

EDEN PRAIRIE CO-REC VOLLEYBALL RULES



11/27/19

Facilities and Location

Eden Prairie Community Center

16700 Valley View Road
Eden Prairie, MN 55346
Enter the main entrance, gym is on the left.

Central Middle School

8025 School Road
Eden Prairie, MN 55344
To get to the gyms at Central Middle School, park on the west side of the building and enter at the west entrance (Door #1). The gyms will be to your right. Gym #1 and 2 will be to your right. Gym #3 and 4 will be slight right, then straight through the three doors down the short hall.

Oak Point Elementary School

13400 Staring Lake Parkway
Eden Prairie, MN 55347
To access the gyms proceed to the lower entrance (take a right at the ballfield off of Staring Lake Parkway). Enter the building and go up the stairs. The gyms are at the top of the stairs.

Eligibility

Players can only be on one team's permanent roster per league. A team is allowed to "pick up" a player, if your team is short players for the week, from another team- even if that player plays at the same level. Only players listed on the permanent roster are eligible to play in the playoffs.

Rosters

Team rosters are due one week prior to the first scheduled game. If not, teams will begin their first scheduled set at a 5 point deficit. Rosters should be submitted online.

Players may be added to your team's roster at any time throughout the season for regular season play, players may not be added for any additional play-off matches. In order for a player to be eligible they must be on your team's roster prior to playing on your team. To add a player to your team's roster simply add the player online and inform the league director that you have made this addition prior to their 1st day/night of play. State requirements may not/are not the same as local league requirements. If your team chooses to play in regional or state competition contact the league director for more information.

League Format

- *Regular Season:* Each team will play a 10 match regular season. Team schedules are released one week prior to the season.
- *Playoffs:* Playoffs will begin the week following the regular season. Every team will play at least two playoff matches.
- Six people play at a time. If a team does not have at least four players at game time, a 5 minute grace period is given before the first set is forfeited. If after 15 minutes there are still not enough players then the entire match will be forfeited. A team may never play with fewer than 4 players. Teams may play with up to one more male than female players.

Revised 7-31-19

Example (3 men-2 women is okay).

Teams may have more women than men on the court. Example (3 women-2 men is okay) even (5 women-1 man is okay).

Match Format

- A match consists of a maximum of 4 sets, rally score.
- A set is played to 25 points. Win by 2 pts. (30 POINT CAP)
- Matches scheduled on the hour will have a 55 minute time limit.
- Teams are allowed one 30 second time out per set. No timeouts are allowed in the last 5 minutes of the match!
- Typically teams will want a couple of minutes to warm up before their match. This time is included in the 55 minute time limit.
- **Note:** Whenever there is at least 5 minutes left in the match, a final set will be played. In order for the game to count, a team must be to at least 11 points (win by 2, cap of 13) or it does not count in the standings. (if there are 5 minutes or less remaining than the next game will not be played)!
- At the beginning of the match, the official should let the teams know the time and the time when the match will conclude. If the official doesn't announce what time the match started and when it will end, it is the captain's responsibility to ask the official at the beginning of the match. Occasionally circumstances prevent all the matches from having a full 55 minutes of play. If this happens, time should be deducted from all remaining matches until the night is back on schedule. Officials must announce such time deductions at the beginning of the match.

General Rules

Matches will be played according to USA Volleyball rules, except for the following adjustment.

- A player may touch the floor across the center line with one or both feet/hands

Please note the USAV rules below are enforced:

- **Co-Rec:** when a ball is played by more than one player on a team, at least one of the hits must be by a woman
- **Co-Rec:** one back row player may also block when there is only one male positioned in the front row provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.
- Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of playing the ball includes (among others) take-off, hit (or attempt) and landing. (USAV 11.3.1)

Player Conduct

- The Eden Prairie Parks and Recreation program aims to create a welcoming environment for all players. The following actions may result in an infraction:
 - Use of profanity
 - Complaining about or questioning an official's call by a non-team manager
 - Persistent complaint about judgement calls by any player (including managers)
 - Abusive or profane language by a spectator (team infraction shall be assessed).
 - Inappropriate comments or gestures to individuals of the opposing team
- Officials will intervene if this occurs and will use red/yellow cards for individuals that make the above infractions.
- **NOTE:** The official's jurisdiction begins from the time a player arrives on site until the player leaves. Actions that occur before, during, and after matches are all subject to an infraction or ejection. If a player is ejected they must sit out their team's next match (or matches if they have

a double header that night).

- **Alcohol and tobacco are not permitted to be on site.**
- Any team which consistently exhibits poor sportsmanship may be eliminated from the league with a forfeiture of all fees.
- Officials and teams shall report all poor sportsmanship to the Athletics Supervisor.

Miscellaneous

- Ties in the standings will be decided by:
 1. Head to head competition.
 2. matches won/lost against other teams with higher seeds.
 3. Coin flip.
- All protests will be handled by the Recreation Supervisor.
- Players should not bring unattended children to their match.
- League standings determine where teams will play in future leagues.
- **Managers are responsible for knowing all rules contained within.**

NEW: Forfeits

- If you must forfeit, please notify the opposing team manager and the Adult Athletics Supervisor (952-949-8438) or adulthoodathletics@edenprairie.org as soon as you know your team will not be able to play and no later than 4 p.m. If the office is not notified by 4 p.m. it is considered an unannounced forfeit.
- **Any team that has two unannounced forfeits in one season may be removed from the league for the remainder of the season and possibly the following season as well.**

WEATHER LINE - (952) 949-8449

Thanks for participating in Eden Prairie Adult Athletics!
Good luck this season and have fun!

Doug Tucker
Recreation Supervisor
(952)949-8438
dtucker@edenprairie.org

Steve Brum
Adult Athletics Lead
952-949-8583
sbrum@edenprairie.org