

ADULT VOLLEYBALL RULES/INFORMATION

Parks and Recreation Office: 507-444-4321

Web site: <http://ci.owatonna.mn.us/parksrecreation>

Please check your schedule closely as you may have multiple courts that you play on!

1. The program is governed by the Adult Athletics League Policy Statement. High School rules will prevail, with the following exceptions listed below.
2. All games must start on time - no grace period allowed. If a match does not start on time, a forfeit will occur for the first game only. A team has 10 minutes from starting time to show for the 2nd game. If a team cannot field a team by 10 minutes, the team forfeits all games. **A team must have 4 players to start play and finish play, the fifth or sixth player may enter at any point.**
3. First two games to 25 rally scoring with a cap of 27 and third game to 15 with a cap of 17.
4. No setting the serve – except top women’s/all men’s/ top co-rec. Due to the difficulty in ruling a legal set, the local Parks and Recreation Department rule is “a team cannot set on a served ball”.
5. You cannot attack the serve. An attack is any front row player with forward motion with their arms over their head.
6. Sub rotation will be into the right corner back position after or before the individual has served (must stay consistent for that game), except Men’s Blue/Women’s Red & top Co-Rec Leagues. These leagues will go by High School League Rules pertaining to sub-rotation.
7. Coin flip for first serve. Non-winner of game will serve first the next game.
8. Net Serve Rule will be in effect again this year. Served balls must go over the net but **may touch the net.**
9. The ball may hit any part of body to be considered a legal hit. **KICKING OF BALL IS NOT ALLOWED!**
10. Two-time outs per game will be allowed, each 30 seconds in length.
11. **Swearing will not be tolerated by participants and/or teams.** Penalty for swearing will be an automatic point or side out, depending upon situation.
12. Balls hitting baskets, nets, and backboards extending into the court will be replayed if it caused interference with a play. Ceiling and rope are playable.
13. Trophies will be awarded to each league and playoff champion (in case of a tie, champion will be determined by head to head record).
14. Representatives from the Women's Red, Blue, White, Bronze, and the Men's Blue, Red, & Co-Rec Leagues will have the opportunity to advance on to further competition.

15. *Continuing this year: Our adult leagues are open to girls/women/boys/men age 15 or older (age 15 as of start of program – no exceptions). Players are not eligible to play if they are participating in high school or college level during the season of play; until the season is completed (MN high school/college rule). No varsity high school players are eligible to play on the gold/green league.

***Players must be on roster and paid in order to play. Eligibility protest must be to official prior to End of game otherwise protest not permitted. Look under Athletic Policies for penalties for use of Illegal players.**

16. The Owatonna Park and Recreation Department will not stand for facilities being abused. Abuse shall result in cancellation of the league.

17. If children are brought to the volleyball match they must be supervised by an adult or older teen who are not participating. Running and playing in hallways or restrooms will not be tolerated! Violating teams may have to forfeit games.

18. If the officials do not show up for a given match, the teams will officiate their games and turn in scores to another official at the location.

19. Intoxicated individuals will be asked to leave and not be allowed to play. Also, no smoking or consuming alcohol at any of the facilities is allowed.

Co-Rec Net Height

The Co-Rec height of the net by state rules and Owatonna League is 7 feet 11 5/8 inches.

Co-Rec Additional Rules

1. Men and Women shall be positioned alternately on the court.
2. Maximum of 12 substitutions per game is allowed for Co-Rec 1.
3. When a ball is touched more than once by a player on a team, one of the contacts shall be made by a woman (blocking the ball is not considered a touch).
4. One back court player (male or female) may also block when there is only one male player in the front row.
5. At no time shall the number of men in the game exceed the number of women. New ruling: A team may play with more females than males, but males should never exceed females. Example: 3 men, 2 women not allowed, 4 females, 2 males allowed, and 3 females, 1 male allowed. Must have four players to start. You may play games with only females but must always have 4 players.
6. **All Co-Rec leagues will allow overhand serving and spiking.**