



# INDOOR VOLLEYBALL RULEBOOK

## 2025-2026 (rev. 3/2026)

### FACILITIES

**EP Community Center**  
16700 Valley View Road  
Eden Prairie, MN 55346

Enter main entrance, gym is  
on the left

**Eden Prairie High School**  
17185 Valley View Road  
Eden Prairie, MN 55346

Park in north lot, enter Activities  
Center entrance

**Central Middle School**  
8025 School Road  
Eden Prairie, MN 55344

Enter main entrance; gyms  
are to your right

### RULE CHANGES & CLARIFICATIONS

#### ADDITIONS

#### 4.5 4s SPECIFIC RULES

- 4.5.1 Players are permitted to attack at the net regardless of starting position on court.
- 4.5.2 Serving order must be maintained.
- 4.5.3 Fault of an attack hit: A player completes an attack-hit using an open-handed finger action or if using fingertips that are not rigid and together (USAV 13.2.3).  
Interpretation: tip with knuckles, base of hand, rigid fingers without finger action.
- 4.5.4 When setting over the net, the trajectory of the ball must be square to where the shoulders are facing (whether it is forward or backwards).

#### 4.6 REVERSE 4s SPECIFIC RULES (SPRING ONLY)

- 4.6.1 Net height is women's height.
- 4.6.2 Men are permitted to attack behind 10 ft line, or a portion of the ball must be below the height of the net if sending ball to opposing side in front of 10 ft line.

#### CLARIFICATIONS

None

### COMMUNICATION

**LEAGUE DIRECTOR** expectations:

- Weather cancellations are communicated via email to Team Managers by 4 pm
- Scores are updated online as soon as possible

**TEAM MANAGER** expectations:

- Updated email address that is checked frequently
- Relay pertinent league information to teammates

**FORFEITURE**

- **FORFEITURES** must be communicated to the opposing team manager and *parcs@edenprairie.org* by **2 pm the day of scheduled matches**. If notice is not given by **2 pm**, it is considered an unannounced forfeit.
- More than two unannounced forfeits in one season may be grounds for removal from the league for the remainder of the season and potentially the following season.
- The forfeited against-team has priority use of the court in the originally scheduled time slot and court to utilize for practice and/or scrimmage against another City of Eden Prairie league team. The referee is not required to officiate a scrimmage.

**RULE 1. ELIGIBILITY**

**1.1 ROSTERS**

- 1.1.1 A roster is not required for team play.
- 1.1.2 During the regular season, a team is allowed to “pick up” up to two players from another team, even if the player(s) play at the same level, and only if a team is short for the week.
- 1.1.3 Teams are expected to use the honor system when finding subs. Subs are to be at the appropriate level of play for the league.
- 1.1.4 Subs who have not played in the regular season are legal to participate in the playoffs as long as they are appropriate level of play for the league.
- 1.1.5 If an official deems a sub clearly above the league level of play the player will be ineligible and the team will forfeit the contest.
- 1.1.6 Teams are not allowed to borrow players from other teams in the league during playoffs. If a player is caught playing for multiple teams during playoffs in the same league all teams associated with that player are disqualified.
- 1.1.7 If teams or players are in violation of bylaws 1.1.4 or 1.1.5 further actions may be taken, including suspension from all league play.

**1.2 TEAM FORMAT**

- 1.2.1 A team must have a minimum 4 players to start play. If a team does not have at least four players at game time, a 5 minute grace period is given before the first set is forfeited. If after 15 minutes there are still not enough players then the entire match is forfeited.
- 1.2.2 (Co-Rec only) A minimum of two (2) women must be on the court at **all times** and cannot have 4 or more men on the court at one time. Team format applies when subs enter the game and if injury occurs. Failure to comply with this format will result in forfeiture. Teams may have more women than men on the court.

