

**APPLE VALLEY PARKS AND RECREATION**  
**FALL 2019 POWER VOLLEYBALL RULES**

**\* NOTE\* Rules not covered in the following pages will be governed by USAV rules.**

1. A team may begin a match with **four** players. Teams have up to 5 minutes after scheduled game time to secure four rostered or draft list players. Teams that have at least four players at the scheduled game time must begin play at the scheduled game time. (Teams can't wait the 5-minute grace period for their 5<sup>th</sup> or 6<sup>th</sup> players to arrive). If a team does not have at least four players after the 5 minute grace period, they will forfeit the first game. If a team does not have four players after 10 additional minutes they will forfeit the match.
2. Roster limit is 12 PLAYERS. If a team would like to add players to their roster, they may do so throughout the regular league season. Added players must sign the roster at the Apple Valley Community Center front desk prior to playing. Players may not be added for the league play-offs.
3. All players must be at least 18 years of age. Use of underage players will result in forfeiture of the match.
4. A Draft (substitutes) Player List has been accumulated by the Recreation Department. Teams may use substitutes from this list. A team must have at least four players on the court that are rostered. No person on a regular team roster may also appear on the Draft List. A player's name may only appear on one Women's Power Volleyball roster.
5. **Adult leagues are created & geared towards adults only. If you must bring children to your game, they must be supervised by a NON-PLAYING adult (1 adult per 2 children) at all times. Players not adhering to this policy will not be permitted to participate in the game.**
6. There will be two coin flips at the beginning of each match. The first coin flip will determine side and serve for the first two games; the second coin flip will determine side and serve for the third game.
7. Black-soled shoes that mark the gym floor are not allowed in the gym.
8. There is no uniform or jersey requirement for this league. Teams competing in the state tournament will be required to have permanently numbered jerseys of similar color.
9. In the event of inclement weather (tornado, snow storm, etc), team managers should call the Apple Valley Parks and Recreation Weather Hotline at (952) 953-2399, Option 1 (Weather line) after 4:30 PM for match cancellation information. If matches are cancelled, the Recreation Department will re-schedule the matches for a later date, prior to play-offs.
10. If there is a no show by an official, teams are encouraged to either find a substitute official to work the match or to play the match self-officiated. (The sub official would be paid by the Recreation Department.) If either of the team managers does not wish to play the match with a substitute official, or play the match self-officiated, the match will be postponed and re-scheduled by the Recreation Department for a later date.
11. **Teams that forfeit two or more matches during the season may be suspended from the league.**
12. The Recreation Department reserves the right to make rule changes where needed. If you have any questions or suggestions regarding the leagues, contact the league director: Lyndell Frey at (952) 953-2316 weekdays [Lfrey@cityofapplevalley.org](mailto:Lfrey@cityofapplevalley.org) from 8:00 a.m. - 4:30 p.m.

## PLAYING RULES

13. **RALLY SCORING**: All matches will be three games to 25 points, winning by 2 points with a 27 point cap rule in effect for all games. If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores a point, even if that team did not serve that point. The results of winning the rally are: If the serving team wins the rally, they score a point and continue to serve. If the receiving team wins the rally, they will score a point plus gain the serve.
14. The time limit to complete each match (3 games) is 55 minutes. If the time limit expires before the third game has ended, the team ahead at this time will be awarded the point for the game. If time expires before the third game has begun, each team will receive 1/2 point for the third game. The Time Limit also applies in Play-Offs.
15. If the match is done early, teams may continue to play for fun until 10 minutes before the next scheduled match. At this time, the court should be relinquished so incoming teams may warm up. Remember, this only applies when you are playing (extra) for fun. For 9:30 PM matches, the court should be relinquished at the conclusion of the 3<sup>rd</sup> game if the AVCC Staff needs to prepare the court for the next morning's use.
16. The official's decision is final. Unsportsmanlike conduct will be penalized by a point/side out.
17. Team managers are the only players allowed to communicate with the official.
18. Two 30 second time-outs will be allotted per team each game. No time outs may be called during the last two minutes of the match except for an injury.
19. Teams may use one of two methods for substitution: 1) Rotating into the game at a consistent position (left front, right back, etc.); or 2) Traditional substitution where you enter for a specific player and each player may have three entries into the game.
20. The right back player is the STARTING SERVER with each following server rotating from the right front position.
21. Following the referee's whistle, the server has eight seconds to hit the ball. Also, only one toss or release of the ball will be allowed per serve rotation. If the server tosses the ball as to initiate a serve and then lets the ball drop to the ground, it is a loss of rally and loss of a point.
22. The server may serve anywhere along the back line and shall not touch any lines bounding the area until after contact with the ball has been made.
23. It is legal for a served ball to touch the net. The receiving team must play the ball if the serve touches the net and it appears that it will remain in-bounds.
24. Blocking or spiking a serve is prohibited.
25. No players may be outside of the court area until the ball has been contacted for serve. All players must be in their serving order with no overlapping of adjacent player's front-to-back or side-to-side touching the floor. Players may move from these positions after contact has been made on the serve.
26. No player(s) may purposely perform any type of action to SCREEN opponent's visibility from the server or the flight of the ball.

