

Volleyball League Rules

League Communications

Weather Cancellations, and Report Scores

Call 763-506-7840 and follow the appropriate prompts

1) League Philosophy

The Anoka-Hennepin Community Education Department offers volleyball leagues for the health and enjoyment of school district residents. The department may administer any actions to maintain the integrity of the league and the enjoyment of the Sport.

2) Manager's Duties

- A. Make sure you have a full team or the minimum number of players needed to play your match.
- B. You, the manager, must handle any dispute. Do not let one of your players face ejection by arguing a call.
- C. 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.
- D. Any schedule information, changes or other league information will be sent to you. Make sure we have your current address and email for the current season and next year. It is your responsibility to pass the information to your team.
- E. Know the rules. Tell your players the rules. This will help the game run smoothly and help your team concentrate on playing.

3) Team Duties

The first teams to play are responsible for putting up the nets and the last teams are responsible for taking the nets down and putting them away. Please put away the volleyball standards and nets when there are no teams waiting to play, even if you did not play the 9:15 pm match;

4) Player Information and Behavior

- A. Sportsmanship and fair play will be the hallmark of all adult athletic leagues. This volleyball league is organized as a recreational league. Players not following the league rules will be warned once. If continued, players or teams will be dropped from the league.
- B. Player Eligibility:
 - 1) A person must be at least 18 years of age
 - 2) All players must comply with the eligibility requirements of a specific league as described in the printed information about the different league options.
 - 3) Current Varsity Athletes (High school or college) might be ineligible for these leagues. Check with your Athletic Director at your school so that you don't jeopardize your Varsity eligibility.
- C. Team Rosters & Number of players – Teams should be composed of a minimum of six players. All teams may roster up to 12 players. Only six players may play on the court at any time. Teams may start and finish a game with 4 players. The 5th & 6th player may be added when they arrive. Teams can add or subtract players to their roster through 3rd match of season.
- D. Player & Team Behavior – Unsportsmanlike behavior will not be tolerated. Each team member is responsible for his or her conduct. Respect yourself and others. The Anoka-Hennepin Community Education Department has the authority to suspend a player(s) or team for an indefinite period of time should circumstances warrant it to maintain the philosophy and objectives of the program.
- E. Building Behavior – Players must be courteous and conscientious users of the school facilities, and must obey the school building policies. The use of the school gyms is a privilege granted to you, not a right. If you don't behave in the schools our gym space will be taken away and given to another group looking for the extra gym time. Players should not bring children to games. The intent of the league is to provide adults with a childfree evening of recreation. Please adhere to this policy. (Note – this is because while you are playing the children are unsupervised which could lead to problems). Facilities must be returned to the condition they were before your use.
- F. Players may not play or be rostered on multiple teams on the same night of play

5) League Information

- A. **League Awards** – Individual awards will be given to regular season and playoff champs.
- B. A majority of match times are 6:15, 7:15, 8:15 & 9:15 pm, but times on schedule is official start times. (Note warm up time is 5 minutes and the time limit on the matches is 1 hour. The warm-up counts towards your time limit)
- C. In case of inclement weather, if a storm hits during the day, teams will be notified by email if matches are still on or not. Teams may also call our adult athletics weather cancellation hotline at 763-506-7840 to see if there is a cancellation message. If not, you are expected to show up for your scheduled matches.
- D. The volleyball equipment will vary from school to school, some being better than others. Please make the best of what is available. Each team should bring its own volleyballs to use. Captains will then pick the best ball to use during the match.
- E. No smoking or consumption of alcohol on school property. Players or teams may NOT bring any food or drink into the gyms.
- F. Tennis or volleyball shoes must be worn. No bare feet or black soled shoes should be used.
- G. Each player must be on the roster and have read the waiver/conduct form.
- H. **Forfeit Penalty** – If you cannot field a team on a given night, you must notify the league director and the opposing manager by 3:30 pm on the day of the match. Teams forfeiting a match without advance warning to their opponent (and league director) will be subject to the following penalties since the league does not feel it is fair to inconvenience an entire team for showing up for a forfeited match. (Note you can play with 4 players)
 - 1) **Power league Forfeit Policy** – A team must have 4 players to start a match. If team does not have 4 players by the end of the warm-up time it will be penalized one point per minute up to 5 minutes after the referee calls for teams to start the match. After 5 minutes if a team still doesn't have at least 4 players the first game is forfeited. From this point another 5 minutes is started, with another point per minute will be given for the second game. If team doesn't have 4 players after this additional 5 minutes, they will forfeit the match.
 - 2) **Fun and Intermediate League Forfeit Policy** - A team must have 4 players to begin the match. If at 10 minutes past the scheduled match start time a team does not have 4 players, they will forfeit the 1st game. At 15 minutes past scheduled match start time, if a team still doesn't have at least 4 players the match will be forfeited.

