

Mason City Parks & Recreation Department

Adult Volleyball League Rules- 2023



Women's Power Rules

A. GENERAL INFORMATION

1. If games are postponed due to weather, they will be made up as soon as possible. Rescheduled game information will be available to managers soon after the postponed game day. Managers will be contacted by the Recreation Programmer with make-up information. **MANAGERS ARE RESPONSIBLE FOR CONTACTING THEIR PLAYERS AND INFORMING THEM OF RESCHEDULED DATES.** All games each night are NOT necessarily canceled because of adverse weather so please check the status of your schedule game via email or watch our Facebook Page. The status of scheduled games will be reached after 4pm. Please DO NOT CALL OR EMAIL the recreation office to see if games are postponed before these times.
2. Entry fees will not be refunded once league scheduling is completed. Refunds prior to the start of the season will be considered upon request and will not be guaranteed.
3. The City of Mason City Parks & Recreation Department, its employees or appointed agents, assume no responsibility for any personal injury or loss that any team member or spectator may incur as a result of this program. Individuals are encouraged to have their own personal health/accident plan for any such injuries which occur.
4. Weekly league standings/ scores will be posted on the city website www.masoncity.net under the Recreation Adult Volleyball Program.
5. The Parks & Recreation Department office is located at Southbridge Mall, 100 S Federal Ave Suite 201. League business can be conducted Monday-Friday 8:00am-4:00pm. All league transactions (rosters, manager changes, forfeits, etc.) must be conducted at these times.
6. Managers must provide an email and phone number to be contacted on make-ups, player discipline, etc. volleyball questions should be sent to dhall@masoncity.net
7. In compliance with the American's disability act (disability defined by the ADA), any team considering using a player with a disability is asked to notify the Recreation Department prior to the season, so appropriate action can be taken to accommodate their play.
8. **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.**

B. ILLEGAL PLAYERS

1. Player that is not 18 years of age.
2. A player that is not listed on the team roster for that team which he/she is playing for.
3. A player that fails to sign his/her own name on the original roster sheet.
4. A player that is playing under someone else's name.
5. A player that is playing while under a suspension.

C. ROSTERS

1. All teams must have at least four (4) players to play, but no more than six (6)
2. No player is allowed to play on more than one team within the same league in Mason City, in the same season. Any violation of these rules will result in suspension.
3. Maximum of 16 players per roster, including captain.
4. Players may be added to a team roster any time prior to the third week of the season. All rosters are frozen after the third week.
5. Roster protest: if a team or the department has a question about a player's eligibility, the following procedures should be followed:
 - a. Player in question must be protested to the supervisor working the games before the game ends. The name of the player(s) will be recorded by the staff representative on the scoresheet.
 - b. If name does not appear on roster, the team will forfeit the game.
 - c. **Tournament: Each tournament player must have played in TWO regular season games to be eligible for the tournament unless approved by teams.**
6. Please report game day roster to the supervisor
7. **BLOOD RULE:** If at any time a ref sees blood on the uniform or body of a player or captain, the game shall be stopped, and someone should treat the wound by cleaning and covering the area. If the shirt has blood on it, have the player exchange/cover the part regardless of the shirt, pants, or undershirt color. Should the player have to leave the game and a substitute report for the injured player regular re-entry and substitute rules will apply. A team can play short-handed - if the game can't be resumed and there is no substitute available, the game must be forfeited.

D. FACILITIES/EQUIPMENT

1. It is imperative that all participants show respect and take care of the Mason City Schools courts and any equipment.
2. If the ball hits the basketball hoop or the 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 a team has remaining hits. Anytime the ball hits the wall it is declared out.

E. GAME TIME IS FORFEIT TIME

1. Be RESPECTFUL- teams sign up wanting to play and not wanting forfeits. Do your part and have enough players each week
2. More than one forfeit in a season or if the entire team no shows, without notifying the opposing team and the Recreation Programmer will result in immediate release from the league with no refund of fees.
3. You must notify the opposing team manager and Recreation Programmer before 4:00pm on the scheduled game day.

F. DRINKING/ INTOXICATION/ SMOKING

1. 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.
2. Anyone participating under the influence of alcohol will be suspended from play for the rest of the night and their team's next scheduled match.
3. It is against the law to have, in your possession, any alcoholic beverages, drugs or tobacco on school grounds.
4. Smoking/ Vaping are not allowed on school grounds or in the building.

G. BALL CONTACT/ PLAYING THE BALL

1. Maximum 3 hits (contacts) per side
2. The net cannot be touched, even after the ball has hit the ground
3. Ball can be played with any part of the body (except to serve)
4. If the ball attacked is NOT a hard driven ball, the defending team may set the ball if the contact is COMPLETELY clean (no doubles or lifts)

H. SCORING

1. Matches will consist of 2 sets to 25 and third game will play to 15 with all games counting for league standings. There will be a 30/18 cap, win by one if needed.
2. Rally scoring will be used in all sets.

I. PLAYING REGULATIONS

1. Time Limit: 50 minutes
2. Gym shoes must be always worn. Please bring a pair of shoes with you to play in, other than your street shoes.
3. The first team listed on the schedule is the home team. Home team will always have first & third serve.
 - a. Do odd or even to determine side.
4. Teams that start with less than 6 players may add players upon arrival in the middle of the backrow.
5. 1 timeout of 30 seconds per game for each team.
6. Teams will switch sides after each game.
7. Server shall stand with both feet behind the rear boundary line. The server can use the entire back line.
8. You CANNOT block a serve.
9. Ball touching any part of boundary line is good.
10. 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.
11. A player may use any part of his/her body in playing the ball. It is permissible to run out of bounds to play a ball, but a player cannot play a ball that crosses the center line between courts.
12. One person may play the ball twice during a volley, but not twice in succession.
13. The ball must always be returned over the net on or before the third contact.
14. 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. Players can also be added in the middle of the back row, if arriving late.

15. Captains are the only players to discuss questions with the supervisor/official.
16. 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.
17. 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.
18. Players cannot deliberately prevent the opposition from seeing the server (screening)
19. Let Serve is good.
20. No PROFANITY
21. Respect the opposing teams; HAVE FUN!!!

J. TIEBREAKER

Standings are decided by: A) overall record, B) head-to-head competition, C) point spread (offensive points, minus defensive points).

K. LEAGUE

1. Standings and schedules can be found at www.masoncity.net
2. T-shirts will be awarded for Tournament Winners

Good Luck! Have a fun season!!

Questions: Dylan Hall

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