

Days of play: Monday-Thursday

Location: Kennedy Activity Center, 150 East 98th Street

Roster/Waiver Forms

- A City Roster/Waiver Form must be completed and signed by all members of your team and submitted by your team's second game. Players who have not signed your team's roster/waiver are considered illegal players. Roster/waiver forms are to be submitted via email to adibella@bloomingtonmn.gov. Any problems uploading the roster, must directly communicate with the League Director.
- Games that illegal players compete in can be ruled forfeits. Players can be added to your roster as long as you do not go over the **12 player limit**.
- Players cannot be added during playoffs.

Schedules

- Find league schedules here: <https://teamsideline.com/bloomingtonmn>
- Scheduling requests will be considered before the beginning of the season, but not necessarily always granted.
- Make-up games may be added on to the end of the regular season. All cancellations will be updated on the Adult Sports Weather Updates Page: [Found Here](#)

NEW! Game Scores

- Managers from both teams are required to enter final game scores online after all games are played.
- An email will be sent to managers, with a link to input scores online.
- If a manager is not present on any given night, a teammate can communicate scores to enter, or another email can be added to any team to input scores.

Team/Player Conduct

- Players must be at least 18 years of age to participate in the Adult Athletic Leagues.
- Teams must show up for games on time. If there is a need to forfeit, that team must contact both the League Director and the listed manager of the team that they are scheduled to play by 3 pm on the day of the game. Only rostered players are allowed.
- Physical altercations will result in immediate suspension from league play for the individuals that were involved, as determined by the League Director. Verbal confrontations will be reviewed and appropriate disciplinary action will be issued on an incident by incident basis, and letters will be sent regarding any altercations and course of action taken to document the incident.
- Abusing City Staff or officials will not be tolerated. There is a difference between discussing a call and verbal abuse. Physical altercations will lead to an immediate ejection.
- Any player/manager ejected from a game will receive a minimum of a 1 game suspension. The League Director will review all game ejections to determine if further action is needed.
- The City of Bloomington is NOT RESPONSIBLE for lost or stolen items.

League Rules

- A team shall consist of six players. However, a team of four players will be allowed for a legal game. If a team has less than four legal players for any reason, the match will be considered a forfeit. If a fifth and sixth player arrives after a match has started, the player can enter the match when they arrive.
- Begin games promptly at your assigned times. Please be considerate of the other teams in the league by being ready to start on time. Games will be terminated on the hour, a victory can be decided by 1 point. Your hour includes warm up and

- Forfeit time:
 - 10 minutes—1st game forfeit
 - 15 minutes—2nd game forfeit
 - 20 minutes—3rd game forfeit
 - *The score recorded for a forfeited game is 1-0*
- Three games will be played during each match. It is not a best of three.
- The two teams may decide upon which ball to play with, or use provided game balls.
- The team not serving the first game shall serve the second game. The team not serving the second game shall serve the third game.
- For the first game of the match, the home team has the choice to take the serve or choice of playing the areas.
- Teams shall change playing areas at the end of each game of the same match.
- The server shall stand behind the end line and may not step on or over the end boundary line until after the serve has been hit, the server has the width of the court to serve from.
- Each server is allowed one re-serve per service term when a serve attempt is not made.
- Before the serve the server must announce the score of the game for both teams to hear.
- At the beginning of each game, the team serving shall NOT rotate. After the team first serving has lost the serve, their opponent **SHALL** rotate for their first serve. Teams shall rotate in a clockwise direction.
- Blocking the serve is not allowed.
- It is permissible to run out of bounds and play a ball before it contacts an object considered out of bounds. Once a ball contacts any object other than a player out of bounds, it is considered dead.
- A player may step on the center line but only one foot is allowed to cross the line **without interfering with a play**.
- When a ball touches a boundary line, it is considered in bounds.
- Players are not to scoop, hold, or lift the ball. The ball must be clearly hit.
- It is legal to contact the ball with any part of the body as long as it does not visibly come to rest even momentarily. Balls can be played with the feet, knees or any other part of the body below the knees.
- A team shall not play the ball more than three times before it crosses the net.
- Successive plays of the ball by a player whose first play is an attempt to block shall be permitted. The next play shall count as the first of three hits allowed to this player's team.
- If two players contact the ball simultaneously, it counts as one hit and either may play the next shot.
- Contact of the net by a player is a fault,.
- A spiker must contact the ball on his own side of the net, but may in the course of his/her follow through cross over (but not touch) the net.
- Substitution must take place only when the ball is dead, and if the team is not rotating players.
- 25 points wins the game provided there is a two point lead with a 27 point cap. (Possible scores can be 25-23, 26-24, 27-25, 27-26)

Co-Rec Rules

- For all levels, if the ball is hit more than once on a side, contact by a female player is **not required**. Unless players take advantage of the rule, the referee can institute the female must contact at least once rule.
- Co-Rec teams must have 4 players to start play (maximum 6 on the court).
- Co-Rec GOLD ONLY- You will need at least two (2) female players on the court at all times. Males and females alternating positions on the court is **not required**.
- **All other leagues besides Gold- Males and females should be in alternating positions on the court.**
- If there are two female players positioned in the front row, a female player can switch with a male player that's positioned in the back row. The male player who moved up to the front position, is not allowed to jump spike— but can block.
- If shorthanded, a back row player may also block when there is only one male player in the front line position, to allow for three blockers up front.
- A team shall consist of no more than six players, the following are considered legal team makeups:
 - Three females and three males
 - Four females and two males
 - Three females and two males
 - Two females and three males
 - Two females and two males

Open Rules

- There are no gender restriction rules during play.
- If shorthanded, a backrow player may also come up to block to allow for three blockers up front.
- Will play at Co-Rec Net Height.
- This league follows all other non-gender specific league rules posted above.

Bloomington Parks and Recreation

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League Director

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Referee Assigner

Hammer Sports LLC

THANK YOU FOR BEING PART OF VOLLEYBALL IN BLOOMINGTON!