Winning teams in the FUN and INTERMEDIATE leagues are responsible for calling in the match results by the morning of the first working day after the matches. (Prefer that you call at night right after your matches). You may use our "Voice Mail" system to call in your scores. Dial 762-506-7840. You will hear instructions asking you for the date, locations, league and the match score (4-0, 3-1, or 2-2). Or teams can call in their match score during daytime hours by calling Marv Johnson at 763-506-1267. You can also email in your results to Marvin.Johnson@ahschools.us.

The Referees will call or email in the POWER league match results.

6) General League Rules

- A. Teams should do a coin flip for the first serve or choice of court. Teams will alternate the serve after the first game in all leagues.
- B. **Match Play in all leagues** – a match will consist of four games up to 21 points using the rally score system. Teams must win by 2 points with 23-point cap.
- C. **Rally Point Scoring** – Rally point scoring is a way of scoring in volleyball where a point is awarded (to either team) on every serve. In other words, both the serving team and the receiving team can score a point during rally point scoring. In all leagues rally scoring will be used from the beginning of the match.
- D. **Net Height** – The Minnesota State High School rules state that the net height is measured from the center of the net. The height of the net for men's and co-rec leagues is 8 feet and for women's is 7'4"
- E. **Non-Refereed Leagues** – The teams are responsible to call their own violations in the fun and intermediate leagues. The managers or team captains may call violations on their own team as well as those on the other team. If there is a disagreement about a possible violation, the point should be replayed.
- F. A ball landing on the boundary line is considered in and is out if lands outside the boundary line.
- G. **Overhead Obstructions**: (Ball hitting things in the ceiling)
 - 1) Serving – A ball striking an obstruction is dead and the serve goes to the other team.
 - 2) Volleying – A volley that strikes an overhead obstruction (on your side of the court) can be played if it stays on your side of the court and that your team still has at least one remaining hit.
 - 3) Basketball backboards and rims along the side or the back of the courts are considered out of play. The ball is dead and a side-out or a point is awarded.

Contact: Anoka-Hennepin CE Athletics – Marvin Johnson Jr. – 763-506-1267
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- H. **Time Outs** – Teams are allowed 2 (30 second) time outs per game and the team captain should only call them. Time outs must be taken when the ball is dead, except for injury. Time out for an injury shall not exceed five minutes. When a ball from another court rolls onto your court, play will stop and the point will be replayed.
- I. The rest period between games of a match shall be a maximum of 2-minutes or less if games are going long.
- J. The server should call out the score loudly prior to each serve in the Fun and Intermediate leagues.

