



RULES AND MANAGER HANDBOOK VOLLEYBALL LEAGUES

www.applevalleymn.gov/volleyball
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GENERAL INFORMATION

Welcome to the Apple Valley Adult Volleyball Leagues! We look forward to an excellent season. Attached you will find league rules and other pertinent league information.

Our hope is that you enjoy your experience participating in our leagues. If you have a comment, question, or concern, please feel free to contact me at any time during the season. Feedback from participants is extremely valuable and new ideas and suggestions are always welcome. Please contact the league director at AVathletics@applevalleymn.gov or 952-953-2316.

The Apple Valley Parks and Recreation Department reserves the right to add or change rules at any time for the betterment of all, and make rule exceptions when special circumstances exist. Any new or clarified rule that happens mid-season will be **highlighted in grey**.

Apple Valley Adult Volleyball Leagues will be governed by USAV Rules in areas not covered by the following:

LEAGUES OFFERED & DIVISIONS

Women's Officiated Leagues – Tuesday evenings

Tuesday evenings with three seasons throughout the year; Winter (early Jan – mid-March), Spring (late March – 1st week in June), and Fall (early Sept – mid-Dec). Each season has 14 regular season matches with occasional double headers followed by a single elimination playoff. Most seasons the league is divided into "A/B" and "B/C" divisions. Matches are officiated by sanctioned volleyball officials. Maximum Teams: 24

Men's Self-officiated Leagues – Wednesday evenings

Wednesday evenings with three seasons throughout the year; Winter (early Jan – mid-March), Spring (late March – 1st week in June), and Fall (early Sept – mid-Dec). Each season has nine regular season matches with occasional double headers followed by a single elimination playoff. League will be divided into divisions based on registration numbers. Maximum Teams: 48

Women's Self-Officiated Leagues – Thursday evenings

Thursday evenings with four seasons throughout the year; Winter (early Jan – mid-March), Spring (late March – 1st week in June), and fall (early Sept – mid-Dec). Each season has eight to nine regular season matches with occasional double headers followed by a single elimination playoff. Self-officiated league with teams making their own calls. Maximum Teams: 48

Six divisions are offered:

"A1" Competitive teams – highest skill level

"A2" Competitive teams – high skill level

"A3" Competitive teams – high skill level

"B1" Competitive teams – good skill level

"B2" Competitive teams – slightly lower skill level

"C" Social teams – recreational skill level

Co-Rec Self-Officiated Leagues – Friday evenings

Thursday evenings with three seasons throughout the year; Winter (early Jan – mid-March), Spring (late March – 1st week in June), and fall (early Sept – mid-Dec). Each season has eight to nine regular season matches with occasional double headers followed by a single elimination playoff. Self-officiated league with teams making their own calls. Maximum Teams: 48

Six divisions are offered:

"A" Competitive teams – highest skill level

"B1" Competitive teams – high skill level

"B2" Competitive teams – good skill level

"C1" Less competitive teams – moderate skill

"C2" Less competitive teams – lower skill

"D" Social teams – recreational skill level

Sand Volleyball Recreational Self-Officiated Leagues

Early June through mid-August. Each season has 10-12 regular season matches with occasional double headers followed by a single elimination playoff. Self-officiated with teams making their own calls.

Women's Thursday league is played on co-rec height net. Maximum Teams per evening: 16

Leagues & divisions offered:

Co-Rec 6's B/C – Tuesdays

Co-Rec 6's C/D – Wednesdays

Co-Rec 6's – Fridays

Co-Rec 4's – Sundays

Women's – Thursdays

INTER-LEAGUE MOVEMENT

If you have any questions regarding which division you should register for, please call before you register your team. As a general rule, where applicable, division winners will move up a division and the last place teams will move down a division. However, the League Director can make exceptions at their discretion including moving multiple teams up/down or leaving teams in the same league, with the goal being what is best for the overall league and each division. While input from teams is encouraged and taken into consideration, refunds will not be issued to teams who disagree with the division in which they are ultimately placed.

