

**2024 Fall Alsip Park District  
Adult Volleyball  
Rules and Regulations**



ALSIP PARK DISTRICT  
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**Unless otherwise stated herein, all league play will be governed by the current N.F.S.H.S.A. rule book published by the National Federation of State High School Association**

# **ADULT VOLLEYBALL LEAGUE RULES & REGULATIONS**

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## **FEES AND ROSTER**

1. The entrance fees for a resident team is \$375. A non-resident team will pay an entry fee of \$400. The residency requirement is that 50% of the total roster must live within the Alsip Park District boundaries. If an Alsip business wishes to pay the entry fee, and at least 50% of the team is employed by that business, the team is considered as a resident team.
2. The rosters must contain the name(s), home and work phone number and address of a coach/manager who can be reached by the park district.
3. Each team must have a team coach/manager or representative.
4. Each team will be limited to a roster of 12 players. Use of a player not on the final roster will result in an automatic loss of the game: provided the opposing team files a written protest.

Rosters are due prior to the third game. Changes in a roster can be made prior to the second week of competition. After that time all rosters are final. Teams that fail to turn their rosters in prior to the start of the third week shall result in an automatic loss of their game(s).

- WE UNDERSTAND PLAYERS MAY BE HARD TO COME BY.  
SUBSTITUTIONS WILL BE ALLOWED AT THE DISCRETION OF THE  
TEAM CAPTAINS AND THE ATHLETIC SUPERVISOR.
- **ABSOLUTELY NO SUBSTITUTIONS WILL BE ALLOWED DURING  
PLAYOFFS: ALL PLAYERS MUST BE ON ORIGINAL ROSTER.**
- THIS WILL BE TAKEN INTO ACCOUNT IF A PROTEST IS FILED.

**Please Note:** It is not the responsibility of the League Representative or League Supervisor to collect team rosters. It is the responsibility of the team captain/representative to turn in their roster.

If a team files a written protest regarding player eligibility of the opposing team and a team roster has not been submitted prior to the second week of competition, the protest will be considered valid. The offending team will receive an automatic loss. In order for a protest to be considered valid, the protesting team must follow the steps in Section V of the current Alsip Park District's Volleyball League Rules.

5. The entire entrance fee must be paid at the time of registration. If payment is made by personal check and you return to make payment with a sponsor's check (or vice versa), a \$25 administrative fee will be charged.

- a. If a personal/sponsors check is returned to the Alsip Park District for insufficient funds, an additional \$25 administrative fee will be charged. The registration fee and the \$25 administrative fee must be paid in cash, within 48 hours of notification. Failure to make payment within 48 hours will result in the team being dropped from the league and the next team on the waiting list will be put in its place. At the time of registration all participants should verify that we have the correct information in the computer.
6. If there is not a sufficient number of returning teams registered to finalize a league, teams will be allowed to register according to our current Mail-In/Drop-Off/Walk-In procedures; in accordance with current park district policy. At the time of registration, be sure to pick up a copy of the league rules and a blank roster form.
7. If 50% of your team returns, your team is considered a returning team. Only the previous registered captain will be allowed to enter a team into the league. In the case of a team dividing to form two teams, only the previous registered captain will have priority registration. In the case of a team changing captains, the previous registered captain must contact the Athletic Supervisor and verbally inform us of the change. Then the previous registered captain must provide us with the new captain's name, address and phone number in writing and state that they will be the new captain of said team. Once the previous registered captain has done this, the change will be made.

## **THE GAME**

1. This league is open to Women ages 18 and older.
2. All leagues and divisions will play rally scoring to 21 points. A 23 point cap will be used to ensure games end on time (This means the team that scores 23 points first will be declared the winner). IF TIME BECOMES A FACTOR: the officials can choose to time each set. If this becomes the case, each set will be timed for 15 minutes.

Rally score means that either team can score on all serves. Teams will also be able to score points on "Let Serves". A let serve happens when a player who is serving the ball makes contact with the net on the serve and the ball goes over. This ball will be considered live and playable.

