



North Metro Adult Indoor Volleyball League Rules



Our leagues will be modeled after the [Official Minnesota Recreation and Park Association Guide and Rulebook](#), with the following additions and/or exceptions.

These rules may be modified and/or added to at any time at the discretion of the League Coordinators. Unless otherwise specified, all rules outlined herein apply to all leagues & divisions.

Player Identity & Eligibility

The North Metro Volleyball League recognizes the transgender population among its participants and encourages all eligible people to participate in our programs based on their expressed gender identities. The identity to which a player sincerely holds will be the gender recognized for the purpose of league eligibility, gender minimums, and limits. All eligible players must be on the roster and have signed the team waiver form. Players must be 18 years or older as of the first match night.

Sporting Integrity

Our cities are striving to provide a worthwhile adult athletic program for all participants involved. Although the element of competition plays a major role in athletics, the game should always maintain its recreational and social values. Therefore, it is necessary for each participant to be responsible for the promotion of good sporting integrity and fair play.

The North Metro Volleyball League has instituted and will enforce the following policies for player conduct:

- No player, coach or manager shall physically touch or verbally abuse a referee or league official in any manner. The team manager should be the only person to ask for a rule interpretation or clarification of a call.
- The use of profanity and personal baiting by player[s], manager[s], or spectator[s] will not be tolerated and is sufficient grounds for ejection from the premises. Managers will be held responsible for the behavior of their spectators.
 - The following steps will be taken for 1st, 2nd, & Final offenses:
 - **1st Offense:** Player[s] and/or manager[s] of the offending team will be given an official warning by either the Referee or League Coordinators.
 - **2nd Offense:** For player[s] and/ manager[s], they will be ejected from the match and will be suspended from participation in at least their next two scheduled matches. For spectator[s], they will be banned from attending any further matches for the remainder of the season.
 - **3rd & Final Offense:** Player[s] and/or manager[s] will receive an indefinite suspension - League Coordinator's Discretion - from all indoor volleyball leagues. A team found to be using a player under suspension will automatically forfeit that match.
- Any physical altercation by players or managers is not permitted.
- Players are held responsible for their actions on property before, during, and after their match.
- Alcohol and Tobacco use is **PROHIBITED** on all park property, including in the playing or bench area.
 - **EFFECT: Immediate removal from the match and building.**

Any team that continually exhibits poor sportsmanship may be removed from the league at any time with no refund given.

Team Names

League coordinators hold the right to request a team to change their team's name due to being suggestively inappropriate or offensive. Team names must not be competitively unfair (example: Team No Games, Bye Week, etc.) or duplicated.

ADMINISTRATIVE RULES

Team Format

- All teams play 6 v 6. Teams may play with less players, but are required to have at least 4 players on the court at all times. Failure to have 4 players will result in a forfeit.
- COED
 - A standard Coed team shall be made up of 3 men and 3 women.
 - **USING 5 PLAYERS:** a team may use 3 men and 2 women without penalty. If a third woman arrives after the match has begun, she may enter the game when instructed by the referee, or a team who is playing 4 players may add her without penalty.
 - **USING 4 PLAYERS:** A team may play with 2 men and 2 women on the court at all times. If a team does only have 4 players, the server is the back row person - if this player comes up to the net, they can only block, not attack.
 - Teams may play with more women than men without penalty: ex. 3 women and 2 men or 4 women and 2 men on the court is acceptable.
- OPEN
 - An Open team has no gender restrictions or format.

Rosters

- Rosters must include **a minimum of 8 and a maximum of 12 players.**
- Players must be 18 years of age or older and may play on only 1 team.
- Rosters shall contain all players who will participate for your team during the season (either as a regular or as a sub) and will be submitted at the time of the team's registration for the league.
- Players may be added to a team's roster up until the final game of the regular season, as long as they complete the waiver form and are added before they participate in any games.

