



INDOOR VOLLEYBALL RULEBOOK

2022-2023

FACILITIES

EP Community Center
16700 Valley View Road
Eden Prairie, MN 55346

Enter main entrance, gym is
on the left

Eden Prairie High School
17185 Valley View Road
Eden Prairie, MN 55346

Park in north lot, enter Activities
Center entrance

Central Middle School
8025 School Road
Eden Prairie, MN 55344

Enter main entrance; gyms
are to your right

RULE CHANGES & CLARIFICATIONS

RULE CHANGE

Redefined a match as a maximum of 3 sets (3.2.2). Teams may agree to play a friendly 4th set if time allows. The 4th set will not count toward the standings.

Playoffs are separated into 4 seeds per bracket; the top 4 seeds of leagues with 5-7 teams participate in playoffs; top 4 and bottom 4 seeds of leagues with 8-11 teams participate in playoffs. (2.3.2)

Relaxed regular season player "pick up" rule by allowing two players instead of one to be picked up from another team, even if that player plays at the same level, and only if a team is short for the week. (1.1.3)

Players may not be added to your permanent roster after the midpoint of the regular season. (1.1.4)

Amended this rule update (1/11/23): ~~(Co-Rec only) Removed rule: one back row player may also block when there is only one male positioned in the front row provided a part of the foot/feet or hand(s) remains on or above the center line. Removal of this rule aligns with USA Volleyball rules related to legal back row hits.~~

Judgement calls by the official are not protestable (4.2.7). Team managers may ask the official for rule clarifications. Competitive volleyball has at least 4 on-court officials and a scorekeeper. Keep in mind that league officials are doing the job of 5 people.

COMMUNICATION

LEAGUE DIRECTOR expectations:

- Weather cancellations are communicated via email to Team Managers by 4 pm (weather hotline is retired).
- Scores are updated online as soon as possible, dependent upon staffing and workload

TEAM MANAGER expectations:

- Updated email address that is checked frequently
- Relay pertinent league information to teammates

FORFEITURE

- **FORFEITURES** must be communicated to the opposing team manager and *parks@edenprairie.org* by **2 pm the day of scheduled matches**. If notice is not given by **2 pm**, it is considered an unannounced forfeit.
- Team Manager contact information is on the schedules/standings webpage by clicking the team manager's name.
- More than two unannounced forfeits in one season may be grounds for removal from the league for the remainder of the season and potentially the following season.

RULE 1. ELIGIBILITY

1.1 ROSTERS

- 1.1.1 Team rosters are due online one week prior to the first scheduled game. Teams without a roster will begin their first scheduled set at a 5 point deficit.
- 1.1.2 Players can only be on one team's permanent roster per league.
- 1.1.3 A team is allowed to "pick up" up to two players from another team, even if the player(s) play at the same level, and only if a team is short for the week.
- 1.1.4 Only players listed on the permanent roster are eligible to play in the playoffs. Players may not be added to your permanent roster after the midpoint of the regular season.
- 1.1.5 If team(s) and/or player(s) are in violation of 1.1.2 and/or 1.1.3, they will first receive a warning and forfeit illegally played sets. Second violation results in suspension for the remainder of the season without refund and playoff forfeiture.
- 1.1.7 If a team participated in the playoffs with an illegal player as defined in bylaw 1.1.4, the team (all rostered players) and the illegal player are suspended for a minimum of two seasons.

1.2 TEAM FORMAT

- 1.2.1 Six people play at a time. If a team does not have at least four players at game time, a 5 minute grace period is given before the first set is forfeited. If after 15 minutes there are still not enough players then the entire match will be forfeited.
- 1.2.2 A team must have at minimum 4 players to start play
- 1.2.3 (Co-Rec only) A minimum of two (2) women must be on the court at **all times** and cannot have 4 or more men on the court at one time. Team format applies when subs enter the game and if injury occurs. Failure to comply with this format will result in forfeiture. Teams may play with up to one more male than female players.

Teams may have more women than men on the court.

FIG. 1.2.2 CO-REC TEAM FORMAT GRID

	6 on a court	5 on a court	4 on a court
Acceptable	3 men and 3 women	3 men and 2 women	2 men and 2 women
	2 men and 4 women	2 men and 3 women	1 man and 3 women
	1 man and 5 women	1 man and 4 women	0 men and 4 women
	0 men and 6 women	0 men and 5 women	
Unacceptable	4 men and 2 women	4 men and 1 woman	4 men and 0 woman
	5 men and 1 woman	5 men and 0 women	3 men and 1 woman
	6 men and 0 women		

RULE 2. LEAGUE FORMAT

2.1 REGULAR SEASON

2.1.1 Regular season standings determine seeding for the playoffs.

2.2 STANDINGS

2.2.1 Standings are ranked from highest to lowest SET win percentage (Team A and Team B played 3 total sets. Team A won 2 sets, lost 1 set. Team A is awarded 2 wins and 1 loss in the standings; Team B is awarded 1 win and 2 losses.).

