

Albert Lea Parks & Recreation

Adult Volleyball

Winter 2017

WHAT

The Albert Lea Parks & Recreation Department is currently accepting registrations for the 2017 Women's and Co-Ed Winter Volleyball Leagues. Play will begin the week of January 9th and run approximately 12 weeks. These games will seed you into a single elimination tournament played at the end of league play. Championship t-shirts and plaques will be awarded to league tournament winners. All leagues will be officiated by teams using the "honor rule", all players must be high school age or older. Stop by the Parks and Recreation Office at the City Arena to pick up an information packet and roster forms or check us out online at www.ci.albertlea.mn.us For more information contact 377-4370.

LEAGUES

Women (A, B & C League*)

Monday Nights

Co-Ed (A, B & C League*)

Thursday Nights

FEE

\$134.84 (tax included)

Team Fee

DEADLINE

Registrations will be taken until

Friday, December 23rd

Albert Lea
Parks & Recreation
Office: City Arena
Lake Chapeau Dr.
Mailing Address:
221 E. Clark Street
Albert Lea, MN
(507) 377-4370

To download an information packet with roster, flyer and rules visit:
<http://www.ci.albertlea.mn.us> and click on the Park & Rec tab

** A league is considered competitive, B league is semi-competitive; and C league is recreational. If you have any questions on where your team would best fit, please contact the Parks & Recreation Office.*

Albert Lea Parks & Recreation Volleyball League Rules updated Oct. 26, 2015

Common Courtesy Rules

Spectators are expected to sit or stand out of the playing area. Please leave children at home.

Teams play by the "honor rule" and are responsible for calling their own fouls. Officials are not utilized, so calls must be made by all team members. When in doubt or dispute-**REPLAY**. If a team is not making their calls, the opposing team has the right to question a play after the ball is dead. If an agreement cannot be reached-**REPLAY**. Replays are faster and friendlier than an argument.

Roster minimum is 4 players, limit is 12 players.

Players must be high school age or older.

Please notify Parks and Recreation Office **24 hours before** game time any changes or additions to rosters.

Players may play on different leagues, but under **NO** circumstances are permitted to play on two different teams within the same league.

Games

A match consists of four games.

A five minute grace period is allowed on a scheduled match before a forfeit is declared. One game will be forfeited for each five minutes a team has delayed play.

A team **can** play with a minimum of four players.

Playing The Ball

Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area.

Legal contact is a touch of the ball by a player's body above and including the foot.

When the ball visibly comes to rest momentarily in the hands or arms of a player it is considered a "**Lift**" and is not legal. The ball must be hit in a manner that it rebounds cleanly after contact with the player. Scooping, lifting, pushing or carrying the ball shall be considered to be a form of holding and is not legal. A ball clearly hit with one or both hands from a position below the ball is considered a good play.

Players may have **successive contacts** of the ball during blocking and during a single attempt to make the first team hit of a ball coming from the opponents.

Contact with the net by a player is not a fault, unless it interferes with play. Players may touch the post, ropes, or any other object outside the antenna, including the net itself, provided that it does not interfere with play.

Player interferes with the opponent's play by:

Touching the top band of the net or the top 80 cm of the antenna during his/her action of playing the ball

Taking support from the net simultaneously with playing the ball

Creating an advantage over the opponent

Making actions which hinder an opponent's legitimate attempt to play the ball

Blocking.

Blocking or attacking a serve is prohibited. The serve may not be touched until the entire ball completely cross the plane of the net.

Blocking of the ball across the net above the opponent's court is legal provided that the attacking team has had a chance to play the ball to the opponent's side.

Multiple contacts of the ball by players participating in a block shall be legal, and counted as a single contact, provided it is during one attempt to intercept the ball.

A player participating in a block shall have the right to make the next contact; such contact counts as the first of three allowed hits by the team.

The block **does not** count as one of the three touches.

Co-Rec Rules: These rules take precedence over the league rules addressing the same topic.

The serving order shall alternate male and female or vice-versa.

If a ball is contacted more than once, a female must play the ball once. Contact of the ball during blocking does not constitute playing the ball.

Men cannot out number women on any team but you may play more women than men.

League is split into three divisions:

-A: men are allowed to hit and overhand serve similar to women

-B: men are not allowed to hit, but are allowed to serve overhand

-C: men are not allowed to hit and must serve underhand

Scoring and Result of Games

Rally scoring will be used this season. **Games will be rally to 21.**

A game is won when a team scores 21 points and has at least a two point lead over the opponents, cap of 23. Scoring may change during league tournament. Rally scoring means that a point is awarded on EVERY serve!

Teams are asked to record their own scores to the supervisor on site or record on the wall. Scores not recorded will receive a 2-2 split.

The "LET SERVE" rule will apply. Which means continuation of play will be allowed if a served ball touches the net and then crosses the net to the opponent's side.

You may serve from anywhere along the back line.

Team rosters need to be finalized mid-season. No additions after this point.

During league tournaments, team players may need to do a roster check to make sure they are eligible to play. Please plan accordingly.

Team Placement

If a team from any lower league finishes first in the standings two seasons in a row, they will be placed in the upper league for the next season. This is to ensure that leagues are not being dominated by any one team. After that season is completed they will be allowed to step back down to the lower league if they so choose. A team is considered the same team as the previous season if they have at least three returning players. The Parks and Recreation Department reserves the right to make any final decisions.

Enjoy the season and have fun! Remember, this is volleyball, please keep your temper, ego and attitude away from the court.