

**WOMEN'S RECREATION**  
**UPPER DIVISION VOLLEYBALL RULES**  
**2009-2010**

*Official Rules of the State High School Volleyball League will be in effect with the following points to be emphasized and with a few of the following exceptions:*

1. First matches of night must start on time, if other team doesn't show up within 5 minutes after the posted start time they will forfeit the match.
- 1.5 **Children are not allowed in the gym while games are in session. This is for their safety.**
2. Each match will consist of three games and each game counts one point in the standings.
3. A ball other than the serve may strike one or more times on the ceiling and/or fixtures or obstructions and may still be in play by the offending team according to the rules as though the ball had not touched the obstruction. No such rebounding ball may legally strike above the opponent's side of the net nor may it fall to the opponent's playing area.
4. The ball must be clearly hit. If the ball momentarily comes to rest in the hands or on the arms of a player, it shall be considered as having been played illegally.
5. Players may play the ball outside the boundary line. A ball contacting the boundary line is fair.
6. Teams have three hits or less to return the ball over the net. When two players hit the ball simultaneously, it is considered just one hit. A block is not considered a hit.
7. **The team first scoring 25 points wins the game, but you must win by two points. We will be adopting Rally Scoring, as did the MN State High School League. The third game is rally scoring to 15.**
8. Players may step on but not over the centerline.
9. All players are required to wear tennis shoes.
10. A team must play with a minimum of 3 players. Any number less will result in a forfeit.
11. Teams must have 3 hits or less to return the ball over the net. When 2 players hit the ball simultaneously, it is considered one hit. A block is not considered a hit.
12. A team wins a point or serve if a member of the opposing team goes over, under, on into the net, unless the offensive player goes over the net on a follow through from a spike without touching the net.
13. An under handed hit must be made with a closed fist.
14. If school is closed due to inclement weather, the evening volleyball matches will be cancelled.
15. No more than two (2) high school age students per team may be on the court at any time.
16. Players may go over the net to attack but if offensive team has a hit left you must give them that opportunity to play the ball.
17. Must say the score before the serve.
18. **Setting of the serve is now allowed (Updated Rule 2009-2010 Season)**
19. The team that wins the toss will have the first and third serve.
20. Rosters may be modified up to two weeks before playoffs begin.
21. Legal contact must be above the waist.
22. Let serve is a live ball.
23. Only designated subs can be shared from one team to another.
24. In order to be eligible to participate in playoffs all players must play in a minimum of two matches and be on the teams sub or regular roster. **If a team wants to challenge another team's eligibility they must do so before the match starts. If a team is found to have played ineligible players during the league tournament they will be suspended from the league for a minimum of 1 season.**
25. **First & Third game serve will be determined by playing Rock, Paper Scissors (best of 3). (Rock Paper & Scissors is only done one time and the result determines the serve of both the First & Third Game)**  
No two teams may share a regular team member.  
If a team does not have enough players to field a team they can use a sub from another team as long as that person is a designated sub on both teams rosters. A team may only use one sub from another team per match and they can not be a regular player on any other teams roster.

This form can be downloaded at  
[www.PaynesvilleCE.com](http://www.PaynesvilleCE.com)

For weather related cancellations, please call the activity line at 243-5454 [www.PaynesvilleCE.com](http://www.PaynesvilleCE.com)  
If school is cancelled volleyball is cancelled.

**Results will be posted online at: [www.PaynesvilleCE.com](http://www.PaynesvilleCE.com)**