**FIG. 1.2.2 CO-REC TEAM FORMAT GRID**

	<b>6 on a court</b>	<b>5 on a court</b>	<b>4 on a court</b>
<b>Acceptable</b>	3 men and 3 women	3 men and 2 women	2 men and 2 women

	2 men and 4 women	2 men and 3 women	1 man and 3 women
	1 man and 5 women	1 man and 4 women	0 men and 4 women
	0 men and 6 women	0 men and 5 women	
<b>Unacceptable</b>	4 men and 2 women	4 men and 1 woman	4 men and 0 woman
	5 men and 1 woman	5 men and 0 women	3 men and 1 woman
	6 men and 0 women		

### 1.3 CO-REC FORMATION & ROTATION

- 1.3.1 The serving order and positions on the court at service shall be male and female alternated or vice-versa (USAV CO-ED RULES 1.1)
- 1.3.2 When there are two women in the front row, an additional male may also block.

## RULE 2. LEAGUE FORMAT

### 2.1 REGULAR SEASON

- 2.1.1 Regular season standings determine seeding for the playoffs.

### 2.2 STANDINGS

- 2.2.1 Standings are ranked from highest to lowest point differential.
- 2.2.2 Standings tiebreakers are as follows, in order:
1. Total Points Differential
  2. Head-to-Head Competition (sets won-loss)
  3. Head-to-Head Differential
  4. Total Points For
  5. Total Points Against
  6. Lowest Number of Forfeits
  7. Coin Toss
- 2.2.3 Scores inputted into the standings are protestable until the following league week except on the final regular season week. On the final regular season week, scores are protestable until the Friday before playoffs.

### 2.3 PLAYOFFS

- 2.3.1 Playoff format may consist of single or double elimination brackets and may last 1-2 weeks.
- 2.3.2 Playoffs are separated into 4 seeds per bracket; the top 4 seeds of leagues with 5-7 teams participate in playoffs; top 4 and seeds 5-8 of leagues with 8-11 teams participate in playoffs. Subject to change on a league by league basis at the discretion of the League Director.
- 2.3.3 Best of 3 sets; sets 1 and 2, cap 30 points. 3<sup>rd</sup> set played to 15 points, no cap. Win by two points. Match time is extended, if necessary, to accommodate the entire 3<sup>rd</sup> deciding set to reach 15 points, win by 2, no cap.
- 2.3.4 If the deciding set of a championship match is suspended due to unforeseen circumstances, both teams are deemed league co-champions.
- 2.3.5 If one night, single elimination playoffs or the final evening of double elimination, two night playoffs are suspended due to unforeseen circumstances after the first matches of the evening and prior to the championship match, the highest remaining seed is deemed league champion.

- 2.3.6 If playoffs are canceled due to weather or unforeseen circumstances before the start of one night playoffs and cannot be rescheduled, the regular season champion is deemed league champion.
- 2.3.7 Spring volleyball leagues are regular season play only. No playoffs.

## **RULE 3. MATCH FORMAT**

### **3.1 TIME**

- 3.1.1 Matches have a 60 minute time limit. 5 minute warm up is included in the 60 minute time limit.
- 3.1.2 Teams are allowed one 30 second timeout per set. No timeouts are allowed in the last 5 minutes of the match.
- 3.1.3 Exception is Spring Volleyball doubleheader leagues. Matches are 45 minute time limit.

### **3.2 TO WIN A SET**

- 3.2.1 A set is won by the team which first scores 25 points with a minimum lead of 2 points. In the case of a 24-24 tie, play is continued until a 2-point lead is achieved. 30 point cap. If the third, final set does not reach 25 points, win by 2 points when time expires, the set winner is the team with the most points.
- 3.2.2 A match is a maximum of 3 sets. Teams may agree to play a friendly 4<sup>th</sup> set if time allows. Friendly 4<sup>th</sup> set does not count toward the standings and will not be officiated.
- 3.2.3 Exception is Spring Volleyball, the third set is played to 15 points with a minimum lead of 2 points to win the set.