MANAGER'S DUTIES

1. **Be knowledgeable:** Read all league procedures and rules and inform members of your team.
2. **Handling disputes:** The “designated manager” must handle any disputes and should be the only person discussing calls with the official (officiated leagues) or opposing team’s designated manager (self-officiated leagues). Don’t let one of your players face ejection by arguing a call.
3. **Communicate with team:** Relay schedule information, changes, or other league information sent via email and posted at www.applevalleymn.gov/volleyball to your players.
4. **First aid kit:** Each team should equip themselves with a first aid kit.
5. **Self-officiated league managers:**
 - a. **Promote responsible self-officiating:** Please remind players to self-officiate. It is vital that team managers make calls against their team when carries/illegal hits/in the net occur and make sure their players are making calls against themselves too. See “OFFICIATING” for more details.
 - b. **Report scores** to the appropriate league staff. See “REPORTING SCORES” for details.
 - c. **Addressing disagreements:** If there are issues with an opposing team, team managers should address them on-site with the opposing manager. If the negative behavior continues, situations can be brought to the league director for assistance or escalation.

GAME SITE INFORMATION & REGULATIONS

Indoor leagues (winter, spring & fall) are played at the Apple Valley Community Center, [14603 Hayes Rd.](http://www.applevalleymn.gov/volleyball)

1. **Showers** are available following games for all but the last game of the evening.
2. **Tobacco use and alcoholic beverages** are prohibited inside the facility.
3. **Drinks**
 - a. Drinking beverages is not allowed on the courts; please stay off the court to drink water.
 - b. Coolers or glass containers are not allowed in the gym.

Outdoor sand volleyball league games will be played at Johnny Cake Ridge Park East, [5800 140th St. W](http://www.applevalleymn.gov/volleyball)

1. **Alcoholic beverages** are not permitted in the sand area. Hard liquor and kegs are not allowed. Impaired players who becomes a safety risk to themselves or others may be asked to leave the game and/or park by staff.
2. **No glass** bottles of any kind are allowed.
3. **Smoking** is not allowed on or immediately around the courts.

ROSTERS & ELIGIBILITY

Roster forms are available at www.applevalleymn.gov/volleyball as well as the Community Center front desk for indoor leagues or the League Supervisor’s office for outdoor sand leagues.

1. **Minimum age:** All participants must be at least 18 years old prior to participating.
2. **Players may play on multiple teams** in Apple Valley leagues, but may only be rostered on one team per night of play.
3. **Rosters:**
 - a. **Preliminary roster deadline:** Rosters must be submitted to the League Supervisor prior to the start of your first game. All players must fill out all information and sign the roster prior to playing in their first game.
 - b. **Adding players to roster** is allowed at any point up to the ending of a team’s last regular season game. Ask league staff for your original roster to make changes or additions or you can fill out an additional roster that can be stapled to your original as a roster addition.
 - c. **Rosters are frozen for playoffs** following the last regular season game. No players may be added after that point. All rostered players are eligible to participate in the post-season tournaments, regardless of the number of regular season games they played (if any).
4. **Games with illegal players** can be ruled as forfeits.

DRAFT/FREE AGENT LIST

The Parks and Recreation Department keeps a list of individual players who would like to be placed on a team and/or be substitutes. Email AVathletics@applevalleymn.gov to request a copy of the list.

Players from the Draft/Free Agent List can sub for multiple teams in a league, but if they play in a fourth match for a team, they must be removed from the draft list for that particular evening's leagues and be placed on the team's roster. Free agents are not eligible for the play-offs, so invite them on to your team! Once on a roster, players may not act as a free agent for that league's night of play.

Players interested in becoming a free agent can fill out the form at www.applevalleymn.gov/freeagent.