27. A legal hit is contact with the ball anywhere on the player's body (even the knee or foot), but does not allow the ball to visibly come to rest even momentarily. A player may kick the ball when attempting to make a play.
28. When hitting a ball near the net, a player may follow through over the net providing the first contact with the ball is on the player's own side of the net.
29. **CONTACT BY ANY 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.** Hair touching the net is not a fault however the ball touching hair before it goes out of bounds is a touch.
30. Players may not block a ball that is on the opponent's side of the net until the opponent has finished their attack. An attack is finished when your opponent has made their third hit, or when, in the referee's judgment, 1) the ball was intended to be hit over the net or 2) there was no opposing player who could make a play on the ball.
31. When only part of the ball crosses the net and is then contacted by an opponent, it is considered as having crossed the net. Any ball legally contacted by blocker(s) on the opponent's side of the net may be considered to have legally crossed the net.
32. Definition of a blocker: In order to be considered a blocker, a player close to the net must be reaching higher than the net at the time that the contact is made with the ball coming from the opponents. The player will no longer be considered a blocker if contact is made with the ball after the player is no longer reaching higher than the net. Any contact made when the player is below the height of the net will be considered the first team hit, even if the player has not yet returned to the floor after being higher than the net at some point during the effort.
33. Balls may be played off your own side of the ceiling provided your team hit it there. But if Team A hits the ball and it strikes the ceiling on Team B's side of the net, or crosses the net after striking the ceiling, it is a point/side out.
34. The basketball hoops will be considered as part of the ceiling and the ceiling rule will apply unless extenuating circumstances exist; i.e. the basketball hoops are broken and will not rise up. In this case, the officials will determine how play off the hoops will be governed and managers should meet with the official before play starts to discuss this matter. (Playable surfaces are any ceilings or objects that are over 15 feet in height.
35. A player may not go into an adjacent court that is scheduled for play in order to play a ball. No body part may touch that court. The player may play a ball above an adjacent court provided that he/she does not travel into the court after playing the ball.

#### **CEILING RULE & DIVIDER CURTAINS**

If a ball hits the ceiling on your side of the net and your team member has hit it there, you can continue playing the ball. If the ball hits the ceiling and crosses the net, or hits the ceiling on the other side of the net, it is a point/side out. **A player may not touch or move a divider curtain, during any part of the play, in order to play the ball. No body part of a player can touch the divider curtain before OR during play on the ball. Once the ball has been played a players follow through may put him/her into the curtain that is a legal play. A player can in no way use the curtain or a wall/bench to his/her advantage to make a play on the ball.**

36. A player shall not play a ball twice in succession. The three plays that are exempt from this rule are:
- a. Simultaneous Contacts by Teammates: If two players on the same team contact the ball at the same time, this is considered one team contact and either player may make the next play on the ball.
  - b. Successive Contacts by Blockers: A player may block and participate in the next play.
  - c. Simultaneous Contacts by Opponents: The Joust: When the ball comes to rest between blockers from opposing teams, play continues. Both players continue jousting until an outcome is determined. Either player can make the next play. Keep in mind that if the ball is contacted simultaneously by opposing blockers and then goes out of bounds, the player on the side opposite of where the ball lands is considered to be the impetus for the ball going out of bounds and is determined to be the last person to have touched the ball. Thus, the team which occupies the side of the court that the ball has fallen out of bounds on will win the rally. Also, simultaneous attack and blocking faults by players from opposing teams will result in a replay.
37. A back row player returning the ball to the opponent's side while forward of the attack line (10 foot spike line) may not contact the ball when the entire ball is above the level of the top of the net.
38. Back row players may not participate in a block or an attempt to block.
39. Center Line Violations: Touching an opponent's court with a hand or foot is permitted, provided that some part of the penetrating hand or foot remains in contact with or directly above the centerline. It is also a center line violation to reach under the net to grab a ball that could be played by the opposing team. When the ball is driven into the net on the first or second team contact and the blocker moves his/her hands to intentionally direct the ball away from an opponent, this is considered a center line violation. It is not a foul when the ball is driven into the net so that it causes the net to contact an opposing player or players.
40. **SHOES**
- Only sneakers, tennis shoes and court shoes are allowed. Black soled shoes, hiking boots, street shoes, etc. will not be allowed in the league.

## **LEAGUE DIRECTOR**

If you have any questions regarding the league, contact the League Director: Lyndell Frey at (952) 953-2316 or [lfrey@cityofapplevalley.org](mailto:lfrey@cityofapplevalley.org) weekdays from 8:00 a.m. - 4:30 p.m. Please note that the Recreation Department reserves the right to make rule changes were needed for the betterment of the League. If so, Team Managers will be informed of rule changes or clarifications in writing. Based on final standings teams may be required to move up or down in their current division, as a general rule of thumb (but each case will be closely looked at by the League Director) the top team in each division will move up and the bottom team in each division will move down. Sometimes based on the number of teams in a current division and final team standings, several teams may be required to move up or down a division. I will look at what is best for the overall league and in each division a few changes may need to be made to have teams playing other teams of "like" ability.