

Holmen Park and Recreation

WINTER 2008-2009 CO-REC VOLLEYBALL RULES

Rules/Format

Rules established by the National Federation of State High School Associations (NFSHSA) and adaptations adopted by the Wisconsin Interscholastic Athletic Association (WIAA) apply in conjunction with the following modifications:

1) TEAM ROSTERS/FEES

- a) Roster limit/team: 12 (10 players are eligible to win shirts). Deadline date for changes/additions: **Wednesday, February 6, 2008**
- b) **League Fee: \$80 per team.** NO ADDITIONAL PLAYER FEES.
- c) Team rosters are due before the first scheduled game (November 5, 2008 – 1st League night).

2) PLAYERS

- a) No more than six (6) players may be utilized at a time (on the court) by a team. **Three (3) players must be women.**
- b) Teams must field a **minimum of THREE (3) players to legally start a game without forfeit. TWO (2) players must be women.**
- c) **There can never be more men on the court than women, unless approved by the opposing team.**
- d) In case of forfeit, a practice game may be played utilizing existing players during that time period.
- e) Forfeit Rule – **A five-minute grace period will be allowed before a forfeit is declared.** A team will forfeit the second game after ten minutes, the third game after fifteen minutes. **Example:** 7:05 p.m. 1st forfeit, 7:10 p.m. 2nd forfeit, 7:15 p.m. 3rd forfeit
- f) Please contact the opposing team's manager and the Park & Recreation Dept. if there is knowledge of a forfeit ahead of time.

3) NET HEIGHT

- a) The net height will be set midway between the official men's height and the official women's height (7' 7").

4) GAME RULES

- a) **"Net Serves" are now legal. WIAA RULE**
- b) **"B" League Only** - If more than one hit is required to return ball, a minimum of one hit (on the return) must be made by a woman player. "A" league - no minimum hit rule. (new 2008-09)
- c) The ball must be served from behind the designated back line.
- d) Both underhand and overhand serves are permitted.
- e) Player Rotation will occur in a clockwise fashion.
- f) Player serving must "call-out" game score before actual service.
- g) CANNOT BLOCK A SERVE.
- h) PLAYERS MAY NOT GO BEYOND THE CENTERLINE (WIAA CENTERLINE RULES, part of the foot can be over the line, but the foot cannot be completely beyond the line) OR MAKE CONTACT WITH THE NET (Exception – on "completed attack" you can go **over** net).
- i) A returned ball may not be "lifted". Bumps/closed hands are required on balls waist height and down. One-handed saves are permitted, except those considered "slaps" - hand should be closed
- j) The back line can spike the ball provided they start from outside the attack zone. The attack zone is defined as the area from the net to ten feet behind the net.
- k) A block does not count in the three hits.
- l) Redirecting of the ball is not allowed.
- m) A person can block the ball and immediately hit the ball again. A player can only block a ball moving toward the net and breaking the plane of the net. A set cannot be blocked. (Definition of a block: A play approximately arm's length from the net in which a player(s), whose hand(s) is raised above the head, contacts the ball near the top of the net in an attempt to:
 - i) Prevent the ball from crossing the net, including a served ball
 - ii) Return the ball immediately
 - iii) Deflect the motion of the ball

5) TIME/GAMES ~ SEE CHANGES BELOW

- a) **ALL TEAMS will use the Rally Scoring system.**
 - i) Rally Scoring: There will be 3 games per match, **ALL 3 games are played rally to 25 points, win by 1.** Game; with a 55-minute time limit on the (continuous run) match. Time limit will not be called, unless gym time is restricted and provided that teams start games on time.
- b) Each team is allowed 3 thirty-second time-outs per match.
- c) GAME/MATCH SCORING MAY BE ALTERED IF NEEDED: DETERMINED BY LEAGUE/TOURNAMENT FORMAT AND TIME RESTRICTIONS. (SEE FINAL SCHEDULE)

6) CEILING RULE

- a) The ball will remain "live" as long as it stays within your team's side of the net, with hits remaining. Otherwise, ball is dead, appropriate service/point awarded. Balls that get stuck in the ceiling, will be replayed, as long as it stays within your team's side of the net, with hits remaining

7) OFFICIATING

- a) Teams will officiate and score their own games. No protests will be allowed! Please work out disagreements mutually. WHEN NO DECISIONS CAN BE MADE ON A CALL REPLAY IT! The Supervisor is there to make sure rules are followed, not make judgment calls.

8) STARTING THE GAME:

- a) Coin flip determines initial service rights or choice of sides.
- b) Losing teams start service thereafter. "Team that lost the previous game always serves first for the following game."
- c) Teams will rotate sides after each game.

9) SUPERVISION OF YOUTH – If you bring your children/child to the play site, please supervise (or have someone along to supervise) their actions. It is not the job of the site supervisor to monitor youth activity. For your sake and the safety of others, PLEASE COOPERATE IN THIS MATTER! This has been a complaint from school officials in the past; failure to do so may result in loss of the facility.

10) WINNING COACHES/MANAGERS SHOULD complete game result sheet and verify the correct scores by signing the sheet.

11) **NO** alcoholic beverages or smoking allowed! Games are held on school property.

12) Please pick up your garbage afterwards.