



## **GRIMES PARKS AND RECREATION CO-ED INDOOR VOLLEYBALL LEAGUE RULES**

### **WAIVER OF LIABILITY**

All participants in the league assume the risk of injury. The City of Grimes, its volunteers, and employees shall not be liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the league.

### **SUBMITTING A ROSTER**

Each team must submit a roster with no maximum of players. No player may register for more than 1 team. Rosters must be submitted and the waiver form must be signed by the captain before any player may take the court. Rosters must be finalized and no changes are allowed after the 2nd week of play. Once the rosters are finalized no changes may be made, except by special approval of the Grimes Parks and Rec Dept. The Grimes Parks and Rec may allow changes to a team roster if that team would otherwise not be able to field enough players each week due to injury, illness, players moving, or other special circumstances.

### **TEAMS**

A team consists of 6 players, with a minimum of 2 women. A team may start a game with a minimum of 4 players, of which 1 must be a woman.

### **SHORTAGE OF PLAYERS**

Teams may pick up a maximum of 2 players from other teams if they have less than the 4 players required to start the game. Teams must use all of their team players first and may only pick up Grimes Parks and Rec Coed Volleyball League players as substitutes. If a game begins with these substitutes and the teams' eligible players eventually show up, they must be inserted in the line-up immediately in favor of the substitutes. You may not pick-up players for the playoffs. If a team is short players, they will lose by forfeit.

### **TIMING AND SCORING REGULATIONS**

Rally point scoring will be used where a point is awarded each time.

A match shall consist of a best 2 out of 3 during the regular season and the playoffs.

A game is over when one team scores 25 points. The winning team must have at least a two-point advantage. If a 25-25 score exists, play will continue until one team wins by 2 points. If a game is tied when game time expires, next point wins the game. All three games must be played within the 50-minute time block. Playoff games will have no time limit.

## **SERVING REGULATIONS**

Volley to determine who serves first and then the second game the loser serves. The third game is decided by the volley again.

The serve is the act of putting the ball into play by the right back-row player who hits the ball with one hand or arm from the service zone (anywhere beyond the back line and within the two sidelines).

Serves may be underhand, overhand or participants may attempt to jump serve.

The players of the serving team must not screen the opponents from seeing the contact for service or the path of the ball. This would include a player waving arms, jumping up and down, or moving sideways at the time of the serve. The serving team is also prohibited from making a collective screen when the server is hidden behind two or more teammates and the ball is served over them.

Blocking the serve is illegal.

Only one serve is allowed (There are no "re-serves," meaning that a player may not drop a bad toss without serving and then toss it again to serve.) Faults on the serve may occur when:

- a) ball touches teammate
- b) ball is passed under the net
- c) ball goes out of bounds.

The ball is out-of-bounds when it touches any surface, object, or area outside the court. A ball may be played from out-of-bounds from your territory only. It is illegal to touch the opponent's court in the act of playing a ball.

On change of serve, all players shall rotate clockwise (to the right in front line and left in second line). The player in the front line right position (right forward) becomes the next server. Positions of players may be changed only after a completed game. If you do not start the game with the serve, you rotate before the first time you serve.

## **LEGAL & ILLEGAL HITS**

The ball must be cleanly hit. The following constitutes a legal hit:

- Contacting the ball with the heels of the hands, fists, or arms.
- A closed fist punching at the ball.
- No kicking the ball in this league.

The following constitutes illegal hits:

- Ball visibly comes to rest
- Held ball
- Successive contacts
- Using fingers for underhand hit
- Attacking the serve

## **FAULTS**

The following types of faults can occur during an attempt to play the ball:

- a. Player touching net.
- b. Hand or hands over top into opponents' side of net in hitting ball.
- c. A player takes support from a teammate or any object in order to reach the ball.

- d. A team contacts the ball four times before returning it to the opponents.
- e. Catching or throwing the ball. The ball must be tapped. No open hand tips/dinks.
- f. Serve out of turn. (Loss of points scored by ineligible server.)
- g. A player spikes the ball above the opponents' court and/or ball touches player below waist.
- h. A player contacts the ball twice in succession or the ball contacts various parts of the player's body successively.

### **BLOCKS**

A ball touched by a player, playing close to the net, and attempting to block a shot by an opponent shall not be counted as one of the three taps permitted by his team. He/she may block the shot and play the ball before a teammate touches the ball. If two players block the ball simultaneously, this will count as one hit.

A joust (ball coming to a rest above the net on a block attempt) will result in a replay of the point.

### **ATTACK-HITS**

All actions directing the ball toward the opponent, except a serve or block, are attack-hits.

- a. An attack-hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker.
- b. Restrictions to a back-row player:
  - A back-row player may complete an attack-hit at any height from behind the front zone.
  - A back-row player may also carry out an attack-hit from the front zone if at the moment of the contact any part of the ball is below the top of the net.

### **TIMEOUTS & SUBSTITUTIONS**

Substitutions may be made anytime the ball is dead. There is no limit on subs.

Each team is allowed only 1 one-minute time out per game. Time-outs may be requested any time the ball is dead.

Teams must end play on the hour --- (i.e., 6:30, 7:30 etc.), whichever team is ahead at this time will be declared the winner. Teams scheduled to play at this hour may claim the court at this time with the following exception: if the game is tied the teams may continue to play until the next point is scored -- (the winning margin in this case is one point). If all 3 games are completed before the hour, these teams having just completed play, may continue to practice on the court until 5 minutes before the hour, when they must yield to the teams of the following game.

Teams must be ready to play by 5 minutes past the hour. If a team shows up more than 5 minutes after the hour, the team that arrived on time has the following options:

- a. They may claim forfeit of all three games.
- b. They may claim forfeit for one game and agree to play #2 and #3 games.

### **PLAYOFFS** *(subject to change depending on the number of teams registered)*

All teams make the playoffs. Teams will be seeded by league standings.

### **WEATHER RELATED CANCELLATIONS**

Due to the limited number of days available to make up postponed games we will endeavor to play in mildly inclement weather. If unfavorable weather and poor driving conditions appear likely, the team

captains will be called or emailed by Brett Barber, Parks and Rec Director, before the scheduled game to hear if the game is to be played (if the situation permits). If the game is postponed, captains will inform their team. The decision to cancel will be made 45 minutes prior to game time if possible. If games are cancelled before the start of a game, this decision is made by Brett Barber, Parks and Rec Director, and is independent of whether either team can field enough players. A team cannot forfeit a game due to lack of players if a weather cancellation is called before the start of play. Please check [www.grimesiowa.gov](http://www.grimesiowa.gov) for cancellations as well under Grimes Parks and Recreation.