2.2.2 Standings tiebreakers are as follows, in order:

1. Head-to-head competition (sets won-loss)
2. Set win percentage against higher seeds
3. Coin flip

2.3 PLAYOFFS

2.3.1 Playoff format may consist of single or double elimination brackets and may last 1-2 weeks.

2.3.2 Playoffs are separated into 4 seeds per bracket; the top 4 seeds of leagues with 5-7 teams participate in playoffs; top 4 and bottom 4 seeds of leagues with 8-11 teams participate in playoffs

2.3.3 Best of 3 sets; sets 1 and 2, cap 30 points. 3rd set played to 15 points, no cap. Win by two points.

2.3.4 If the deciding set of a championship match is suspended due to unforeseen circumstances, both teams are deemed league co-champions

2.3.5 If one night, single elimination playoffs or the final evening of double elimination, two night playoffs are suspended due to unforeseen circumstances after the first matches of the evening and prior to the championship match, the highest remaining seed is deemed league champion.

2.3.6 If playoffs are canceled due to weather or unforeseen circumstances before the start of one night playoffs and cannot be rescheduled, the regular season champion is deemed league champion.

RULE 3. MATCH FORMAT

3.1 TIME

3.1.1 Matches have a 55 minute time limit. 5 minute warm up is included in the 55 minute time limit. (Exception: Men's Gold is 75 minutes, warm up included.)

3.1.2 Teams are allowed one 30 second timeout per set. No timeouts are allowed in the last 5 minutes of the match.

- 3.1.3 Officials reserve the right to shorten or extend competition time slot to keep competitions on schedule.

3.2 TO WIN A SET

- 3.2.1 A set is won by the team which first scores 25 points with a minimum lead of 2 points. In the case of a 24-24 tie, play is continued until a 2-point lead is achieved. 30 point cap.
- 3.2.2 A match is a maximum of 3 sets (Men's Gold exempt). Teams may agree to play a friendly 4th set if time allows. 4th set will not count toward the standings.

RULE 4. GENERAL RULES

4.1 GOVERNING BODY

- 4.1.1 Matches are played according to USA Volleyball rules; League Rule adjustments override USAV rules

4.2 USAV RULES ENFORCED

- 4.2.1 Setting of the serve is legal; blocking or spiking the serve is illegal.
- 4.2.2 If entire hand and/or foot or any other part of the body is completely over the line, it is a violation.
- 4.2.3 Contact with the net by a 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. (USAV 11.3.1)
- 4.2.4 (Co-Rec only) When a ball is played by more than one player on a team, at least one of the hits must be by a woman.
- 4.2.5 If entire hand and/or foot or any other part of the body is completely over the line, it is a violation.
- 4.2.6 Contact with the net by a 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. (USAV 11.3.1)
- 4.2.7 Judgement decisions are not protestable (USAV 5.1.2.1)
- 4.2.8 (Co-Rec only) One back row player may also block when there is only one male positioned in the front row provided a part of the foot/feet or hand(s) remains on or above the center line.

RULE 5. CODE OF CONDUCT

Eden Prairie Parks and Recreation aims to create a welcoming environment for all players and officials. Unsportsmanlike behavior is not tolerated; consistent reports of poor sportsmanship will be addressed by the League Director.

5.1 INFRACTIONS DEFINED

- 5.1.1 Infractions are defined as but not limited to:
- Use of profanity
 - Complaining about or questioning an official's call by a non-team manager
 - Persistent complaint about judgement calls by any player (including managers)
 - Abusive or profane language (team infraction shall be assessed)
 - Inappropriate comments or gestures to individuals of the opposing team

5.2 CONSEQUENTIAL BEHAVIOR

- 5.2.1 Officials and the League Director reserve the right to warn, assess infractions on individual players, teams, and spectators.

- 5.2.2 Officials reserve the right to immediately eject a team and/or player for persistent unsportsmanlike behavior. The ejected player must leave the premises.
- 5.2.3 The League Director will use their judgement on appropriate consequences which may include disqualification of the team and/or player for the remainder of the season and beyond; disqualification will result in forfeiture of all fees.

5.3 OFFICIALS JURISDICTION

- 5.3.1 The Officials jurisdiction begins from the time a player arrives on-site until the player leaves. Actions that occur before, during, and after matches are all subject to an infraction or ejection. If a player is ejected they must sit out their team's next match (or matches if they have a double header that night).
- 5.3.2 All protests are handled by the League Director.

5.4 SUBSTANCES

- 5.4.1 Alcohol and tobacco are not permitted on-site.

RULE 6. PLACEMENT OF TEAMS

It is of the betterment of the entire league for teams and individual players to register and participate in the league that best fits their skill level.

6.1 MOVING TEAMS TO A DIFFERENT LEAGUE

- 6.1.1 The League Director reserves the right to move teams and individual players into the correct league for their skill level.
- 6.1.2 Skill level is determined by historical league standings, reports from officials and other teams, and/or on-court observation by the League Director.

6.2 MERGING LEAGUES

- 6.2.1 Based on registration numbers, the League Director may merge leagues (i.e. Silver 3 with Silver 2). This is to ensure teams who want to play volleyball still have an opportunity to participate.

Thank you for participating in Eden Prairie Adult Athletics!

Good luck this season,



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