

## **Flagg-Rochelle Community Park District Women's Volleyball League Rules**

**Participant Code of Conduct:** Rochelle Park District requires all athletic staff, coaches, players, parents and spectators to abide by a "Code of Conduct" with the following guidelines:

- Show respect to all participants, staff & spectators.
- Refrain from using foul language.
- Refrain from inflicting bodily harm upon other participants, staff & spectators.
- Show respect for equipment, supplies and facilities.

Rochelle Park District reserves the right to dismiss a participant or spectator for inappropriate conduct; each situation will be evaluated on its own merit.

### **Waivers, Registration & Payment:**

1. All teams **MUST** be paid in full **BEFORE** their first match.
2. Rosters are to be submitted on or before team's first match.
3. A waiver **MUST** be signed by **ALL** participants and substitutes before playing.
  - a. Substitutes can only play for 1 team
4. Rosters remain open during the regular season league play, but will close once post-season tournament begins.

### **General Women's Playing Rules:**

1. A team must start and play a game with no less than four players or a forfeit will be declared.
2. All league matches consist of 3 games to 25 (cap at 27) using the rally scoring system.
  - a. If the 3rd game starts with less than 25 minutes to the hour, then the 3<sup>rd</sup> game will be played to 15 (cap at 17) to stay within 45-minute match allowance.
3. A coin flip or odd/even will determine serve/side to start the match.
4. Only one, 1 minute time-out per team.
5. Game time/Forfeits: If your team is not on the court ready to play at your scheduled game time, the ref has the authority to call your game a forfeit. 10 minutes will be given following forfeit of game 1 for games 2 and 3. If still no-show team will forfeit all 3 games.
6. Rosters will remain open during league play and will be considered frozen once post-season tournament begins.
7. High School players are eligible as long as they are 18 years old, captains need to mark "HS" next to that player's name. Only one high school player allowed per team.

8. Players are allowed to only play for 1 team in a league.
9. If a player is injured during the game they may resume the same position in the rotation after sufficient recovery pending approval of referee.
10. Rotating Players: If you are rotating players be consistent.
  - a. Ex: If you have seven players rotating in and out of the game, they should all rotate out after they play the right front position and then rotate back in at the serving position.
  - b. If not rotating, official sub rules apply.
11. Unlimited substitutions will be allowed per game. In case of injury: a substitute may enter at the injured player's position.
12. If a player arrives late, they may rotate in at any position.
13. Official IHSA rules apply to this league play, except players can block or attack the serve.
  - a. Teams may request IHSA rulebook, for further rules/explanations.
14. Server has 5 seconds to make contact with the ball.
  - a. On a bad toss, the server may let the ball drop and the referee will signal for a reserve. Players will only receive one reserve per rotation.
  - b. Wait for the whistle before serving. If whistle is not blown play is dead and there will be a reserve. 1<sup>st</sup> time is warning. 2<sup>nd</sup> time in a game will result in a point and ball for the receiving team.
15. A head official will be provided for Park District Volleyball games.

### **Captain's Responsibilities**

1. Reviewing the rules and schedule and providing it to their players.
2. Reminding players, spectators, and children to conduct themselves in an appropriate manner at all times. Please respect the teams playing by sitting in the bleachers and staying off court; no children should be unattended or in the hallways.
3. Complete all registration requirements, pay in full and have all players' signatures on the roster prior to their first match.
4. Captains are the only one who may address the referee, with just reasoning in an appropriate manner.
5. Captains are the team liaison to the Park District. All telephone calls and league info will first go to the captain: if unavailable, information will go to co-captain.
6. If a player or team has questions or concerns you may contact Jackee Ohlinger Recreation Supervisor, 815-562-7813 or [johlinger@rochelleparkdistrict.org](mailto:johlinger@rochelleparkdistrict.org)

7. If your team must forfeit contact the Park District office between 8:30am-5:00pm.
8. Please leave the court in respectable condition each night by picking up all of your team's water bottles, equipment, etc.

### **Park District Policies**

1. Recreation Supervisor will determine postponements in case of weather by 4:00 pm and will contact captains via email.
2. The supervisor/official on site has full authority to issue warnings to anyone who violates the above rules, followed by a request that they leave the premises if violation continues. The volleyball official will deem any player or team ineligible for the game if the above equipment regulations, time limitations or any other rule is not followed. All official decisions are final. There will be no game protests.
3. The Recreation Supervisor has the right to enforce these and other rules deemed necessary to provide a safe and quality league.
4. No refunds will be given.
5. Unsportsmanlike conduct will not be tolerated. The referee has the authority to warn or eject a player. If a player is ejected, the offender is disqualified from the further participation in the match and must leave the building immediately. That player will be suspended for a minimum of 1 match depending on the Recreation Supervisors discretion.
6. The Flagg-Rochelle Community Park District has the right to make any changes to schedules, rules, etc. Some changes may be needed throughout the year due to scheduling conflicts within the school system as schools have first priority.
7. The Flagg-Rochelle Park District is not responsible for any injuries incurred while on the premises before, during or after a game.
8. A player who is bleeding, has an open wound, or has an excessive amount of blood on their uniform must leave the game and may not return until the specific problem has been addressed.

### **Season/Awards/Standings:**

1. Women's League is approximately a 10-week season (depending on registered teams) including a post-season tournament.
  - a. 3 games to 25, win by 2 cap at 27 (even if a team wins first 2 and all games will count towards team record)

- b. At the end of league, all teams will play in the post-season tournament to determine the Champion.
- 2. Games balls will be provided, but if agreed upon by captains a team's ball may be used.
- 3. **Awards:**
  - a. All Sponsors will be acknowledged on our Facebook page "We Love Our Sponsors"
  - b. Winners of the League Play will have an opportunity to receive a Sponsor Plaque or donate that money to a scholarship fund/organization.
  - c. T-Shirts will be awarded to the post-season tournament champion team.
- 4. Best game record (or best win % if the amount of games played is different)
- 5. A Two-Way Tie will be broken by:
  - a. Head to Head competition
  - b. If still tied, plus/minus points with tied team
  - c. If still tied, plus/minus points throughout the whole league
  - d. If still tied, coin flip will determine winner
- 6. A Three-Way Tie will be broken by "b" and "c" in #2 above.
- 7. Game scores will be updated weekly at [quickscores.com/rochelleparkdistrict](http://quickscores.com/rochelleparkdistrict)

### **Volleyball Etiquette:**

- 1. A player should call his/her own net since there is not a down ref.
- 2. A player should call his/her own touches and tips.
- 3. Profanity will not be tolerated. Any profanity that is judged by the referee as: being excessive; traveling beyond the court area; being directed at the referee or opposing team; will result in a point or side out awarded to the opposing team. A player may be ejected if conduct continues.
- 4. A player should not obstruct the view of a player receiving the ball. At the request of the player or referee, he/she must move to grant a clear view of the service.
- 5. Referee calls are final. Players should not argue with the ref. Harassment will result in the disqualification of the offending player.
- 6. Any contact with the net (hanging, pulling, hitting, etc.) outside the normal course or continuation of the play will not be tolerated. Violation of this rule will result in a point or side out awarded to the opposing team. This rule needs no warning and includes before and after games. Excessive violation will result in disqualification of the player.

***H*<sub>AVE</sub> *F*<sub>UN</sub>!**