

# New Ulm Park & Rec Adult Volleyball Registration

**Fee: \$220/team**

Registration will open, in-person only, at 5:30pm on Wednesday, October 12 at the Rec Center. Registration is first come, first serve. It is likely to fill up quickly, therefore, no registration will be accepted in advance. Preferred division is not guaranteed regardless of when your team registered. Emailed forms will also not be accepted until after this registration date.

- Wednesdays: Women's                      Women's Division (Circle top choice)
  - 11/9- mid March                              1                      2                      3
- Thursdays: Co-Rec                      Co Rec Division (Circle top choice)
  - 11/10- mid March                              Upper                      Lower

Team Name: \_\_\_\_\_

Manager's Name: \_\_\_\_\_

Manager's Address: \_\_\_\_\_

Manager's Contact Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

All Matches will be played at the New Ulm Recreation Center.

**VOLLEYBALL ROSTER**

Player's Name	Address	Phone Number
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		
9)		
10)		
11)		
12)		
13)		

Park & Rec use only:  
 Date & Time Form Received: \_\_\_\_\_  
 Date Payment Received: \_\_\_\_\_

Questions?  
 Liz Malloy, Program Supervisor  
[lizm@newulmmn.gov](mailto:lizm@newulmmn.gov)  
 507-233-2121, ext. 203

## Rules 2022-2023

1. MN State High School League rules will govern play, with in-house rule exceptions as noted.
2. Cancellations are rare, but will be announced on Facebook and captain's email by 5p.m. and posted on the PR info line 354-9041.
3. No tobacco or alcohol use in the Recreation Center.
4. No food, candy or beverages on the gym floors, courts, or sidelines, except water.
5. Any use of the Recreation Center requires a membership or purchase of day pass. Please stay OFF the track at all times. It is not acceptable to walk the track prior to your match unless you have a day pass, punch card or annual membership. Walking the track does not come with your league fee. Please limit spectators. Spectators must remain in the gym court area.
7. Please have a clean, dry pair of shoes to change into prior to your match.
8. All rostered players must be 18 years of age before competing in a match.
9. No player may play on more than 1 team per night, regardless of divisions. No subs allowed from players on other teams.
10. All teams shall be composed of a maximum of six (6) players on the court at 1 time. Maximum of 15 players on a roster.
11. You may add to your roster until tournament play begins. Persons on the roster must have played in 3 league matches to be eligible to play in the year-end league tournament.
12. If you do not have 4 players on the court, ready to play 5 minutes after your start time, your team will forfeit its first game. After 8 minutes your team forfeits the entire MATCH. A team may start, continue, or finish a game with 4 players
13. This league will be self-officiated. A league coordinator will be onsite to help answer any questions or rule interpretations.
14. A coin toss shall determine first serve. The visiting team shall call the coin toss. The team that wins the coin toss will have choice of side or serve for the first and third game. For the second game the team that lost the initial coin toss will have choice of side or serve. The team that appears first on the schedule will be the home team.
17. On a serve, if the ball touches any obstruction (lights, beams, etc.) it is a side out.
18. The Let serve is allowed.
19. Any player contacting the ball more than once is considered two hits.
20. When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. Scooping, lifting, pushing, or carrying the ball shall be considered a form of holding.
21. During play a ball that hits an obstruction (including the lights, beams, basketball hoops etc.) can be played on the team's side that hit the ball. It is a side out or point if the ball comes over to the other side. EXCEPTION: if the ball it's the curtain it is out of play.
22. You may not enter another court to play a ball.
23. Players may serve from anywhere behind the service line.
24. The receiving team must rotate before their first server.
25. No blocking or attacking of the serve.
26. The ball can be played off any part of the body.
27. Time out can be requested only when the ball is dead. There is one 30 second time out per game. Request for time out may be made only by the team captain. A time out may not be called in the last 2 minutes of the match.
28. League Coordinator will call out when five minutes are remaining. Games will start and stop on time, play will not continue passed the allotted time if teams start late.

## Rules 2022-2023

29. All league games will be played with rally scoring.
30. All matches will consist of three games. Matches must be limited to 55 minutes from the scheduled time. The first team to reach 25 points and lead by 2 points will be declared the winner. If there is a tie at 25 points, then the first team to reach 26 points will be declared the winner. When time ends, the team that is ahead in points will be declared the winner. If teams are tied one more point will be played.
31. CAPTAINS ARE RESPONSIBLE FOR CONTROLLING THE TEAM.
32. If teams disagree on a call, the point will be replayed.
33. Any comments directed towards the league coordinator by another player other than the captain will result in a warning. If comments continue, regardless of whom it is the team will forfeit the matches. If it is an argument involving both teams neither will be awarded the win.
34. No profanity.
35. Any excessive unsportsmanlike behavior will result in a 1 point loss and possible suspension.
36. \*Protests on eligibility may be made before or during, but not after a game has been officially completed.
37. The score card must be signed by each team manager at the end of the match and turned in to the league coordinator.
38. Total game win/loss record determines seeding and pairings for year-end tournament.
39. Park and Rec. provides game balls.

### Additional Rules for Co-Rec:

13. *Expanded.* A team may start, continue, or finish a game with 4 players which can consist of 2 men and 2 woman, or 3 women and 1 man. Both teams need to be in an agreement if more men are playing than women.
40. The serving order and positions on the floor must alternate male and female. If the ball is played more than once by a team, a female must make one of the contacts. Ball contact during blocking does not constitute playing the ball.
41. Co-Rec- one back court player (man or woman) may also block when there is only one male player in the front line position.

**Any changes in rules will be sent out to team managers throughout the season.**