

**MASON CITY RECREATION DEPARTMENT**  
**326 4<sup>th</sup> St NE, Suite #1 - Mason City, IA**  
**WOMEN'S VOLLEYBALL**  
**Power**

**Winter 2019**

1. Miscellaneous information and league procedures are subject to change.
2. Standings are decided by: A) overall record, B) head to head competition, C) point spread (offensive points, minus defensive points). Awards will be given to League Champion (\$25.00) & Tournament Champion (\$15.00).
3. The decision to cancel league play due to weather will be made by 4:00 p.m. Listen to the local radio stations; check the Mason City Parks & Recreation page on Facebook and/or the Mason City homepage at [www.masoncity.net](http://www.masoncity.net). Make-ups will be made up during the season or at the end of the season, if time allows. *Anytime school is not in session or is cancelled there will be no matches!*
4. **ROSTERS:** Use official rosters only. Rosters are due by the team's first game. Players must appear on the roster before playing. If not on the roster, you will forfeit your match. Players may be added until **October 18<sup>th</sup>**, at the office. Maximum of 16 players per roster, including captain. Players must be at least 16 years of age on game day to participate in league. **Players may only play on one team per league.** **ADDITIONAL PLAYERS ADDED TO ROSTER DUE TO INJURY OR MOVING OUT OF TOWN:** Teams may add up to 3 players to their roster if players already on the roster get injured or move out of town. In order to add players to the roster in place of injured or moving players: The captain must present, to the office, a letter of verification from the player (player's doctor) that is injured or moving before the additional players can be added to the roster. Additions must be made at the office.

**GENERAL RULES**

1. Gym shoes must be worn at all times. Please bring a pair of shoes with you to play in, other than your street shoes.
2. The first team listed on the schedule is the home team. Home team will always have first & third serve
3. The server shall stand with both feet behind the rear boundary line. The server may use the entire back line. The ball must be clearly hit underhand, not thrown or pushed.
4. Teams that start with less than 6 players may add players upon arrival in the middle of the back row.
5. All matches will consist of 3 games. Each match is allowed 50 minutes of play. If time runs out during the game, the team that is ahead wins the game. If the game is tied after 50 minutes of play, play will continue until a team scores a point. If time runs out during a volley, finish the volley. If time runs out during a second game, that game will stand as scored (as long as one team is ahead). Play the third game until one-team scores 3 points.
6. You cannot block or attempt to block or attack (jump up and hit or spike) the ball during a serve.
7. A ball touching any part of the boundary line is good.
8. Players are not permitted to scoop, hold or catch the ball. The ball must not visibly come to rest on the player's fingers or any other part of their body.
9. A player may use any part of his/her body above the waist in playing the ball. It is permissible to run out of bounds to play a ball, but a player cannot play a ball that cross the center line between courts.
10. One person may play the ball twice during a volley, but not twice in succession.
11. The ball must always be returned over the net on or before the third contact.
12. Teams must keep their rotation constant throughout the duration of the game, changing only with the addition or deletion of players. The rotation of entering and exiting players from play must take place in the serving position.
13. All matches will start at the designated time when the official/supervisor starts the match or clock. However, a 15-minute forfeit time is allowed from the time the event is scheduled. If the minimum number of players or legal male/female ratio does not appear before the 15 minutes has elapsed, they forfeit all games.
14. Each team is allowed 1 (one)-30 second time-out per game, but cannot call a time-out with less than 5 minutes left in the match.
15. Captains are the only players to discuss questions with the supervisor/official.
16. If any given match extends to another time slot, warm-up will be restricted or eliminated for the next match.
17. If children are brought to the gym they must be directly supervised by a non-player 16 years of age or older. If the child/ren are not directly supervised – the game will be stopped and will not be allowed to continue until the child/ren are directly supervised. League supervisors are not babysitters.
18. Team captains are responsible for picking up schedules, turning in rosters and informing team members of any changes in the schedule.
19. The official/supervisor has the right to suspend any player for unsportsmanlike conduct or for confronting staff in a threatening or derogatory way for that night. Permanent suspension may occur depending on severity of comment or act!

**NUMBER OF PLAYERS ON THE COURT:** All teams must have at least four (4) players to play; but no more than six (6). Forfeits will be issued if minimum isn't met.

**OFFICIALS:** Officials are provided to call the play, their decisions are final.

**SCORING:** Games will use rally scoring; the first two games will play to 25 points, the third game will play to 15 points. Teams must win by two points. There will be and a 30/18 point cap, win by one if needed.

**SERVING:** The ball may be played on the serve if the ball hits the net and goes over the net (Let Serve).

**OFFENSIVE PLAY:** Offensive players may, after hitting the ball, let his/her hands go across the net, as they do not touch the net with any part of their body or interfere with the opponent's attempt to play the ball. The ball is playable off any obstacles if offensive team has hits remaining or ball does not cross the net. (See gym obstacle section)

**DEFENSIVE PLAY:** The hands of the blocker may reach over the net, but the defensive player cannot contact the ball over the opponent's section, which sends the ball toward the defensive court. A defensive player will not be allowed to attack the ball on the opponent's side of the net.

**GYM OBSTACLES:** If the ball hits the basketball hoop or backboard on the serve it is declared out. If the ball hits the hoop or backboard during a volley coming from the opponent's side of the net, it is declared out. If a team hits the hoop or backboard on own side it will be a replay. All other obstacles such as wires, lights, etc. which are above the playing area can be played if team has remaining hits. Anytime the ball hits the wall it is declared out.

**DRINKING/INTOXICATION:** We do not allow drinking of alcoholic beverages during our matches, nor do we allow such activity in the immediate area around the courts. We do not allow participants who are intoxicated to participate in our programs. Anyone participating while under the influence of alcohol will be suspended from play for the rest of the night and their team's next scheduled match. It is against the law to have, in your possession, any alcoholic beverages, drugs or tobacco on school grounds.

**BLOOD RULE:** If at any time an official/supervisor sees blood on the uniform or body of a player, coach or official, the game shall be stopped and the wound will be cleaned and covered. If the uniform has blood on it, have the player exchange/cover that part regardless of the attire. The amount of time it takes to treat the wound is up to the official/supervisor (2/3 minutes). Should the player have to leave the game, a substitute may report for the injured player. A team may play short-handed.

**FORFEITURE:** If the team cannot make a night of play, it is the captain's responsibility to contact the Recreation Department by 2:00 p.m., so staff can contact the other team and other arrangements can be made. If a team does not contact the Dept., the following penalties are enforced:

- 1<sup>st</sup> offense: Written Warning,
- 2<sup>nd</sup> offense: Forfeit of next scheduled game
- 3<sup>rd</sup> offense: The team will be out of the league.