

Indoor Co-Rec Volleyball Information

Welcome to the 2024 Indoor Co-Rec Volleyball Season! This season promises to be a fun and competitive season for all teams and players.

The five week regular season plays games Wednesdays ending with a single elimination playoff. All games are played at Davis Community Center at 6, 7, 8, and 9 pm.

Matches are played six players versus six players with a team consisting of three females and three males, however four females and two males is acceptable. For each match, three games will be played to 25 using the rally scoring system. Thank you for playing in Golden Valley, I hope you enjoy the season!

*Sincerely,
Kong Moua, League Director*

League Rules

- Teams shall consist of six players, three females/three males, however a team of four females/two males is acceptable. A team may legally play with as few as four players (two males/two females). If a team has less than four legal players for any reason, the match will be a forfeit. If a additional players arrives after a match started, players can enter the match as they arrive.
- Males and females must alternate positions. If the ball is hit more than twice on a side, one touch must be by a female.
- Substitutions must take place only when the ball is dead, and if the team is not rotating players. If desired, an eight-player rotation can be used where two players rotate off the court and are not allowed to participate until rotating back on.
- Three games will be played during each match. It is not a best of three.
- 25 points wins the game provided there is a two point lead with a 27 point cap.
- Games begin promptly at assigned times and are played with a one hour time limit. This includes warm up and playing time. Games will be completed at the time limit, and victory can be decided by one point.
- Forfeit time:
 - 10 minutes—1st game forfeit
 - 15 minutes—2nd game forfeit
 - 20 minutes—3rd game forfeit
 - The score recorded for a forfeited is 25-0*
- For the first game of the match, home team has choice to take the serve or side. The team not serving the first game shall serve second game. The team not serving the second game shall serve third game. Teams shall change sides at the end of each game.
- To start each game the team serving shall NOT rotate. After the team first serving has lost the serve, opponent SHALL rotate for their first serve. Teams rotate clockwise.
- Blocking the serve is not allowed.
- Contact with the net by a player, between the antennas, while the ball is in play is a fault. A player may step on the center line but only one foot is allowed to cross the line without interfering with play.
- A spiker must contact the ball on his/her own side of the net, but may in the course of his/her follow through cross over (but not touch) the net.
- It is legal to contact ball with any body part as long as it does not visibly come to rest.
- A ball which touches a boundary line is in.
- Successive plays of the ball by a player whose first play is an attempt to block is permitted. The next play shall count as first of three hits allowed this player's team.
- If two players contact the ball simultaneously, it counts as one hit and either may play the ball.

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Team/Player Conduct

- Players must be at least 18 years of age to participate in this league.
 - The City of Golden Valley is NOT RESPONSIBLE for lost or stolen items.
 - Teams must show up for games on time. If there is a need to forfeit, teams must contact both the League Director and manager of the team they are scheduled to play by 3 pm on the day of the game.
 - Only rostered players are allowed. Players who are not listed on your team's roster are considered illegal players. Players can be added to your roster as long as it does not exceed the player limit.
 - Abusing officials, and city staff will not be tolerated.
- There is a difference between dis-cussing a call and verbal abuse.
- Any player/manager ejected from a game will receive an automatic one game suspension. The League Director will review each situation to determine if further action is required. Repeated offenses in a season will result in a suspension for the remainder of the season.
 - Physical altercations will result in immediate ejection and suspension from league play for all individuals involved, as determined by the League Director.
 - Verbal confrontations will be reviewed and appropriate disciplinary action will be issued on an incident by incident basis.

Weather Cancellations

In the event of inclement weather on the day of the game the League Director will determine if the games are to be played no later than 4 pm.

League updates and game cancellations will be placed on the **Activity Cancellation Line** at **763-512-2350**.

Make-up games will be added on to the schedule at end of the regular season.

Contact Information

League Director

Kong Moua

Email: kmoua@goldenvalleymn.gov

Phone: 763-512-2340

Davis Community Center

5340 Glenwood Ave

Golden Valley, MN 55426

Schedules & Standings

<https://webtrac.goldenvalleymn.gov>

Activity Cancellation Line

Phone: 763-512-2350