## **RULE 4. GENERAL RULES**

### **4.1 GOVERNING BODY**

- 4.1.1 Matches are played according to USA Volleyball rules; League Rule adjustments override USAV rules

### **4.7 LEAGUE & USAV RULES**

- 4.7.1 League rules supersede USAV rules.
- 4.7.2 No player is permitted to complete an attack hit (blocking/setting/spiking) on the opponent's service when the ball is entirely higher than the top of the net. (League rule and USAV 13.3.4)
- 4.7.3 If entire hand and/or foot or any other part of the body is completely over the line, it is a violation.
- 4.7.4 Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of playing the ball includes (among others) take-off, hit (or attempt) and landing. (USAV 11.3.1)
- 4.7.5 Judgement decisions are not protestable (USAV 5.1.2.1)
- 4.7.6 Doubles are allowed on first contact. (USAV 9.2.3.2)
- 4.7.7 Doubles are permitted on the second touch if the ball is played by a teammate following the double contact. Doubles are not permitted if the ball crosses the net or is played by an opponent following the double contact on the second or third touch. The fault is called based on who receives the following contact.

### **4.8 CO-REC 6'S SPECIFIC RULES**

- 4.8.1 The girl/guy touch rule is removed for all co-rec leagues. There are no gender restrictions on touches.

- 4.8.2 When only one male is in the front row at service, one male backrow player may be forward of the attack line for the purpose of blocking. (USAV 1.4)

#### **4.9 4s SPECIFIC RULES**

- 4.9.1 Players are permitted to attack at the net regardless of starting position on court.  
4.9.2 Serving order must be maintained.  
4.9.3 Fault of an attack hit: A player completes an attack-hit using an open-handed finger action or if using fingertips that are not rigid and together (USAV 13.2.3).  
Interpretation: tip with knuckles, base of hand, rigid fingers without finger action.  
4.9.4 When setting over the net, the trajectory of the ball must be square to where the shoulders are facing (whether it is forward or backwards).

#### **4.10 REVERSE 4s SPECIFIC RULES (SPRING ONLY)**

- 4.10.1 Net height is women's height.  
4.10.2 Men are permitted to attack behind 10 ft line, or a portion of the ball must be below the height of the net if sending ball to opposing side in front of 10 ft line.

## **RULE 5. CODE OF CONDUCT**

Eden Prairie Parks and Recreation aims to create a welcoming environment for all players and officials. Unsportsmanlike behavior is not tolerated; consistent reports of poor sportsmanship will be addressed by the League Director.

### **5.1 INFRACTIONS DEFINED**

- 5.1.1 Infractions are defined as but not limited to:
- Use of profanity
  - Complaining about or questioning an official's call by a non-team manager
  - Persistent complaint about judgement calls by any player (including managers)
  - Abusive or profane language (team infraction shall be assessed)
  - Inappropriate comments or gestures to individuals of the opposing team

### **5.2 CONSEQUENTIAL BEHAVIOR**

- 5.2.1 Officials and the League Director reserve the right to warn, assess infractions on individual players, teams, and spectators.  
5.2.2 Officials reserve the right to immediately eject a team and/or player for persistent unsportsmanlike behavior. The ejected player must leave the premises.  
5.2.3 The League Director will use their judgement on appropriate consequences which may include disqualification of the team and/or player for the remainder of the season and beyond; disqualification will result in forfeiture of all fees.

### **5.3 OFFICIALS JURISDICTION**

- 5.3.1 The Officials jurisdiction begins from the time a player arrives on-site until the player leaves. Actions that occur before, during, and after matches are all subject to an infraction or ejection. If a player is ejected they must sit out their team's next match (or matches if they have a double header that night).  
5.3.2 All protests are handled by the League Director.

## **RULE 6. PLACEMENT OF TEAMS**

It is of the betterment of the entire league for teams and individual players to register and participate in the league that best fits their skill level.

### **6.1 MOVING TEAMS TO A DIFFERENT LEAGUE**

- 6.1.1 The League Director reserves the right to move teams and individual players into

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the correct league for their skill level.

- 6.1.2 Skill level is determined by historical league standings, reports from officials and other teams, and/or on-court observation by the League Director.

## **6.2 MERGING LEAGUES**

- 6.2.1 Based on registration numbers, the League Director may merge leagues (i.e. Silver 3 with Silver 2). This is to ensure teams who want to play volleyball still have an opportunity to participate.
- 6.2.2 The League Director may divide leagues by creating separate leagues for the same level. (ex: Silver 2 Black, Silver 2 Red). Teams are randomly assigned.

