



Champaign Park District Adult Volleyball Rules

The following rules and regulations are established to clarify the current years USA Rules, and to introduce Champaign Park District league regulations. Managers are responsible for informing their players of all league rules. A copy of the current USA Volleyball Rulebook will be kept in the office at the Leonhard Recreation Center.

Section I: Team Rosters

1. All team members must have first and last name with address, phone number and signature on the roster/waiver to be considered a rostered player. All participants must sign the waiver form on the first night of play. If a team plays a non-rostered player, the game will be declared a forfeit and the player will be subject to suspension.
2. All players must be fifteen (15) years of age or older to be eligible to play.
3. Team rosters are limited to fifteen (15) players. A captain may add or delete players on his/her roster by coming to the Bresnan Meeting Center and completing the appropriate form Monday thru Friday, no later than 5:00pm the day of the match. Roster changes will not be accepted over the phone, but you can fax them to 355-8421 or email them to Steve at steve.whiteley@cparkdistrict.com Please note, an emailed roster change is not official until you receive a confirmation email back from Steve. No roster changes will be accepted at the Leonhard Recreation Center. **THE DEADLINE FOR MAKING ROSTER CHANGES IS NOVEMBER 1ST for the Fall Season and MARCH 27TH for the Spring Season, July 1ST for the Summer Season.** After this date, teams are allowed to add 2 additional players with special permission from the league coordinator. For an addition to be considered after the deadline, the team must be at risk of forfeiting. This request must be in writing.
4. Anyone caught falsifying an address to avoid the non-resident fee will be suspended from league play and all games they participated in will be forfeited. The same disciplinary action applies to anyone who falsifies their name. The Champaign Park District reserves the right to request player identification at any time. If no identification is presented, the game will be held in forfeiture for 48 hours or until an ID is presented, whichever comes first.

Section II: Schedules

1. Additional copies of the schedules and rules can be downloaded from our website, <http://www.champaignparkdistrict.com/sports/vball/index.html>
2. Teams will play a 10-match schedule and single elimination tournament.

Section III: Pre-game

1. Lineups with players' names must be submitted to the site supervisor no later than 10 minutes prior to scheduled game time. Any team without a lineup prior to the scheduled game time will be subject to a forfeit.
2. If unofficiated, choice of serve, receive, or playing area shall be determined by the captains prior to each match. Teams shall alternate service and side from first to second games. If a third game is

necessary, captains will also determine who will serve first. If officiated, service will be determined by a coin flip by the official.

3. A combined warm-up period of five minutes will be allotted to each team. This time period begins when the other team vacates the court five minutes prior to game time.

4. Fall and Spring Co-rec teams must play with a minimum of two men and two women. Teams may play with four (4) women and two (2) men, but NOT four (4) men and two (2) women. (Combinations Allowed: [2 women/2 men] [3 women/2 men] [2 women/ 3 men] [3 women/3 men] [4 women/2 men])

Summer Co-rec teams can play with any combination as long as the men do not outnumber the women.

Men's teams may have as many women on their roster as they choose, but only 2 women may play on the court at one time and Men MUST outnumber women on the court at all times. (A team can't play with 2 men and 2 women. You must have 3 men to play with 2 women on the court).

5. Teams playing with less than a full team may enter additional players as soon as they arrive. Players may enter anywhere within the existing line up. Teams must line up alternating by sex.

6. Teams playing with five players are considered to have two back row players and three front row players. When playing with four players, teams are considered to have one back row player (the server) and three front row players.

7. There will be no penalty for playing with less than a full team but teams must have a minimum of four players (2 male and 2 female if co-rec).

Section IV: Forfeits

1. Game time is forfeit time. The Leonhard Center gym clock is the official game clock.

2. After a forfeit of the first game is declared, ten minutes will be allowed before a forfeit of the second game is declared. At this time, the match victory will be awarded to the other team. The teams, however, may play for fun until five (5) minutes prior to the next scheduled match.

3. A forfeit fee will be charged to all teams that forfeit a league match (including makeup games) without giving prior notification to the volleyball coordinator. Team managers will be assessed a forfeit fee of \$10.00 for each match that is forfeited. Teams must pay the forfeit fee before their next weeks match or it will also be declared a forfeit. Unpaid forfeit fees will prevent teams from participating in future sports programs.

4. A team that forfeits more than twice in one season may be dropped from the league.

5. Teams notified of their opponent's forfeit in advance may use the court for practice up until five (5) minutes prior to the next scheduled match.

Section V: The Game

1. A request for time-out can be made only once during the game without penalty. The time-out shall be 45 seconds and are noncumulative.

