



LEAGUE COMMUNICATIONS

Voice Mail Standings, Weather Cancellations, and to report Scores

Call **763-506-7840** and follow the appropriate prompts.

View Schedules and standings on the Internet at: www.eteamz.com/ahce-sports

1) LEAGUE PHILOSOPHY

The Anoka-Hennepin Community Education Department offers volleyball leagues for the health and enjoyment of school district residents. The department may administer any actions to maintain the integrity of the league and the enjoyment of the sport.

2) MANAGER'S DUTIES

- A. Make sure you have a full team or the minimum number of players needed to play your game.
- B. You, the manager, must handle any dispute. Do not let one of your players face ejection by arguing a call.
- C. You are responsible for taking charge of your team's and your spectator's conduct. Abusive language, improper drinking, litter and other irresponsible acts will not be tolerated.
- D. Any schedule information, changes or other league information will be sent to you. Make sure we have your current address and email for the current season and next year. It is your responsibility to pass the information to your players.
- E. Know the rules. Tell your players the rules. This will help the game run smoothly and help your team concentrate on playing.

3) TEAM DUTIES

The first teams to play are responsible for putting up the nets and the last teams are responsible for taking the nets down and putting them away. Please put away the volleyball standards and net when there are no teams waiting to play, even if you did not play the 9:15pm match.

4) PLAYER INFORMATION/BEHAVIOR

- A. Sportsmanship and fair play will be the hallmark of all adult athletic leagues. This volleyball league is organized as a recreational league. Players not following the league rules will be warned once. If continued, players or teams will be dropped from the league.
- B. Player Eligibility:
 - 1) A person must be at least 18 years of age.
 - 2) All players must comply with the eligibility requirements of a specific league as described in the printed information about the different league options.
 - 3) Current Varsity Athletes (High School and College) might be ineligible for these leagues. Check with your Athletic Director at your school so that you don't jeopardize your Varsity Eligibility.
- C. Team Rosters & Number of players - Teams should be composed of a minimum of six players. All teams may roster up to 12 players. Only six players may play on the court at any one time. Teams may start and finish a game with 4 players. The 5th & 6th player may be added when they arrive. Teams can add or subtract players to their roster through the 3rd match of the season.
- D. Player & Team Behavior – Unsportsmanlike behavior will not be tolerated. Each team member is responsible for his or her conduct. Respect yourself and others. The Anoka-Hennepin Community Education Department has the authority to suspend a player(s) or team for an indefinite period of time should circumstances warrant it to maintain the philosophy and objectives of the program.
- E. Building Behavior - Players must be courteous and conscientious users of the school facilities, and must obey the school building policies. The use of the school gyms is a privilege granted to you, not a right. If you don't behave in the schools our gym space will be taken away and given to another group looking for extra gym time. **Players should not bring children with them to games. The intent of the league is to provide adults with a childfree evening of recreation. Please adhere to this policy.** (Note – this is because while you are playing the children are unsupervised which could lead to problems). Facilities must be returned to the condition they were in before your use.
- F. Players may not play or be rostered on two teams on the same night.

- A. **Time Outs** – Teams are allowed 2 (30 seconds) time outs per game and the team captain should only call them. Time outs must be taken when the ball is dead, except for injury. Time out for an injury shall not exceed five minutes. When a ball from another court rolls onto your court, play will stop and the point will be replayed.
- B. The rest period between games of a match shall be a maximum of 2-minutes or less if games are going long.
- C. The server should call out the score loudly prior to each serve in the Fun/Intermediate leagues.

