



CO-ED INDOOR VOLLEYBALL LEAGUE RULES AND REGULATIONS

GENERAL INFORMATION

All games will be played at Granger Elementary Gym, 2002 Oak Street, Granger. Please use the north doors near the playground equipment. Clean dry tennis shoes are required for all participants. The Granger Parks and Recreation Department will provide one volleyball per team at the first team captain meeting. All spectators and guests **MUST** remain in the gymnasium against the wall or seated in the bleachers. Poor conduct will not be tolerated. **If an individual cannot maintain good sportsmanship the Parks and Recreation Department has the right to bar them from further participation in the program.**

SETUP AND TEAR DOWN

The Team Captains will be given a key for the gym to use for their designated game time. Even if the building is unlocked, make sure to swipe your key once, pause and swipe a second time for the building to stay unlocked for the next hour during your game. If you do not do the two swipes, it will not stay unlocked for the rest of your team members. It is the responsibility of team captains to make sure the equipment is put up properly and taken down and put away properly. The storage room will be opened before the 5:30pm game. Team captains of the 5:30pm game will be responsible for setting up the volleyball equipment. The storage room needs to remain open until the equipment is put away. Team captains of the 8:30pm game will be responsible for tearing down the volleyball equipment and putting it back into storage. Please make sure the storage room is shut, any garbage is picked up and lights to the gym are turned off before leaving.

WAIVER OF LIABILITY

All participants in the league assume the risk of injury. The City of Granger, its volunteers, and employees shall not be liable for injury to person, loss or damage to personal property arising from or in any way resulting from participation in the league.

SUBMITTING A ROSTER

Each team must submit a roster with no maximum of players. No player may register for more than 1 team. Rosters must be submitted, and the waiver form must be signed by the captain before any player may take the court. Rosters must be finalized, and no changes are allowed after the 2nd week of play. Once the rosters are finalized no changes may be made, except by special approval of the Granger Parks and Rec Dept. The Granger Parks and Rec may allow changes to a team roster if that team would otherwise not be able to field enough players each week due to injury, illness, players moving, or other special circumstances. You may not pick-up players for the playoffs. If a team is short of players, they can choose to play or will lose by forfeit.

TEAMS

A team consists of 6 players, with a minimum of 2 women. A team may start a game with a minimum of 4 players, of which 1 must be a woman.

TIMING AND SCORING REGULATIONS

Rally point scoring will be used where a point is awarded each time. Rally scoring means that a team will receive a point each time their opponent fails to return the ball even if that team did not serve the ball. In other words, a point will be scored by one team "each" time the ball is served.

A match shall consist of a best 2 out of 3 during the regular season and the playoffs.

A game is over when one team scores 25 points. The winning team must have at least a two-point advantage. If a 25-25 score exists, play will continue until one team wins by 2 points. If a game is tied when game time expires, the next point wins the game. All three games must be played within the 60- minute time block. Playoff games will have no time limit.

Teams shall change courts after each game of a match.

SERVING REGULATIONS

A coin toss will be held to determine who serves first and then the second game the loser serves. The team serving first in match #1 will also serve in match #3.

Serving is the act of putting the ball into play by the right back-row player who hits the ball with one hand or arm from the service zone (anywhere beyond the back line and within the two sidelines).

The server must call the score clearly so both teams can hear. Serves may be underhand, overhand or participants may attempt to jump serve.

Continuation of play if a service ball touches the net and then crosses the net to the opponents within the crossing space will be allowed.

The ball is out-of-bounds when it touches any surface, object, or area outside the court. A ball may be played from out-of-bounds from your territory only. It is illegal to touch the opponent's court in the act of playing a ball.

On change of serve, all players shall rotate clockwise (to the right in front line and left in second line). The player in the front-line right position (right forward) becomes the next server. Positions of players may be changed only after a completed game. If you do not start the game with the serve, you rotate before the first time you serve.

LEGAL HITS

The ball must be cleanly hit. The following constitutes a legal hit:

- Contacting the ball with the heels of the hands, fists, or arms.
- A closed fist punching at the ball.
- No kicking the ball in this league.

FAULTS

The following types of faults can occur during an attempt to play the ball:

- a. Player touching net.
- b. Hand or hands over top into opponents' side of net in hitting ball.
- c. Catching or throwing the ball. The ball must be tapped. No open hand tips/dinks.
- d. Serve out of turn. (Loss of points scored by ineligible server.)
- e. A player contacts the ball twice in succession or the ball contacts various parts of the player's body successively.

TIMEOUTS & SUBSTITUTIONS

Substitutions may be made anytime the ball is dead. There is no limit on subs.

Each team is allowed only 1 one-minute time out per game. Time-outs may be requested any time the ball is dead.

Teams must end play at the 50-minute mark --- (i.e., 6:20, 7:20, 8:20, etc.), whichever team is ahead at this time will be declared the winner. Teams scheduled to play at this hour may claim the court at this time with the following exception: if the game is tied the teams may continue to play until the next point is scored -- (the winning margin in this case is one point). If all 3 games are completed before the hour, these teams having just completed play may continue to practice on the court until 5 minutes before the next game, when they must yield to the teams of the following game.

Teams must be ready to play by 20 minutes past the hour. If a team shows up past 20 minutes after the hour, the team that arrived on time has the following options:

- a. They may claim forfeit of all three games.
- b. They may claim forfeit for one game and agree to play #2 and #3 games.

SUBMITTING SCORES

At the end of each match, each team captain must sign the score sheet. This score sheet needs to be dropped in the drop box outside of the Granger Community Center, 2200 Walnut Street, Granger at the end of the evening. Scores will be updated on the Granger City Website under the Parks and Recreation page.

PLAYOFFS *(subject to change depending on the number of teams registered)*

All teams make the playoffs. Teams will be seeded by league standings.

WEATHER RELATED CANCELLATIONS

Due to the limited number of days available to make up postponed games we will endeavor to play in mildly inclement weather. If unfavorable weather and poor driving conditions appear likely, the team captains will be called or emailed by Jenni Johnson, Parks and Rec Director, before the scheduled game to hear if the game is to be played (if the situation permits). If the game is postponed, the captains will inform their team. The decision to cancel will be made 1 hour prior to game time if possible. If games are cancelled before the start of a game, this decision is made by Jenni Johnson, Parks and Rec Director, and is independent of whether either team can field enough players. A team cannot forfeit a game due to lack of players if a weather cancellation is called before the start of play. Please check <https://grangeriowa.org/parks-recreation/> for cancellations.

****All kids must stay in the gym and sit. We are a guest of the school; we must respect their facility.****