2. There shall be a one-minute rest period between games.
3. A team is allowed three successive contacts with the ball in order to return it to the opponent's area. An individual cannot contact the ball twice in succession (exception: see rule #5).
4. Simultaneous contacts by teammates count as one team contact and either may make the next play on the ball.
5. The ball may be legally hit by more than one part of the body on the first contact, providing multiple contacts are simultaneous and the ball rebounds immediately and clearly after contact (exception: a player may make successive contacts with the ball during blocking or during the first team hit on a ball coming directly from the opponent's side.). A ball rolling up the arm can be considered a held ball.
6. The ball may legally hit any part of the body.
7. The ball must be hit, not carried or thrown.
8. A ball contacting and crossing the net shall remain in play provided contact is within the playing area.
9. The boundary lines are in bounds.
10. In unaffiliated leagues teams, must call their own illegal hits. Players may not call illegal hits on their opponents. If a discrepancy arises, see the site supervisor. The site supervisor has the final say in all discrepancies.
11. When more than one hit is made on a side, at least one of the contacts must be made by a woman.

Section VI: Blocking

1. Blocking is the action close to the net, which intercepts the ball coming from the opponent's side by making contact with the ball before, as, or immediately after it has crossed the net (exception: see rule #3 "blocking").
2. A ball may be legally blocked after the opposing team has:
 - a) intentionally directed the ball into the blocking team's court.
 - b) given up play.
 - c) hit the ball a third time.
3. In order to be considered a blocker, a player close to the net must be reaching higher than the net at the time the contact is made with the ball coming from the opponents. The player will no longer be considered a blocker if contact is made with the ball after the player is no longer reaching higher than the net. Any contact made when the player is below the height of the net will be considered the first team hit, even if the player has not yet returned to the floor after being higher than the net at some point during the effort.
4. Only the players who are in the front row at the time of the service may legally accomplish blocking.
5. Multiple contacts of the ball by a player(s) participating in a block shall be legal providing it is during one attempt to block the ball.

6. Any player participating in a block shall have the right to make the next contact, such contact counting as the first of three hits allowed the team.

7. The team which deflected a block shall have the right to three additional contacts after the block in order to return the ball to the opponent's area.

8. Players cannot block a serve.

Section VII: Attack-hit

1. All contacts directing the ball into the opponent's court with the exception of a serve and block are considered attack hits.

2. An attack-hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker.

3. Players in the front row may make an attack-hit from any height provided that contact is made within the team's playing space.

4. Players in the back row may make an attack-hit from any height provided that contact is made from behind the ten-foot line. The back row player may land in front of the ten-foot line, provided that at the moment of take off, no part of either foot is touching or has crossed the ten-foot line.

5. A back row player may make an attack-hit in front of the ten-foot line provided that some part of the ball is below the top of the net.

6. A player may reach across the net during follow through from an attack-hit.

7. A player may not attack a ball that is completely on the opponent's side of the net.

8. A player may not make an attack-hit on a serve as long as the ball is completely above the top of the net.

Section VIII: Service

1. The server shall serve from anywhere along the end line and shall not touch the lines bounding this area before or at the instant the ball is hit for the serve. Since there is limited area around the court, additional room is provided to step onto the court to serve.

2. All players, except the server, must be completely within the court as the ball is being served.

3. When serving, the player must completely release the ball before the final contact is made sending the ball over the net.

4. The ball may touch the net while crossing it, as long as it does not make contact with the antennae or other external object.

5. A served ball is dead if it is hit illegally.

6. Rotation occurs after a team gains the right to serve. The team shall rotate players one position clockwise and the right back serves.

7. At the beginning of the game, the second team to serve must rotate before serving.
8. A player may not block a serve.
9. A player may not make an attack-hit on a serve as long as the ball is completely above the top of the net.
10. If the ball is tossed and not served, there is no re-serve. It is a side out. The opposing team will get a point and service.

Section IX: Substitutions

1. Teams must decide which of the following options they will use for the game.

Option A: Each team will be allowed an unlimited number of substitutions each game. Players who re-enter the game must return to their original position in the serving order in relation to other teammates.

Option B: A team may choose to play with more players than six in the serving order. For example, in a seven person serving order, the server would rotate out of the game for one rotation before moving to middle back.