Weather-Related Match Cancellations

- **Weather-Related Match Cancellations will be made if conditions outside are unfit for travel to and from the match site, and include dangerous snow conditions and/or extreme cold.**
Matches canceled due to weather will be made up sometime during the remainder of the season, if able. Check with whichever city you registered through by **4:00pm on game day** for a ruling on a weather-related cancellation.
- Matches will **not** be rescheduled due to non-weather-related conflicts.

Forfeits

- We encourage teams to make every effort to field a team for each match as a courtesy towards their opponent.
- Forfeits will occur when a team is unable to begin a match with at least 4 players. A team with less than 4 players present from their roster will be allowed an additional 5 minutes to the warm-up period for the first game.
- After the warm-up period is over, the following will occur:
 - 5 minutes - 1st game forfeit
 - 15 minutes - Team will forfeit the entire match
- The score recorded for an unannounced forfeited game will be 25-0
- In the event that you know that your team will not make a match, please notify one of the League Directors by **no later than 3pm** the day of your match. If no one is notified by 3pm of a forfeit, it will be considered unannounced. If you have to forfeit after 3pm, please call the manager of the team you're scheduled to play to inform them of the forfeit. Then contact the League Directors the following day.
- Any team that has multiple unannounced forfeits in a single season may be removed from the league for the remainder of the season with no refund given.

- Please be respectful of your opponent's time and notify the league directors well in advance if you have to forfeit.

Equipment/Nets

- **No jewelry or objects judged dangerous or inappropriate by the official may be worn**, and no combs may be in the possession of the players during the game. Studs that cannot come out must be covered by a band-aid or tape. Medical alert bracelets or necklaces are not considered jewelry. If worn, they must be taped to the body so the medical alert information remains visible.
- Volleyballs will be supplied by the League.
- Volleyball Nets Heights
 - Coed will be set at 7 feet 11 5/8 inches
 - Women's & Open will be set at 7 feet 4 inches

Infectious Disease Control Rule

A player, coach or official who is bleeding or who has blood on their uniform shall be prohibited from participating further in the game until appropriate treatment has been administered.

Appropriate treatment is:

1. Bleeding has stopped
2. Injury area is completely covered
3. Uniform changed (color difference will be allowed) or disinfected with acceptable disinfectant.
4. Competition area/equipment disinfected with acceptable disinfectant.
5. If treatment can be administered within three minutes, the individual will not have to leave the game. Otherwise, substitution of the individual must take place. A player may re-enter the game after treatment.

LEAGUE RULES

Choice of Serve or Receive

- Home team determines to serve or receive first. Rotate playing areas and serve after each game.

Switching Sides

- Players must exchange the ball between sides of the court after a point by transferring the ball under the net.
- Penalties:
 - First infraction of each match is a warning.
 - Subsequent infractions in the match will result in a point awarded to the other team.

Positioning

- If a team has only 4 players, the server is considered the back row player. This person may not "attack".
- Teams with extra players may substitute or rotate in, but not both. If a team elects to rotate players, the team captain must inform the official where the rotation will take place.
- COED
 - Players must alternate males and females.
 - When only 1 male is in the front position, one back court player (male or female) may also block.

Scoring

- Matches are scheduled for 5 minutes of warm-up and 55 minutes of play.
- A Match consists of a maximum of 3 games, with all 3 games counting in the standings
 - Rally scoring, each game to 25 points (win by 2) with a cap of 27 (win by one).
 - The 3rd game will be dictated by time. The team that is ahead at the end of the time will win. Referees will give teams a 5 minute warning.
 - In the event of a tie, Sudden Death Play will continue. The first team to make a point wins.

- Regular season standings shall be determined by games won - so a 3rd game will be played regardless of the scores in the first 2 games.
- For Playoff matches, the match winner will advance - if a team sweeps the first 2 games, a 3rd will not be played.
 - If a 3rd game is played, it is played to 15.
- Teams are allowed **two 30 second timeouts per game**. No timeouts in the last 5 minutes of play.
- At the beginning of the match, the official will let the teams know the time and the time when the match will conclude. If the official doesn't announce what time the match started and when it will end, it is the captain's responsibility to ask the official at the **beginning** of the match. Occasionally circumstances prevent all the matches from having a full 55 minutes of play. If this happens, time should be deducted from all remaining matches until the night is back on schedule. Officials must announce such time deductions at the **beginning** of the match.