SAFETY

1. **Inherent risk of the game:** In addition to the possibility for bodily harm through playing, everyone present must be aware of the hazards associated with the sport both in and around the play area.
 2. **Insurance:** The City of Apple Valley does not provide insurance for the participants of our adult athletics leagues. Each player, as a result of participation in the league, assumes all liability and risk of injury. It is strongly suggested that each player obtain medical and liability insurance prior to participating in the league.
 3. **Blood rule:** A player who is bleeding or has an open wound is prohibited from participation until the bleeding is stopped and the wound covered. If treatment can be administered in a reasonable amount of time, the individual will not have to leave the game. If excessive time is involved, the re-entry rule would apply. If there is any blood on the uniform, it must be changed or disinfected. All teams are encouraged to have a first aid kit with disinfectant with them during each game.
 4. **Spectators and children** are not allowed on the area of play during the game and may result in stoppage of play up to forfeiture of game. If you must bring children to your game, they must be supervised by a non-playing adult (one adult per two children) at all times.
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INCLEMENT WEATHER & THE WEATHER LINE

Weather conditions can change drastically in a short period of time. If there is a safety concern, a team is never required to play a game, even if the weather line or staff have not cancelled a game. The determination on make-ups, forfeits, etc. can be made at a future time.

1. **Weather line:** Call 952-953-2399, option #1 after 5:00 p.m. This is the official way games are canceled and will be updated immediately when a decision is made. If there is no mention of the games on the recorded message, you should assume games are on.
2. **Poor weather during sand volleyball play:** If poor weather develops once are on-site, the decision to cancel will default to match the softball games officials who are on-site.
3. **Games cancelled once they have started:** Games will be resumed at a later date from the point it was suspended.
4. **Rescheduled games** will be made up as time allows at the end of the season. Managers should check the schedule online five business days after the cancellation to view the rescheduled dates and times. Depending on the number of cancellations, playoffs may have to be on a different night from regular season play or teams may be required to play more than the standard number of games in a night. If a game is unable to be rescheduled, teams will receive a prorated refund.

STANDINGS, LEAGUE AWARDS & POST-SEASON PLAY

Standings are kept at www.applevalleymn.gov/volleyball.

1. **Final regular season league standings** determine playoff seeds and are based on win percentage. Standings are kept by games won, not matches. Tie breakers, in order used: win percentage, fewest forfeits during the regular season, head-to-head record, head-to-head point differential (officiated leagues only), head-to-group, head-to-head point differential (officiated leagues only), head-to-group, head-to-group winning percentage, head-to-group point differential (officiated leagues only), average point differential (officiated leagues only), a coin flip.
2. **League awards per division:** Regular season determines seeds for the playoffs.
 - a. Regular season champion: t-shirts for rostered and active players or \$30 league credit
 - b. Playoff champion for each bracket: \$30 team gift card or league credit
3. **Apple Valley League Playoffs:**
 - a. **Format:** Playoffs will be single elimination with all teams involved. Divisions may be split into an upper and lower bracket at the league director's discretion. Teams may have to play up to three matches in an evening.
 - b. **Timing:** Playoffs will begin the week following the last regular season game and will last one to two weeks. Depending on the number of cancellations, playoffs may have to be on a different night from regular play. Matches might begin earlier than the standard times.
 - c. **Matches are best of three games.** The first team to win two games wins the match and the remaining games will not be played.
 - d. **Players must be on a team's roster** by the last night of league play to be eligible for playoffs.
 - e. **Game time limits apply.**
 - f. **Ties after the time limit:** If a game is tied at after the time limit expires, one rally serve will be played to break the tie.
 - g. **The higher seed will have choice** of side, serve or receive for the 1st game. The lower seed will choose from the option that the higher seed did not choose.
 - h. **All co-rec divisions** may not have more men than women play (note difference from regular season play).
 - i. **All league rules apply** unless otherwise noted.
5. **State Tournaments:** Teams in Apple Valley's officiated leagues are sanctioned for MRPA state tournaments. Teams interested can find details and registration information online www.mnusssa.com.