2. Teams may change their substitution format from game to game.

Section X: Dead Balls Fouls

1. A player's hand or foot may contact the opponent's area provided some part of the lead hand or foot is on or above the centerline. Any other part of the body contacting the opponent's area results in a fault.
2. Contacting the net or any part of it, including its supports, while the ball is in play, is prohibited unless the force of the ball by an opponent pushes the net into a player. There is no foul for hair touching the net. Incidental contact with the net by a player not making a play at the ball is permitted.
3. The ball may be played when it contacts the ceiling or overhead object above the playing surface and falls onto the court, provided it doesn't cross the plane of the net.
4. Any ball that strikes the wall or other vertical surfaces against the wall is dead. The ball is dead anytime it hits the flagstick. A replay will be called only if it prohibits a player from making a legitimate play on the ball.
5. Only the player who is making a play on the ball can touch or move the curtain/gym divider.
6. A ball may not be held or lifted. Using an open hand to contact the ball in an underhand motion usually constitutes a lift or carry.
7. A ball is dead if it:
 - a) crosses the net entirely outside the vertical playing area.
 - b) lands out of bounds.
 - c) touches the floor within the playing area.

8. A double foul occurs when players on opposing teams commit rule infractions at the same instance. A replay is called and the ball will be served over by the serving team.

Section XI: Scoring

1. A match is completed when a team wins two games.
2. All games will be played according to the “rally score” system with a point awarded on each service.
3. Prior to service, the server should announce the score.
4. For the first two games, a game is won when a team has scored 25 points and is ahead by two points.
5. A third or deciding game is won when a team has scored 15 points and is ahead by two points. Teams will switch sides at 8 points.
6. There is no point cap.
7. If the match has been decided prior to the next game time, teams may continue to play up until 5 minutes prior to the next match.

Section XII: Player Equipment:

1. Soft-soled, non-marking gym shoes are required. All participants must carry in their gym shoes.
2. Casts, braces, and supports containing any hard material and worn on a finger, hand, wrist, or forearm are illegal, even if padded, and cannot be used.
3. Jewelry is not permitted and must be removed, with the exceptions of Medic Alert bracelets and necklaces and finger rings which cannot be removed. Jewelry which cannot be removed must be concealed with athletic tape. Tape will not be provided.
4. Hats are not permitted. Bandanas are permitted as long as they are worn as a sweatband.

Section XIII: Sportsmanship

The Champaign Park District Volleyball Program is intended to be a recreational activity suitable for attendance by the whole family. The following actions and other actions which detract from the recreational nature of this activity will result in suspension from league play.

1. No player, manager or coach will be allowed to use abusive language, threaten or abuse any opposing player or Champaign Park District employee. These people will be asked to leave the facility. Any individual who has been ejected from a match for unsportsmanlike conduct will be suspended for at least one more match. Players who have been ejected for fighting will be suspended for a minimum of the remainder of that season. In addition, the use of profane language while in a Champaign Park District facility can result in a maximum of a 30 day suspension from the facility. Suspensions can carry over to the following season.

2. Players ejected from a game for extremely offensive or repeated unsportsmanlike behavior will have one minute to leave the facility or their team's match will be forfeited. No other penalty will be assessed to the team if the player leaves promptly.
3. All warnings and penalty offenses carry over from game to game.
4. Individuals wanting to file a protest must notify the site supervisor immediately. Play will then continue. The team captain must submit a \$10 deposit along with a written explanation of the protest within 24 hours of the match to the volleyball coordinator. The \$10 deposit will be refunded if the protest is found valid. **ONLY ROSTERS/PLAYER ELIGIBILITY CAN BE PROTESTED.**

Section XIV: Medical

1. If a player becomes injured and the wound is bleeding, the player must leave the match until the bleeding has stopped and the site supervisor has given his/her approval that the injury has been taken care of properly.
2. All blood stained clothing must be changed before the player will be allowed to re-enter the match.
3. If after one minute the bleeding does not stop, the team must use their time-out or resume play without the injured player.

Section XV: Tie Breaking Procedure

Ties will be broken by:

- a.) teams that have forfeited a match are eliminated from the tie breaking procedures.
- b) head to head competition.
- c) number of games per match between teams that are tied (if item B is even).
- d) point differential in matches between teams that are tied (if item C is even).
- e) coin toss (if item D is even).

Section XVI: League Awards

League Champion Policy: Teams cannot win a league championship in consecutive (back to back) seasons. League Champions will still be allowed to play in the leagues, standings will be kept, but there will be no repeat champions. If the former league champion has the most wins in the second season, the awards will go to the second place team. (i.e. A team cannot win both the Fall and Spring Leagues, but would be eligible for awards again in the Fall of the following season. If a team wins in the Spring, they will not be eligible for awards in the Fall.) This policy does not apply to the Summer Leagues.

Awards are determined by the league supervisor. League champions will receive 10 T-shirts to distribute to their team. No awards will be given for the post-season tournament.