

MUSCATINE PARKS & RECREATION DEPARTMENT  
2024 SUMMER SAND VOLLEYBALL LEAGUE GUIDELINES

**SERVE:** A coin toss will determine which team serves first in the first and third games.

**ELIGIBILITY:** **Players must be 18 years of age.** Use of an ineligible player will result in a forfeit.

**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. Individuals may play for only one team.

**FORFEIT:** Teams must have a minimum of three (3) 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 three (3) 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.

**RAIN-OUTS:** Rain-out games will be added to the end of the schedule.

**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. The first two (2) games will be played to 21 points. The third game will be played to 15 points. Teams must win by two points.**

**SCORES:** **Please report scores to Parks and Recreation Staff Member on-site to verify for standings. Standings will be posted weekly to the Parks and Recreation website.**

**WARM UP:** Teams are not guaranteed on-court warm up time. They may warm up on the grass areas outside of the courts.

**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 an object.

**RULES OF PLAY:**

1. All pushed and thrown spikes are illegal. You must hit the ball. All underhand open palm lifts are illegal. Contact with the net is a violation. Flexibility on overhand passes. Leniency will be allowed on center line violations, however contact with opposing team members and obvious violations will be called.
2. 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.
3. 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.
- 4. 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.
- 5. 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 tending 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.
- 6. Back row players will be ineligible to spike the ball from the front row at any time.
- 7. Back row players can hit the ball overhand only from the back part of the court. Use your best judgment on where the attack (10ft.) line would be.
- 8. It is illegal to attack or block a serve.
- 9. **Teams are not required to bump the serve.** You may use an overhand pass or set on the serve.
- 10. During an attack hit, tipping the volleyball is permitted only if the ball is cleanly hit, not caught or thrown.