

Co-Rec Volleyball League updated 9-29-15

**All matches will be governed by the 2015-2016 Minnesota Sports Federation and Minnesota State High School League Rules

- ALL Players, Managers, and fans are expected to demonstrate “exemplary sportsmanship”**
- Managers are responsible to make sure all players are aware of the league rules and all the team’s players and fans are demonstrating “exemplary sportsmanship”**

1. Games will be played in the Redwood Valley High School Gym, and the Redwood Area Community Center Fieldhouse (depending upon availability at each location).

NOTE: Please do not enter the gym if there is a scheduled activity in progress.

2. Uniforms are recommended but not required

3. All games will use the “Rally Point” format. The match will consist of the best 3 of 5 games. A coin toss at the beginning of the match will determine who serves first with alternating serves through the first 4 games (the visiting team will make the call on the coin toss). If there is a 5th game, another coin toss will be done (the home team will make the call on the coin toss). ***The home team is listed first on the schedule.***

Note: *Games 1-4 will be played to 21 points with a 23 point cap (a team must win by 2 points unless the cap is reached).

****Game 5 will be played to 15 points with a 17 point cap (a team must win by two points unless the cap is reached).***

4. Unlimited substitutions are allowed.

League participants must be in 10th grade or 16 years old by the start of the school year.

5. All players must sign the score sheet after the match. Managers are responsible for completing the score sheet correctly after every match. A player must have played in **TWO** regular season matches to be eligible to play in the Redwood Falls league post-season tournament or MSF post season tournament(s). If **names are not legible**, they will not be considered a played game for that player.

6. Every attempt will be made to ensure scheduled time is game time. If a team is not ready to play five minutes after game time, the team forfeits its first game; after ten minutes the team forfeits its second game; fifteen minutes after game time the team forfeits the match. This is to ensure that the matches start and end at a reasonable hour. You must have at least four people on the court to play at game time. The following are acceptable numbers: 2 women and 2 men, 3 women and one man, 3 women and 2 men, 3 women and 3 men, **4 women and 2 men**, or **4 women and 1 man or 4 women and 0 men**. A ***maximum of 6 women or maximum of 3 men will be allowed on the court at one time with no more than 6 players on the court at one time. You cannot have more men than women on the court. IF YOU START SHORT-PLAYERS MAY BE ADDED IMMEDIATELY INTO THE LINEUP.***

. Regulations for players participating in multiple leagues

A. Teams are only allowed 1 player from a higher division to play on their team (for example: a ‘B’ league team can only have 1 ‘A’ league player participant on their team/ a ‘C’ league team can only have 1 ‘B’ league player participant on their team). No ‘A’ league player can play on the ‘C’ league. Multiple A players may be on a B roster but only 1 can play at a time.

- B. Jump serving or 'round house' serving is not allowed in 'B' or 'C' leagues.
- C. An 'A' league player is anyone who has played **twice** on an 'A' league team (sub or regular player) and a 'B' league player is anyone who has played **twice** on a 'B' league team roster (sub or regular player).

REMINDER: Each team playing the first game of the night must designate two players to help the supervisor set up the nets so that play may begin as soon as possible. Two players from each team of the final game must be designated to help take down the nets.

7. There is a three minute limit between games.
8. If a ball is contacted more than once on a side, one of the hits must be by a female. (This does not apply if the first contact is a block)
9. Officials will be provided for each match. "EXEMPLARY SPORTSMANSHIP" IS EXPECTED. Managers are expected to keep their team in order and to resolve any conflict quickly. Undue arguing over a call, or unsportsman-like actions or language may result in a player being suspended from league play and/or fined \$25. (Only the team manger may approach the official. This can only be done at the first dead ball.)
10. If you are unable to field a team for a scheduled game, you will have to forfeit the game. The manager of the forfeiting team must call the manager of the opposing team and the Redwood Area Community Center to inform them both that you are unable to field a team. Notification of a forfeit must be made by 4:30 p.m. of game day.
- *There will be a \$25 forfeit fee charged for a team failing to show up for a scheduled game without giving notice to the manager of the other team and the recreation coordinator by 4:30 p.m. on game day. This fine must be paid before the next game.
 - REMINDER:* You can carry a roster of 12 players. Every team should be able to field a team at league play and playoffs.
 - *Make-up games will only be scheduled if the league is called off that night due to poor weather conditions. Please listen to KLGR 1490 AM for weather related announcements. If you do not hear an announcement on KLGR and you are still questioning the status of play due to weather, you may also contact the RACC at 507-644-2333 or Tim's cell phone at 507-380-7381 for information.
11. When games are played in the High School gym, volleyball players and all spectators should remain in the gym area only. There is no reason to be in any other area of the school. All players are responsible for keeping the facility clean and undamaged. Please pick up any trash and all of your belongings before you leave. Report any damage or vandalism you may see.
12. *REMINDER:* For the safety of the children and players, please have children closely supervised by an adult at all times or do not bring the children to the games. If children are brought to the game unattended, the player and children may be asked to leave the building. *Thank you for honoring this request.*
13. The league champion, runner up, and playoff seeds will be determined by the regular season win/loss records for each team. In the case of a tie, the champion, runner up, and/or higher playoff seed will be determined based on head to head competition between the tied teams. If a tie still exists, the tie will be broke by determining the team who won the most games during head-to-head competition. If a tie still exists, the tie will be broke by determining the team who scored the most points during head-to-head competition. If there continues to be a tie, the tie will be broke by using the previous stated criteria with head-to-head competition versus the highest remaining seed. The final step will continue until the tie is broke.
- Note: The home team during playoffs is determined in the following manner:
- The highest seed is the home team throughout the winner's bracket of playoffs
 - In the losers bracket, the home team is determined by flipping a coin