Serving

- The serve is considered good if the ball passes over the net within the court boundaries, even if it touches the net.
 - No jump serves are allowed in recreational leagues.
- Only one toss or release of the ball, which can be considered part of the serve action, is allowed.
- Spiking or blocking the serve is not allowed. Setting the ball off the serve is legal.
- COED
 - Alternate male and female servers whenever possible.

Playing the Ball

- Any ball that lands within or on a boundary line is in bounds.
- Each team is allowed 3 successive contacts before returning the ball to the opponent's court.
 - The ball may not be hit 2 consecutive times by the same person. A block is not counted as a hit; the person attempting the block is eligible to hit the ball again.
 - COED
 - If more than one touch, a female must have a touch on either the 1st, 2nd, or 3rd touch.
- Contact of the ball during blocking does not count as a touch.
- The ball may be hit by any part of the body. All shots below the waist should be hit with a closed fist.
- If the ball strikes any part of the body, it is a **legal** hit and the ball is in play.
- The ball may be spiked with a 1 handed overhead **batting** motion.
 - The accepted method of spiking is with an **open** hand **without** breaking the wrist.
 - A "hook" or pushing type of spike is a "carry" and is a violation.

Blocking

- The hands of a blocker(s) may reach over the net. However, the blocker(s) must not contact the ball on the opponent's side of the court until after the completion of the opponent's action, which directs the ball toward the other side. If the ball is traveling toward the net and no offensive player is near enough to play it, the blocker(s) may reach over the net and block it after the 1st or 2nd touch. However, if one of the offensive players is near and about ready to make a play, it is not legal for the blocker to make contact until the offensive player has had an opportunity to play the ball.
 - A player may follow through over the net, providing they first contact the ball on their own side of the net. Players in the act of blocking may reach across the net, but may not contact the ball until an opponent has hit the ball to return it.
- Blocking or spiking a served ball is **not permitted**.
- Blocking may be legally accomplished by any of the players who are in the front line at the time of service.

Held Ball

- When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player.
- Scooping, lifting, pushing, or carrying the ball shall be considered a form of holding.
- A ball clearly hit with one or both hands from a position below the ball is considered a good play. Do not use an open hand when hitting the ball from below waist level.

Faults

- If a team fails to return the ball with three or fewer hits before the ball touches the floor within the boundaries, a fault occurs. Additional faults occur when:
 - An illegal hit occurs.
 - A player touches the net with any part of their body. It is not a fault if the net is driven into the player from a driven ball.
- The penalty for a fault is a point for the opposing team.
- If there is a question on whether a fault has occurred, the point should be replayed.

Protests

- The only protests allowed will involve player eligibility. All players must carry an ID, and issues of eligibility will be determined by the league coordinators after consultation with the match referee. The team that protests another's eligibility will be required to prove their eligibility as well. All other protests will not be allowed.
- A team having a complaint concerning the league should contact the League Director as soon as possible.

Rules & Officials

- *If for some reason an official does not show, the two managers should designate a person to officiate the game and contact one of the League Coordinators immediately.*
- For questions regarding officials & rule interpretations, contact: Brice Richter at brice.richter@fridleymn.gov or at 763-572-3539.

Questions or Concerns

For questions and concerns regarding game/playoff schedules, equipment, and court conditions, please contact one of the League Coordinators.

Fridley Parks & Recreation

Brice Richter | 763-572-3539

brice.richter@fridleymn.gov

Mounds View Parks & Recreation

Maddie Margo | 763-717-4042

maddie.margo@moundsvievmn.org

New Brighton Parks & Recreation

Kelly Distad-Arvold | 651-638-2123

kelly.distad-arvold@newbrightonmn.gov

Spring Lake Park - Parks & Recreation

Clare Waddell | 763-792-7232

cwaddell@slpmn.org