7) Specific Rule Clarifications

- A. **Playing the ball** – The ball may be played with your forearms, fingertips (for a set) or one or both hands (preferably with clasped hands or a closed fist). The ball is alive if it touches any part of the player's body (note if the ball hits the players foot, the foot must be in contact with the ground for the play to be legal – no kicking of the ball is allowed). Teams are allowed only 3 contacts before they must hit the ball back over the net. Note a block does not count as one of the 3 contacts.
- B. **Bumping/Digging Interpretation** – For two handed or forearm bumping your hands must be clasped or held together. One arm or handed digs must have a closed fist. Open handed slaps or lifts are illegal. A proper bump is hit off the wrists, forearms or clasped hands that come directly off this area.
- C. **Setting Interpretation** – The setter should be facing the player he/she is setting to unless it is a backward set, otherwise the set is across the body could be called a push, which is not a proper set. The ball should never come in contact with the meat or palm of the hand on a proper set, only finger tips should be used, and the ball should be popped off the finger tips.
- D. **Spiking Interpretation** – A proper spike is when a player hits a ball that is above the net in a downward hard driven action into the opponent's court. The player's hand or arm may follow through over the net as long as they do not touch the net. At no time can a player hit the net or its supports. In order for a defensive player to hit a spike on a ball close to the net, some part of the ball must cross the vertical plane of the net before they can hit it. A proper spike is not directed, pushed or thrown by the fingers or snapped with wrist, also you cannot have a two handed spike, that is a push.
- E. **Blocking Interpretation** – A defensive player may extend their arms over the net to block a shot in a hood-like fashion, but may not have any downward motion in their arms when contacting the ball. A defensive player may not interfere with the offensive player's attempt to set or strike any ball that is on the offensive side of the net. A partially blocked ball does not count as one of the 3 hits by a team. The same player who made the partial block may hit a partially blocked ball again.
- F. **Simultaneous Held Ball** – If the ball momentarily comes to rest (held ball) after two opposing players simultaneously touch it above the net, it shall be considered a held ball and a replay will occur.
- G. **Overlapping Position Interpretation** – Before the ball is served a player's feet may not be completely overlapped with the feet of a teammate immediately to their left or right and/or to their front or back. Once the ball has been hit players may go to any part of the court.
- H. **Common Front Row Violations:**
 - 1) Foot fault – A foot fault is called if the player's entire foot touches the floor on the opposing team's side of the centerline while the ball is in play.
 - 2) Net Violation – No part of the a player's body may touch any part of the the net or it's supports while ball is in play.
- I. **Back Row players** who come in front of the spiking line (10 foot line) may not block or spike any ball, or hit any ball above net height (NOTE – except for blocking in co-rec leagues)
- J. **Serving /Player Rotation/Substitutions:**
 - 1) A server must be completely behind the back line when the ball is hit and may stand anywhere on the base line. If there is less than five feet from the back line to a wall, the server may then step over the back line with one foot.
 - 2) Player rotation is in a clockwise order.
 - 3) Substitutes can come into any position, but preferably entering at the serving position or the left front position. Teams may have more than 6 players in the rotations as long as it is done consistently and uniformly throughout the game.
 - 4) Changing Courts – at the end of each game of the match, teams shall alternate courts. At the beginning of each new game players playing positions may be rearranged.
 - 5) Serves cannot be blocked – since this often leads to sloppy play and it is difficult for referees (or players) to rule on an illegal block of the serve. Therefore the receiving team cannot attempt to block any serves.
 - 6) Setting the server is legal as long as the player performing this hit does not have the ball hit the meat or palm of the hand, only the fingertips should be used.
 - 7) Let serves are allowed – The serve is considered good if the ball passes over the net between the antennas or their indefinite extensions. It is legal for a served ball to touch the net and for the receiving team to play the ball if it appears that it will remain inbounds.

8) Special Serving Rules:

- A) Intermediate Leagues – Overhand and Underhand serving is allowed
- B) Power Leagues – All is allowed including Jump serves

9) Special League Rules:

To improve play in all leagues:

- 1) The receiving team can use any method (bump, set, etc) to play the serve, which could lead to multiple contacts. Multiple contacts are more than one contact by a player during one attempt to play the ball (double hit). Multiple contacts are permitted only when the ball rebounds from one part of the player's body to one or more other legal parts in one attempt to:
 - A) Block
 - B) Play the first ball which has entirely crossed the net (A touched ball on a block is considered the first play). The ball cannot be a roll or prolonged contact (ball visibly coming to rest or a lift)
- 2) All bumping styles should have the hands together or clasped/
- 3) One handed digs and closed hand hits are allowed (underhand or overhand)
- 4) One or two open hand slaps are illegal.

10) Special Co-Rec Rules:

- A) Serving order and positions on the floor must alternate male and female. The exception is allowed when using a five-player line up. Then up to two players of the same sex can be next to each other.
- B) If the ball is hit more than once on a side, a female player MUST hit it before returning over the net. Two males players may hit the ball consecutively as long as a women hits it sometime before going over the net. Any player may hit the ball over the net on the first hit.
- C) One male or female player may come from the back row to block, when there is only one male in the front row. This player may not spike the ball or hit any ball that is over 8 feet above the floor except on a defensive block.
- D) Number of players – Teams are to play with six players on the court (3 men and 3 women). The minimum number to start a match is 4 players (2 men/2 women or 3 women/1man) Teams must have at least 2 women on the court at all times, and also teams may not play with more than 3 males on the court at one time