken from the outside edge of the right side line and running along the back line by a minimum of 6' 6" depth. The server shall not touch the lines bounding the area or the floor outside this area at the instant the ball is contacted where hit for the serve. Part of the server's body may be in the air over or before these lines. Server may take one step inside playing area when depth of serving area is limited. **A serve that hits the net and goes over is still a live ball. If the ball lands in bounds it is a point for the offense. If the ball lands out of bounds it is a point for the defense.**
7. **POSITION OF PLAYER AT SERVICE:** At the time the ball is contacted for the serve, the placement of players on the court must conform to the rotation order. After the ball is contacted for the serve, players may move from their respective positions.
8. **CONTACTING THE NET:** A player shall not contact any part of the net or its' supports. If the ball is driven into the net, so that it causes the net to contact an opposing play, it is not a fault.

9. **REACHING OVER THE NET:** A player may follow through over the net, providing he or she first contacts the ball on his or her own side of the net. Players in the act of blocking may reach across the net, but may not contact the ball there, until an opponent has hit the ball to return it. **Blocking or spiking the serve is an illegal hit and is prohibited.**
10. **SPIKING:** Spiking is allowed. A spike is any ball driven on a downward plane over the net.
11. **OUTSIDE OF COURT:** A player may go outside the court, while the ball is in play. He or she may not play the ball across the extension of the center line.
12. **OPPONENTS PLAYING AREA:** Touching the opponents playing area with a foot or feet is not considered a foul, providing that some part of the encroaching foot or feet remains on or above the center line at the time of such contact.
13. **PLAYING THE BALL:** The ball may be hit by any part of the body above and including the waist. If the ball comes to rest against the hand(s) during a hit, it is an illegal carry. All shots below the waist must be hit with a closed fist.
14. **BALL HITTING CEILING:** A ball, other than the server, contacting the ceiling or overhead obstructions will remain in play. It is illegal for a ball to strike the ceiling and come down on the opponents' court.
15. **SPECTATORS & CHILDREN:** The schools are to be used by the participants of the program only. Spectators and children are not allowed in or around schools used by the City of Blaine in providing adult activities. Misuse can result in NO USE.
16. **SCHOOL REGULATION:** No alcoholic beverages or smoking is permitted on school grounds.
17. **SCHOOL ENTRANCE/EXIT:** Roosevelt Middle School: West or North doors (door #2)
18. **SNOW-OUT POLICY:** Team managers are to call our office at 763-717-2709 on days when weather is a factor. Players are to call their managers, **not the office**, to find out whether or not the Matches will be played.
19. **TIE BREAKER POLICY:** The following procedure will be used to determine final position for the regular season.
 - A. Games won/lost between the tied teams.
 - B. Head to head record.
 - C. If the tie is not broken by the first two procedures, we will have Co - Champions.
20. **DROP/ADD PLAYERS:** Players may be dropped or added to team rosters until December 14th. Players added must submit a new player registration and waiver form to the Park and Recreation Office.

VOLLEYBALL EQUIPMENT

1. **Nets:** Volleyball nets are provided at each facility. Teams are responsible for the assembly (first match) and disassembly (last Match).
2. **Volleyballs:** Volleyballs are provided and available from the building supervisor located in the Community Education Office. Teams can use their own volleyballs if desired.
3. **Shoes:** Tennis shoes are required in all gymnasiums. Stocking feet are permissible. No bare feet or street shoes allowed.
4. **Locker Rooms:** Locker rooms are not available at Roosevelt Middle School.