



2016

CO. REC.
VOLLEYBALL
MANAGER'S
PACKET

Winona Park & Recreation Department
207 Lafayette St., Box 378, Winona, MN 55987
507-457-8258

OFFICE HOURS:

MEMORIAL DAY THROUGH LABOR DAY-7:30-4 P.M.,
REST OF YEAR-8-4:30 P.M.

DROP BOX:

LOCATED ON 4TH STREET SIDE OF CITY HALL.

CANCELLATION LINE:

AFTER 4 P.M., 507-457-8220

www.cityofwinona.com

The following is not intended to be a complete listing of volleyball rules, but rather a listing of "unique" rules for Park & Recreation Co-Rec. Volleyball. With the exception of below Co-Rec. rules, play will be governed by the National Federation of State High School Associations and Minnesota Sports Federation rules.

CO-REC RULES

1. Roster limit is 12 players. The official roster must be turned into the Park & Recreation Office prior the date listed on your official schedule. (No additions after the stated date on your schedule.)
2. The court will be regulation size (30' x 60') with a net height of 8'-0". (7'11 5/8")
3. Flip of a coin will determine the serving and receiving team for the first and third games. The winner shall choose either to serve or receive.
4. Rally Scoring: In rally-scoring points are awarded on each play, regardless of which team served the ball. You will play three games against your opponent, using "rally scoring". Each game counts as one point in the standings. In rally scoring, games will be played to 25 points with a 27-point cap (27-26)-resulting in a victory. Meaning there must be a two-point advantage or a 27-point cap (27-26).
5. Time Limit: A match consists of 3 games or 55 minutes which ever comes first. Meaning in the 3rd game the winner is determined when 55 minutes of play has elapsed, with at least a two-point advantage or a 27-point cap (27-25). No time outs can be used after 50 minutes have elapsed due to teams stalling.
6. Let Serve: The let serve shall be allowed, and play shall continue provided the served ball contacts the net entirely within the net antennas and lands on the opponent's side completely in bounds.
7. Multiple Contacts: Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only; when the first ball over the net rebounds from one part of the players body to one or more other legal parts in one attempt to block or on any first team hit, whether or not the ball is touched by the block.
8. Time Outs: Each team is allowed two time-outs per game. Charged time outs begin when the official recognizes the request with the whistle and signal. A time-out will last for a maximum of 60 seconds, unless both teams are ready to play. Requests for additional time-outs shall be denied and the requesting team penalized. No time outs can be used after 50 minutes have elapsed due to teams stalling.
9. Substitution Rule: Each player is allowed unlimited entries. Players may substitute player for player or position for position or from front line and/or backline-same location(s) throughout game.
10. Players may touch the floor across the centerline with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the centerline. Contacting the floor across the centerline with any other part of the body is illegal. Touching the opponent's playing area with a foot/feet is not considered a foul, providing some part of the encroaching foot/feet remains on or above the centerline at the time of such contact. (Reminder: Hair touching the net is not illegal. Feet can be used to play the ball.) Net Play: Contact with the net by a player is not a foul, unless it interferes with play. A player that is not directly involved in the play may brush the net without being whistled. A player that interferes with the opponent's play by touching the top band of the net or the top part of the antenna during the action of playing the ball, or taking support from the net simultaneously while playing the ball, or creating an advantage over the opponent or making actions which hinders an opponent's legitimate attempt to play the ball. Players may touch the post, ropes, or any other objects outside the antennas, including the net itself, provided that it does not interfere with play.

11. Alternate Hit Rule is in effect.

Explanation:

Single Hit Return: A male or female may return the ball.

Double Hit Return: Any combination, except two male hits is **not** permissible.

Triple Hit Return: Any combinations, except three male hits are **not** permissible; one female hit involved during the return volley.

(The penalty for violation of the Alternate Hit Rule: Point)

(Blocking the ball is not considered a touch.)

12. A team consists of six players, three of which should be female and three males. You may play with more women than men, but not with more men than women. You are allowed to play with as few as four players; however, at least one player must be a male.

13. No Grace Period: You must field and maintain at least four players by game time or you will forfeit your first game. If your team fails to produce or maintain four players by five minutes after game time, you will forfeit the second game, and if your team cannot field or maintain four players by ten minutes after game time, you will forfeit the third game. (Note: No penalty (point) will be given for having less than six players.)

14. Only individuals listed on your league roster will be allowed to participate. Any additions or deletions must be made at the Park & Rec. office prior to deadline date on your schedule.