GAME TIMES, LATE ARRIVALS, & FORFEITS

1. **Game start times** are typically 6:30, 7:30, 8:30, and 9:30 p.m. If doubleheaders are played, every effort is made to schedule matches back-to-back. Leagues with an odd number of teams will have teams with a one-hour break, byes, or a combination of both.
2. **Player limit to play:** A team must have at least four rostered players to start a game. Teams that have at least four players at the scheduled game time must begin to play at the scheduled game time. Teams cannot use grace period for their additional players to arrive.
3. **Late arrivals** may be added to the game after a point or side out. They may enter in any position, but no player shall be skipped in the serving order.
4. **Grace period:**
 - a. For the first match of an evening only (usually 6:30 p.m.), teams have a 10-minute grace period to secure the minimum four players. Those ten minutes come off the game time. If a team does not have at least four players after the 10-minute grace period, they will forfeit the first game. If a team does not have four players 15 minutes after the scheduled game time, they will forfeit the match.
 - b. For the 2nd, 3rd and 4th matches in an evening, match time is forfeit time for the 1st game, 5 minutes after schedule game time for the second game forfeit and 10 minutes for the third forfeit.
5. **Forfeits** are never a positive situation, but are even worse when a team fails to show up for a game without notice. Out of respect for the teams, please notify the League Director by noon. A forfeit will be recorded as a 0-3 score, or the score at the time of the forfeit, whichever is greater. Any team with six or more games forfeited may be dropped from the league at the League Director's discretion

OFFICIATING

1. **Officiated leagues:** Officials will make all calls.
 - a. **No-show or late officials:** 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. 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 re-scheduled by the Recreation Department for a later date if a court is available.
 - b. **The official's decision is final.** Unsportsmanlike conduct will be penalized by a point/side out.
 - c. **Team managers** are the only players allowed to communicate with the official.
2. **Self-officiated leagues:** There will be no referees for the self-officiated leagues; players and managers are expected to be honest, and consistent with making calls, and be willing to look up rules if necessary.
 - a. Team managers will need to be active with enforcing league rules and be comfortable appropriately addressing rule infractions with opposing team managers.
 - b. During play, teams shall make all judgment calls on their own side. It is vital that team managers make calls against their team when carries/illegal hits/in the net occur.
 - c. Rule interpretations may be discussed between team managers only. Reference the online rules if necessary. If teams still disagree on a rule interpretation, consult with league staff. All rule interpretations need to be discussed and handled on-site during the game/match. Game or point results will not be retroactively changed even if a rule was incorrectly applied.
 - d. If disagreements persist regarding a judgement call, the point should be played over. Either team manager has the right to request a point be replayed on a questionable play. Staff cannot and will not get involved in judgement calls such as illegal hits or if a ball is in or out.
 - e. Teams should apply rules consistently throughout the season; don't wait to make calls until the playoffs.
 - f. Do not agree to "handshake deals" with opposing teams to circumvent rules. Contact the League Director if there is a rule change that you feel could benefit the league as a whole.

REPORTING SCORES (SELF-OFFICIATED LEAGUES ONLY)

Both teams should report their match score(s) on score sheet (indoor leagues report scores at the Community Center front desk and outdoor leagues use the scoresheet on-site). All games count in the final standings, so be sure to report both the number of wins and losses. Unreported scores are temporarily entered as a double-forfeit until teams report them. Once the final standings are set, score revisions or game result changes will not be accepted.

There should never be a tied game unless the time limit expires before the third game has started. If a game is tied at after the time limit expires, one rally serve will be played to break the tie.

SPORTSMANSHIP & COURTESY

1. **Managers are responsible for conduct** of themselves, their players and spectators. Unsportsmanlike conduct will not be tolerated. If you see unsportsmanlike behavior, contact the League Director or staff and appropriate action will be taken, up to removal from the league for a player and/or team.
2. **Profanity:** Swearing is not tolerated. Each instance will result in a side out.
3. **Conduct detrimental to the game:** This includes all acts that are disrespectful to the other team, game and/or the league. Penalty: Offending team shall forfeit their current game. Teams who continually display unsportsmanlike conduct may be suspended from the league. Remember, this is a recreational league - have fun!
4. **Warming up:** Players waiting near the play area to play the next scheduled match should not warm up along the sidelines, distracting players involved in a match. Please wait until the match has ended to begin your warm-ups.

