

**BROOKLYN CENTER RECREATION DEPARTMENT**  
**2026 Co-Rec Volleyball League Rules**

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**The Rules of the current M.R.P.A. Guide and Rule Book will apply with the following exceptions and additions.**

**PLEASE DO NOT BRING CHILDREN TO THE SCHOOL UNLESS ABSOLUTELY NECESSARY**

1. Rosters must be in before your first match.
2. If a team knows they will not show up at all, they **must** notify the Parks & Recreation Department **and the opposing team captain**.
3. All divisions will play 3 games per match; all will be played and counted for in the standings.
4. All divisions: Games will be played to 25 points, using rally scoring. 2-point lead to win. 27 point cap rule is in effect.
5. Teams are allowed 5 minutes of warm-up from start time. After the warm-up, the match will be timed to 53 minutes. If, after 45 minutes of play and the second game is still in progress, the team ahead by two wins the second game. Keep playing if a tie is being broken. You will then have the remaining time to play the third game. The team ahead by two at the end of time is the winner of the third game. If there is 5 minutes or less left to play the third game, rally score until time expires. Team ahead by 2 wins.
6. A team will have 5 minutes from the end of warm-up to start the first game if not enough players. A team that is short players will be penalized 1 point per minute during these five minutes. The team will then have 15 minutes to field a team for the second game. Not enough players then, all games forfeited.
7. Teams can play with five players. Teams may start or continue play with three men and two women. The sixth player may enter upon arrival unless that player is a male. It is legal to play with four women and two men. When a team is playing with 3 men and 2 women, 3 points will be awarded to the opposing team at the start of each game. Normal rotation will be followed. Teams may not start a match with four players. In case of an injury only, a team may finish a match with four as long as two players are women.
8. When a team returns the ball to the opponent using more than hit, one of the hits must be by a woman. (A block is not considered one of a team's 3 hits, but is a contact). One male backcourt player may also block when there is only one male player in the front line position.
9. Substitution can be per rulebook or "**FREE**". The preferred position for free substitution is at the **left front**.
10. Teams must rotate every time before serving. Rotation will alternate men and women.
11. All divisions may serve overhand.
12. A serve may not be blocked or attacked above the net.

13. If a ball hits an obstruction, the ball can be played if it hits an obstruction on your side of the net only. If the ball hits an obstruction on the other side of the net, it is a fault, dead ball, point or side out .
14. Ceilings on all courts are in play. If a ball hits an obstruction or ceiling on the side of the net of the team playing the ball, the ball may be played again except on the third hit, fault and dead ball. If the ball hits an obstruction or ceiling and carries over the net, it is a fault and dead ball.
15. Touching the opponents playing area with a foot or hand is not a foul if part of the hand or foot is on or above the centerline at time of touching.
16. Two time outs per game - 30 seconds per time out. No time-outs may be taken the last two minutes of the match unless for an injury.
17. Good sportsmanship is required at all times.
18. League is for post high school age participants. High school age will not be permitted to play.
19. A man or woman may play on only one team in the league.
20. Equipment and articles worn must not be hazardous to participants. (No jewelry.)
21. Any player ejected from a game will be suspended from the next two matches.

**In case of inclement weather, we will send out a communication via email BEFORE 4:30 PM if games are canceled. If you do not receive anything, games are still on as scheduled. If you cannot make it due to weather or any other unforeseen circumstances, PLEASE contact the captain of the other team to make them aware.**

Any questions, contact Drake Pham  
Telephone: 763-569-3415  
Community Center Front Desk: 763-569-3400  
Email: [dpham@brooklyncentermn.gov](mailto:dpham@brooklyncentermn.gov)

**NOTICE:** The recreation department **does not** provide accident insurance for participants in any of its programs. Participants assume all inherent risks of injury from their involvement in programs or activities.

**GERENAL:** Participants may register for the activity which aligns with their gender identity. If a participant does not identify as male or female, they may register for the activity of their choice.