15. All leagues are allowed the option to serve overhand. (All male and female players are allowed to spike.)
Note: You may serve anywhere behind the base line (back line) but can't go over the sideline extended. Receiving team rotates one position on their first serve. All leagues allow spiking. ERC only: While serving from the north side of the court, only, due to the limited serving space; you may have up to the black line of the court.

16. Any player or manager ejected from a contest means an ejection for the match they are in plus be ejected for an additional match. A second offense will result in the player's ejection for the remainder of the year and a one-year suspension.

17. There will be no smoking or drinking inside the buildings or outside on either property. We are guests of the school - - do not take our privilege for granted. **Children 13 years or older are allowed in St. Stan's gym.** Children at the East Rec. Center must be 6 years of age or older to be dropped off unsupervised. Mondays: The ERC will only be open until 7 p.m. Monday/Wednesday. Wednesday the ERC will be open until 8 p.m.; supervisors will close/lock the ERC doors at 8:05 p.m. No kids in the game room after 7 p.m., in gym only to watch volleyball.

18. Players may not compete in more than one Park & Recreation sponsored Co-Rec. Volleyball League. Players **must be at least 18 years old** and/or out of high school. (A senior must be done with the volleyball season to be eligible to play in our league.)

19. Game Protests: You may not protest a judgment call. Game protests must be filed with the opposing team manager and the game official at the time of the infraction. Protests on eligibility may be made before or during a match and up to 24 hours after the match. The use of ineligible player(s) will result in game(s) or match forfeits.

20. Warm ups: Three minutes will be allowed for pre-game warm-ups. The second and third games will begin immediately following the proceeding games.

21. Teams should form a line and shake hands at the completion of each game/match. **Note:** We do not need to use pre-game protocol.

22. Rescheduled games: In the event that a match is cancelled due to a weather related issue or conflict, the Recreation Department will do the rescheduling. Your manager will receive an email/letter or verbal communication from the Park & Recreation Department. **Special Note: If a team is unable to attend a scheduled game, call our office! We will then call the other team, supervisor and officials. Scheduled games will NOT be rescheduled just because a team can't make it or don't have enough players.**

23. Game Equipment:

*All equipment shall be approved by the game officials and shall be in accordance with the National Federation of State High School Association rules.

*The Park & Rec. Department will supply games balls. Teams must provide their own practice balls.

*All teams should wear jerseys or tops of similar color. NOTE: If your team advances to a State Competition, all players must wear numbered jerseys of the same color.

****Special Note: Due to UNSANITARY conditions and the spreading of germs, no one is allowed to spit on the equipment, walls of the facility, or their own shoes to create better traction. This includes licking of your hands before serving.***

*No wearing of hats, caps, or visors-only NFSHSA approved headwear.

*Bracelets, neck chains, watches, rings, etc. may not be worn. If you are unable to remove a piece of jewelry, it may be left on but must be completely covered by tape.

24. One backcourt player (man or woman) may also block when there is only one male player in the front line position. This person may not spike from the front row - - only from back row spiking line.

25. Men and women shall be positioned alternately on the court.

26. ***You may not at any time block the serve.***

27. Player Eligibility: Co. Rec. teams with any combination of the two or more USAV "A" players or current college players shall automatically be classified "A". (Including men on college "club teams".)

28. You are not allowed to play the ball off the curtain or any walls. Any overhangs are considered a part of the ceiling and ruled accordingly.

29. Infectious Disease Control Rule:

A player who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment has been administered. Appropriate treatment is 1) bleeding has stopped; 2) injury is covered; 3) uniform changed or disinfected with acceptable disinfectant* 4) competition area and equipment disinfected with acceptable disinfectant*.

If treatment can be administered within three minutes, the individual would not have to leave the game. Otherwise, substitution of the individual must take place.

***ACCEPTABLE DISINFECTANTS ARE:**

1. A solution of 1/4 cup of sodium hypochlorite and one gallon of water.

2. A solution of 1/4 cup of 70% isopropyl alcohol and one gallon of water.

3. A commercially produced infectious disease spray.



St. Stanislaus's Lease

St. Stan's is generous enough to let our teams lease their gymnasium on Sundays again this season. If you are interested in practice times contact Karen Young at 507-452-5430 during the following times:

Mondays - Thursdays	8:00 a.m. – 4:00 p.m.
Fridays	8:00 a.m. - Noon

Each rental is \$20.00 per two-hour session.

There will be two courts available for the following times: 6-8 p.m.

Please follow the guidelines on the contract you sign at the St. Stanislaus office so we may remain using their facility.

Watch your email, most information is sent out via email if you have provided that to us.

Visit our website for all information!
Rules, standings, schedules and playoff brackets will be posted on the City of Winona's website:

www.cityofwinona.com