EQUIPMENT

1. **Volleyballs:** League balls are provided or teams may use their own regulation balls. The team serving first can choose what ball will be used during that particular game.
2. **Net heights** are 7' 11-5/8" for the men's and co-rec leagues, and 7' 4-1/8" for the women's.
3. **Shoes**
 - a. Sand leagues: Shoes are optional.
 - b. Indoor leagues: Shoes must be worn at all times. Only sneakers, tennis shoes and court shoes are allowed. Black soled shoes that mark the gym floor, hiking boots, street shoes, etc. will not be allowed. Do not wear shoes from outside onto the playing area.
4. **Uniforms** are not required.
5. **Casts, guards or braces** made of hard unyielding leather, plastic, pliable (soft) plastic, metal or other hard substance, even though padded, are not permitted on the finger, hand, wrist or forearm.
6. **Valuables:** The City of Apple Valley will not be responsible for lost or stolen items. Lock all valuables in the trunk of your car do not leave anything of value in plain sight in your vehicle.
7. **Electronic equipment** including a camera, audio, video, or streaming device may not be worn or used by an official, player, spectator, or coach during league play.
8. **First Aid:** Each team should supply a first aid kit for their team.
9. **Lost & Found:** The City of Apple Valley will not be responsible for lost or stolen items. Any item found should be turned in to league staff. Individuals who have lost an item should inquire with league staff during league play. Claimants will be asked to describe the lost item in detail. Items not claimed by the end of the season will be discarded.

THE GAME

1. **Minimum number of players:** A team must have at least four players to start and continue a game. See "LATE ARRIVALS & FORFEITS" above for details about late starts and grace periods.
2. **Co-Rec player combinations**
 - a. **Co-Rec "A" Division** teams cannot play with more men than women during league play. Teams can have up to two more women than men.
 - b. **Co-Rec "B", "C" & "D" Division** teams can play with one more man than women during league play, but not playoffs. Teams can have up to two more women than men.
 - c. **For play-offs in all co-rec divisions**, teams may not at any time have more men than women on the court.
3. **Matches-rally scoring**
 - a. A match consists of three games to 25 points, winning by 2 points with a cap at 27.
 - b. In rally scoring, if a team fails to serve properly, return the ball, or commits any other fault, the opponent will win the rally and score a point, even if that team did not serve the point. If the serving team wins the rally, they will score a point and continue to serve; if the returning team wins the rally, they will score a point plus gain the serve. A point is scored every time the ball is served.
4. **Game timing**
 - a. **Time outs:** Teams may call one 30-second time out per game. Teams may not call a time out during the last two minutes of the match, except for a serious injury.
 - b. **Time limit** for each match is 55 minutes. Indoor league game are typically timed with a scoreboard but outdoor sand leagues the team manager should use a phone as a timer. If the time limit expires before the third game has ended, teams should complete their volley if the ball is in play. After the volley is complete, the team ahead will be the winner. See "Tied game at the end of the third game" for more details. If time expires before the third game has begun, the third game will be entered as a tie.
 - c. **Tied game at the end of the third game's time limit:** If the third game is not finished and teams are tied after the volley is completed, teams should complete their volley if the ball is in play. If the score is still tied at that time, one additional rally will be played and the winner of the rally will win the game.
 - d. **Unplayed games:** If the third game has not been started at the 55-minute limit, the third game will not be played and both teams will be given ½ league point for the unplayed game.
 - e. **Matches completed early:** If your match is done early, teams may continue to play for fun until 10 minutes before the next scheduled match with the exception of the 9:30 p.m. matches.

