

A white volleyball is positioned in the center of a polished wooden gymnasium floor. The floor has a prominent white line running horizontally across the middle. In the background, several bright, circular overhead lights are visible, creating a dramatic, high-contrast scene. The text is overlaid on the top half of the image.

CITY OF BURNSVILLE

# official indoor volleyball league

## GUIDELINES

Published and Distributed by  
**City of Burnsville's Parks, Recreation and Facilities  
Department**

# BURNSVILLE RECREATION DEPARTMENT

## INDOOR VOLLEYBALL LEAGUE RULES

### MANAGER'S RESPONSIBILITY

As the team manager you are responsible for:

- **Reporting scores on a weekly basis**
- **Providing your team with a game ball**
- **Keeping the gymnasium clean**
- **Policing your players and fans**

### REFEREES

There are **no referees** in the league. Make all judgment calls on your own side including "fouls" and rule interpretations. In the event of a disagreement, **play a point over!**

### HOME TEAM

Home team gets the choice of side or serve for the first game (for the 2nd game, teams switch sides and the team that did not get to first serve, then serves). Follow the same procedure for the third game. Home team is to provide the game ball.

### CONDUCT

When an opponent is about to play or is in the act of playing, please try not to distract the player by shouting, screaming, throwing sand at them and etc. Unsportsmanlike conduct is a violation of play. Any team that continually displays unsportsmanlike conduct may be suspended from the league. (Remember, this is a recreational league-**let's have fun**).

### ROSTERS

Rosters should have no more than 12 names. If you have changes to be made on your roster, you must call into the office and make your own changes by the start of week 5. All players participating in the league must be on the roster.

### MATCHES

A match shall consist of **3 games to 25 points with a cap of 27 points**. All scoring will be **rally scoring**. **All 3 games must be played**.

Teams late for the first match of the evening only have 10 minutes (forfeit first game), 15 minutes (forfeit first and second games, and 20 minutes (forfeit entire match) to begin.

Matches must begin on time. **A team can begin play with any number of players**. If there is more than 1 player, **1 has to be a female**. There are no grace periods for the second and third games, *"game time is forfeit time"*...If the first game of the evening is not delayed.

Time limit for each match is 55 minutes. Be mindful of time in between games.

Games may not continue past the 55-minute time limit. The team that is ahead at the time of a called game is the winner. If the score is tied, 1 point will be awarded to each team. If the 3rd game of a match is not played at all, 1 point will be given to each team.

## SCORES

**WINNING TEAMS MUST REPORT SCORES** following play by emailing scores to [Scott.Heitkamp@BurnsvilleMN.gov](mailto:Scott.Heitkamp@BurnsvilleMN.gov)

Be sure to report 1) date the game was played, 2) team name and opponent name, 3) both the number of wins and losses in the match. Both teams will receive 0 if no call is made.

## TIE-BREAKERS

If teams are tied in the standings at the end of the schedule, head-to-head records will be consulted to break the tie. If needed after that, number of points will break the tie

## BLOCKING

Only players in the front line are eligible to block. Blockers may reach over the net, but cannot interfere with the offense from making a play. **Blocking or spiking the ball on the serve is not legal.**

## OUT-OF-BOUNDS

The ball is out-of-bounds when it touches any surface or object outside of the court, or touches the net outside. Any part of the ball touching a boundary line is in court. Out-of-bounds balls can be played before they touch the ground or an object that is out-of-bounds.

## HITTING THE BALL

In general, any style of hitting the volleyball is acceptable as long as the ball is hit (not thrown) and not allowed to come to a rest. **THIS IS NOT POWER VOLLEYBALL! Managers should discuss at the start of a game how strict teams will be in enforcing illegal hits.**

**If a team hits the ball more than once, in the same play, ONE OF THE HITS MUST BE BY A FEMALE PLAYER.** (Blocking the ball is not considered a hit).

## SERVING

Each player should announce the score before serving (say your score first, then the other team's score).

Serve from the "serving area" which extends back from the rear out-of-bounds line as far as you like, and sideline to sideline. Players may, on the follow-through, step on to the rear of the court as long as the ball is contacted before they do so. Any changes in this rule should be cleared between the managers before the game.

Players should serve in turn. Serving out of turn can constitute a "foul" and the other team can be awarded a point or side out.

**Let serves will be allowed.**

## NET CONTACT

A player is not to contact any part of the net or supports while the ball is in play. If a player contacts the net they should call it, with the other team getting the point or the ball.

## CENTER LINE

A player may not come down with their entire body on the opponent's side of the net or make contact with a player on the other team.

## PLAYER ROTATION

Teams can rotate players into the game as long as it is done consistently throughout the game. Substitutions do not need to be male for male or female for female. Late players may be added to the game as soon as a point finished and it complies with the number of male players on the court.

## CONTACT

A player shall not make successive contacts to the ball except when playing a ball they have just attempted to block.

Simultaneous contacts of the ball by more than one player of the same team are allowed and are considered as one play. Players participating in such a play may participate in the next play.

Hands may be in any position, but when hitting the ball, the ball should only contact the hands for a brief moment.

## PLAYERS

**Ideally, a team will have 3 men and 3 women on the court at all times. However, a team may begin a game with any number of players. A team may play with more women than men at anytime. A team may also play with 3 men and 2 women or 2 men and 1 woman, or one man.**

## SPIKING

Spiking is allowed. It may be done with a distinctive slap/hit of the ball (hard spiking **is not** encouraged!) Remember... this is a recreational league. Persons in the back row are not allowed to come to the front line to spike.

Remember: Spiking on the serve is illegal.

## AGE REQUIREMENTS

All players must be at least 18 years of age to play in the league.

## VALUABLES

The City of Burnsville is NOT RESPONSIBLE for items that are lost or stolen.

## WEATHER

If inclement weather is questionable, team managers should call the Recreation Information Line: 952-895-4507 after 4:30 pm to see if the matches have been canceled.

## **AWARDS**

There will be awards given to both the league champion and playoff champions.

## **PARK RULES AND LOCATIONS**

The Burnsville Recreation Department Reserves the right to restrict the eligibility requirements in the future as court space becomes limited.

Please use the trash barrels and encourage all members and fans of your team to do the same.

The Recreation Department reserves the right to keep all or part of the registration or entry fee if you or your team is suspended from the league.

### City Hall:

City of Burnsville-Recreation Department  
100 Civic Center Parkway  
Burnsville, MN 55337  
(952) 895-4500 Recreation Office. Hours 8am - 4:30pm.  
(952) 895-4507 Weather Line

[www.burnsvillemn.gov](http://www.burnsvillemn.gov) for league standings

Eagle Ridge Middle School – 13955 Glendale Road, Savage, MN 55378

## **INSURANCE/LIABILITY**

BE ADVISED THAT NEITHER THE CITY OF BURNSVILLE NOR THE LEAGUE CARRY INSURANCE FOR INDIVIDUAL PLAYERS OR TEAMS.