

MUSCATINE PARKS & RECREATION DEPARTMENT
COED VOLLEYBALL LEAGUE RULES

GENERAL: The entry fee, rosters, and additions to rosters will be accepted at the Parks and Recreation Department office only during the hours of 8:00 am to 5:00 pm Monday through Friday or by mail on or before the announced due date. Failure to do so may result in forfeiture or loss of place in the league. Matches are scheduled at 6:30, 7:30 and 8:30 pm on courts A and B in the Central Middle School Gym. Games are scheduled on Tuesday and Thursday evenings. **PARTICIPANTS, SPECTATORS AND GUESTS MUST REMAIN IN THE GYMNASIUM AT ALL TIMES. SPECTATORS MUST SIT AGAINST THE SIDELINE WALL OR IN THE BLEACHER AREA.**

SERVE: A coin toss will determine which team serves first in the first and third games. Teams shall change courts following each game of the match. Teams will not change courts during the third game.

ELIGIBILITY: Players must be 18 years of age. Individuals who are 18 and still in High School may not participate while they are a member of a High School athletic team. Use of an ineligible player will result in a forfeit. To cause enforcement of this rule, the offended manager must inform the League Supervisor of the team name and the ineligible player's name within 24 hours of the infraction.

ROSTER: Each team will be required to turn in a roster prior to their first game. No more than 12 players can be listed on a roster. Players may be added to the roster at any time during the season; changes must be made by 5:00 pm game day. Individuals may play for only one team. **NON-RESIDENT FEE POLICY:** Non-residents on Parks and Recreation sports league rosters pay a flat \$5 for each roster they are signed on.

FORFEIT: Teams must have a minimum of four (4) players with at least one member of each sex to avoid a forfeit. At no time may more than three (3) members of the same sex be on the court at the same time. Teams will be given a five minute grace period from the scheduled starting time in order to field a team. As soon as four (4) players (with at least one male and one female) are present the match shall begin. Should a team not have a team present after the five minute grace period, the first game will be forfeited; 15 minutes following the scheduled game time the second game will be forfeited; and 30 minutes following the scheduled time the third game will be forfeited.

CANCELLATIONS: Weather-related cancellations will be added to the end of the schedule. Games will not be cancelled or postponed to alleviate team conflicts.

OFFICIALS: Games are self-officiated. You must call your own violations. In the case of a disagreement on a call, the decision of the supervisor/official will be final. No protests.

MATCH: **Games will be rally scored. Each match consists of three (3) games played to 25 points. A game must be won by two (2) points.**

WARM UP: Teams are not guaranteed on-court warm up time. The league supervisor will try to allow teams a few minutes to warm up prior to the start but may not if games are running behind schedule. Warm up time is considered part of the team's one-hour time period.

TIME OUTS: Each team will be allowed one (1) 30 second time out per game.

AREA OF PLAY: The ball will remain in play until it contacts the ground or hits any part of a basket, associated supports, curtain, walls or is out of bounds. If the ball touches the ceiling, lights or any object suspended from the ceiling over the playable area on your side of the net after you hit, then comes down in your court, it is still in play. Only the player attempting to play the ball may go into the curtain or move it.

RULES OF PLAY:

1. All pushed and thrown spikes are illegal. You must hit the ball. All underhand open palm lifts are illegal. Flexibility on overhand passes.
2. Leniency will be allowed on center line violations, however contact with opposing team members and obvious violations should be called. Touching the opponent's playing area with a foot or feet is not a fault, providing that some part of the encroaching foot or feet remains on or above the center line.
3. Reaching over the net: hand(s) may reach across the net but not contact the ball there until after completion of the opponent's attack. After a player has completed his attack, his hand(s) may pass over the net in follow through. Inadvertent touching of the net is not a violation.
4. Mixed volleyball rule adaptations:
 - a. Serving order and floor positions must alternate male/female.
 - b. When the ball is played more than once by a team, at least one of the contacts must be made by a female player. Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a male to contact the ball, regardless of the number of contacts by a team.
 - c. One back court player may also block when there is only one male in the front court.
5. Unlimited substitution of players will be allowed; however, all substitutes must take a position to the immediate left of the server and complete the full cycle of positions.
6. Managers are responsible for the conduct of their players. Derogatory remarks or acts - the supervisor shall have the power to warn, declare side out or point, or disqualify for the game or match, any player, substitute, coach or manager who commits, in the supervisor's opinion, any of the following violations of sportsmanship:
 - a. Persistently address the officials in regard to decisions.
 - b. Make derogatory remarks about or to the officials.
 - c. Commit acts derogatory to the officials or intending to influence their decisions or deceive them.
 - d. Make personal and derogatory remarks about or to the opponents.
 - e. Unsportsmanlike conduct of any nature including abuse to equipment or facility.
 - f. Smoking on school grounds or the use of any intoxicant will be prohibited. Permanent suspension will be placed against any guilty player(s).
7. Back row players will be ineligible to spike the ball from the front row at any time.
8. Back row players can hit the ball overhand only from behind the 10 ft line.
9. It is illegal to attack or block a serve. If a serve hits the net and goes over, it will be considered playable.
10. **Teams are not required to bump the serve.** You may use an overhand pass or set on the serve.
11. Successive contacts – players may have successive contacts of the ball during blocking and during a single attempt to make the first team hit coming from the opponents.
12. During an attack hit, tipping the volleyball is permitted only if the ball is cleanly hit, not caught or thrown.
13. If a ball rolls onto the court play will stop and it will be a re-serve.
14. Protest procedure – all protests must be made at game time. The manager of the offended team must notify the league supervisor at once that the balance of the game is being played under protest.

The league supervisor will then mark the score sheet, sign it and show it to both managers. The protesting team will then deposit \$2.00 with the league supervisor. The protest must then be presented in writing with an additional \$2.00 to the Department office within 48 hours after the game in question. If the first protest fee is posted but not followed by the second, the \$2.00 shall be forfeited. All protests concerning rules will be acted upon by the Recreation staff and such decisions shall be final.