7) SPECIFIC RULE CLARIFICATIONS

- A. **Playing the Ball** - The ball may be played with your forearms, fingertips (for a set) or one or both hands (preferably with clasped hands or a closed fist). The ball is alive if it touches any part of the player's body (note if the ball hits the player's foot, the foot must be in contact with the ground for the play to be legal – no kicking of the ball is allowed). Teams are allowed only three contacts before they must hit the ball back over the net (Note a block does not count as one of your 3 contacts).
- B. **Bumping/Digging Interpretation** - For two handed or forearm bumping your hands must be clasped or held together. One or two handed digs must have a closed fist. Open handed slaps or lifts are illegal. A proper bump is hit off the wrists, forearms or clasped hands that come directly off this area.
- C. **Setting Interpretation** - The setter should be facing the player he/she is setting to unless it is a backward set, otherwise the set is across the body **could be** called a push, which is not a proper set. The ball should never come in contact with the meat or palm of the hand on a proper set, only the finger tips should be used, and the ball should be popped off the finger tips.
- D. **Spiking Interpretation** – A proper spike is when a player hits a ball that is above the net in a downward hard driven action into the opponent's court. The player's hand or arm may follow through over the net as long as they do not touch the net. At no time can a player hit the net or its supports. In order for a defensive player to hit a spike on a ball close to the net, some part of the ball must cross the vertical plane of the net before they can hit it. A proper spike is not directed, pushed or thrown by the fingers or snapped with the wrist, also you cannot have a two handed spike, that is a push.
- E. **Blocking interpretation** - A defensive player may extend their arms over the net to block a shot in a hood-like fashion, but may not have any downward motion in their arms when contacting the ball. A defensive player may not interfere with the offensive player's attempt to set or strike any ball that is on the offensive side of the net. A partially blocked ball does not count as one of the three hits by a team. The same player who made the partial block may hit a partially blocked ball again.
- F. **Simultaneous Held Ball** - If the ball momentarily comes to rest (held ball) after two opposing players simultaneously touch it above the net, it shall be considered a held ball and a replay will occur.
- G. **Overlapping Position Interpretation** – Before the ball is served a player's feet may not be completely overlapped with the feet of a teammate immediately to their left or right and/or to their front or back. Once the ball has been hit players may go to any part of the court.
- H. **Common Front Row Violations**
 1. Foot Fault - A foot fault is called if the player's entire foot touches the floor on the opposing team's side of the centerline while the ball is in play.
 2. Net Violation - No part of a player's body may touch any part of the net or its support while the ball is in play.
- I. Back Row Players who come in front of the spiking line (10 foot line) may not block or spike any ball, or hit any ball above net height (Note - except for blocking in co-rec leagues).
- J. **Serving/Player Rotation/Substitutions**
 1. A server must be completely behind the back line when the ball is hit and may stand anywhere on the base line. If there is less than five feet from the back line to a wall, the server may then step over the back line with one foot.
 2. Player rotation is in a clockwise order.
 3. Substitutes can come into any position, but preferably entering at the serving position or the left front position. Teams may have more than six players in the player rotation as long as it is done consistently and uniformly throughout the game.
 4. Changing Courts - At the end of each game of the match, teams shall alternate courts. At the beginning of each new game the players playing positions may be rearranged.
 5. **Serves cannot be blocked** - since this often leads to sloppy play and it is difficult for referees (or players) to rule on an illegal block of the serve. Therefore the receiving team cannot attempt to block any serves.
 6. **Setting the serve** is legal as long as the player performing this hit does not have the ball hit the meat or palm of the hand, only the fingertips should be used.

7. **Let Serves are allowed** - The serve is considered good if the ball passes over the net between the antennas or their indefinite extensions. **It is legal for a served ball to touch the net** and for the receiving team to play the ball if it appears that the ball will remain in bounds.

8) Special Serving Rules

- A. Fun Leagues-
1) **Women's Fun** - No overhand serving allowed, unless both managers agree to allow it prior to the Match starting.
- B. Intermediate Leagues-
1) **Men's & Women's Leagues** - Overhand serving is allowed.
2) **Co-Rec Intermediate Leagues** - Overhand serving allowed by both men and women.
3) **Power Leagues** - Overhand serving is allowed.

9) Special League Rules.

To improve play in all Leagues:

1. The receiving team can use any method (bump, set, etc) to play the serve, which could lead to multiple contacts. Multiple contacts are more than one contact by a player during one attempt to play the ball (double hit). Multiple contacts are permitted only when the ball rebounds from one part of the player's body to one or more other legal parts in one attempt to:
 - A. Block
 - B. Play the **first ball** which has entirely crossed the net (A touched ball on a block is considered the first play). The ball **cannot** be a roll or prolonged contact (ball visibly coming to rest or a lift).
2. All bumping styles should have the hands together or clasped
3. One handed digs and closed hand hits are allowed (underhand or overhand).
4. One or two **open** hand **slaps** are illegal.

10) SPECIAL CO-REC RULES

- A. Serving order and positions on the floor must alternate male and female. The exception is allowed when using a five-player line-up. Then up to two players of the same sex can be next to each other.
- B. If the ball is hit more than once on a side; a female player **MUST** hit it before returning over the net. Two male players may hit the ball consecutively as long as a woman hits it sometime before going over the net. Any player may hit the ball over the net on the first hit.
- C. One male or female player may come from the back row to **block** when there is only one male in the front row. This player may not spike the ball or hit any ball that is over 8 feet above the floor except on a defensive block.
- D. Numbers of players - Teams are to play with six players on the court (three men and three women). The minimum number needed to start a match is 4 players (2 men/2 women or 3 women/1 man). **Teams must have at least 2 women on the court at all times, and also teams may not play with more than 3 males on the court at one time.**