5. **Boundary lines:** Any part of the ball touching a boundary line is in court. Ball is out of bounds when it touches any surface or object outside of the court. A ball touching the antennae or the net outside of the antennae is considered out of bounds.
6. **Ceiling/basketball hoops rule & divider curtains** (indoor leagues only): If a ball hits the ceiling or basketball hoops 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 wall, bench, or divider curtain prior to or during their play on the ball. However, once the ball has been played, a player's follow through may put him/her into the wall/bench/curtain.
7. **Beginning the game:**
 - a. Indoor leagues: The team listed first on the schedule will serve first for the 1st and 3rd games. The team listed second will serve first for the 2nd game. The team listed second will choose side the 1st game and teams will switch sides after each game.
 - b. Outdoor leagues: Teams will play rock, paper, scissors and the winner will get choice of side or serve for the first game. The loser will choose the option that the winner did not choose. Teams will alternate side and serve after each game.
8. **Serving:**
 - a. The right back player is the starting server with each following server rotating from the right front position. Any player may be the first server and teams may start games with any legal lineup. Teams must rotate for every term of service, even a team's 1st service after side out.
 - b. Players must serve in turn. Serving out of turn will result in a point and side out.
 - c. The server must announce the score before serving, announcing their score first and then the other team's score. This is extremely important so everyone knows what the score is.
 - d. 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. Players may start behind the back line as far as they wish.
 - e. Only one toss or release of the ball will be allowed per serve. If the server tosses the ball as to initiate a serve and then lets the ball drop to the ground, it is a side out.
 - f. Overhand serving is allowed in all leagues.
 - g. 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 appears that it will remain in bounds.
 - h. Blocking or spiking a serve is prohibited.
 - i. 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.
 - j. No player(s) may purposely perform any type of action to screen opponent's visibility from the server or the flight of the ball.
9. **Hitting the ball:**
 - a. The ball may contact any part of the body, including the feet.
 - b. The ball must not be caught and/or thrown. It can rebound in any direction.
 - c. During blocking or during a team's first hit, multiple contacts with various parts of the body are permitted in a single attempt to play the ball. Prolonged contact with the ball is a fault.
 - d. Players may not attack a ball that is completely on the opponent's side of the net.
10. **Carrying the ball:** A carry is when the ball comes to rest on any part of the body. Carries most often occur when the ball is "scooped" with an open palm. This is an illegal hit, and a point or side out is awarded to the opponent. As a general rule, underhand open palm hits should always be called by the team manager as illegal. Please teach your players to use the forearms.
11. **Co-rec hits:** If a ball is hit more than once by a team, one of these hits must be a female member. (Blocking the ball is not considered a hit.)
12. **Spiking:** May be done with either a fist or an open hand; must be done with a distinctive slap/hit. No "catch and throw" or "slam dunks".
13. **10' attack line:** A back row player returning the ball to the opponent's side while on/in front of the ten foot attack line may not contact the ball when the entire ball is above the top of the net.

14. **Successive contacts by a player:** A player shall not make successive contacts with the ball with the following exceptions:
- a. **Simultaneous contacts by teammates:** Simultaneous contact of the ball by more than one player on the same team is allowed and is considered as one team contact. Either player participating in such a play may participate in the next play of 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. The team which occupies the side of the court that the ball has fallen out of bounds on will win the rally. Simultaneous attack and blocking faults by players from opposing teams will result in a replay.
15. **Blocking:**
- a. Only players who are in the front row at the time of serve are eligible to block. Back row players may not participate in a block or attempt a block with the following exception:
 1. Co-Rec "A" League Only: 1 male player can come up from the back row to block when the team is in a rotation that has only 1 male blocker in the front row. This allows for 2 male blockers at all times.
 - b. Blockers may reach over the net, but only on a ball directed over the net, or if the ball is near the net and no offensive player has a legitimate chance to play the ball.
 - c. Blocking or spiking of the serve is not legal.
 - d. 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.
 - e. 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.
16. **Contacting the net:** It is not a fault if a player touches the net that is forced into them by a driven ball. Contact with the net by the 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, blocking or attempting to block, hitting (or attempting to hit) and landing. Hair touching the net is not a fault. However, the ball touching hair as it goes out of bounds is a touch.
17. **Crossing the center line and 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. If a player interferes with an opponent while on the opponent's side of the net, a point or a side out will be awarded.
18. **Entering other courts:** A player may not go into an adjacent court that is scheduled for play in order to play a ball. No 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.
19. **Switching positions:** Players may switch positions after the ball is served. After the point they must return to original positions. In the co-rec leagues, men and women shall be positioned alternately at the time of the serve, except when playing with five players. There can never be 3 men or 3 women all up front at the same time.
20. **Substitution:**
- a. Self-officiated leagues:
 - i. Substitutions may only be made by players exiting from the front right position while the extra player enters in the right rear (server's) position.
 - ii. In co-rec leagues, substitutions shall be made male for male and female for female.
 - iii. If a player gets injured or needs to leave early (must leave the facility entirely if not injured) the rotation can collapse without penalty down to the minimum number of players.
 - b. **Officiated leagues:** 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.