All teams will play 3 sets (against an opposing team) per match. Depending on teams registered there may be a chance teams will play two opposing teams in a single night. Regular Season standings will be based on overall record (the culmination of sets won versus lost). Therefore, in each set, teams will have one of the following records each night: 3 wins 0 losses, 2 wins 1 loss, 1 win 2 losses, or 0 win 3 losses.

3. Each team is allowed two thirty second timeouts per game. In the case of overtime, unused timeouts will carry over to the overtime period. When time is called at the end of the game, continue playing until the ball is dead.

4. A player may not enter another court to make a play on a ball. A play can be made on a ball in another court, provided the player remains inside the playable area with both feet. This rule applies only to the Main Gym at the Apollo Recreation Center, where two courts are playing simultaneously.
5. Dead ball occurs when the ball strikes an object outside the playing area. When the ball strikes the backboards or its supports hanging over a playable area, it is the official's judgment on whether that ball would have been playable.

In the event that the official rules that the ball could have been played had the backboard not been there, and the player had a legitimate play for the ball, a replay will be called.

In the event that the official rules that the ball would not have been playable, or on a serve, the ball will be ruled out of bounds and become dead.

**\*\*IN THE SMALL GYM, the overhang from the room divider shall be considered part of the ceiling, and therefore a ball striking this part shall be considered playable if it comes down on the side of the net that is occupied by the team that last played the ball. If the ball goes over the net to the team's side that did not first play the ball, it shall be considered out of bounds.**

6. You may start the first game of a match with a minimum of 3 players of any gender combination. If you wish to use more, the maximum for start/finish is 6. After the first game of a match, you must start with a minimum of 4 players, with a minimum of 2 male and 2 female.\*

\*In the Co-Rec A division, teams may play with 3 males and 2 females.

If an injury occurs, leaving a team with less than four players, the game may continue. However, you must have four players to start the next game.

No more than three male players may play at the same time.

In all leagues teams can play with 4 women players and 2 male players.

If a team does not have the correct number of male and female players, the game can still be played as long as it is agreed upon prior to the start of the match by both teams and the league site supervisor.

7. A rotation system or substitution system can be used, however, it must remain consistent throughout the match and everyone takes their turn to serve. On the first "side-out" of the game, teams must rotate on their first serve. Note: A player can be substituted an unlimited amount of times during a game. It is recommended that the players entering and exiting the game are the same. Late players should be entered in the center back position.
8. A ball touching any boundary line is good.
9. A player may not hit the ball twice in succession unless attempting to block a spiked ball. If the ball comes down on your side, you may hit the ball again and it counts as one hit.

10. Contacting the net or any part of it, including the net cables, net antenna while the ball is in play, is prohibited except by a player's hair, or unless the force of the ball by an opponent pushes the net or its supports into a player.
11. The center line may be stepped on but not over. The foot must be completely over the centerline, in order for a foot fault to be called.
12. Blocking the ball - which is entirely on the opponent's side of the net is permitted when the opposing team has had the opportunity to complete its attack. The attack is complete when:
  - a. The attacking team has completed its three allowable hits or;
  - b. The attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball into the opponent's court or;
  - c. The ball is falling near the net and in the official's judgment; no member of the attacking team could make a play on the ball

A player may reach over the net to block a spike. A set or serve cannot be blocked and/or spiked. The official will be the judge as to whether it is a set or a spike. Back line players may move to the front of the court to block, and they may leave their feet to do so. They may also dink, but their feet must remain in contact with the floor.

13. Unnecessary delay - When the official indicates readiness to play by sounding the whistle and giving the hand signal to the server, the server will not delay, but immediately initiate the serve. The server must wait for the whistle and the hand signal.
14. A LEGAL serve is contact with the ball to initiate play. The server will hit the ball with one hand, fist or arm while the ball is held, or after it is released by the server. The ball shall be contacted within 5 seconds after the referee's signal to serve.
15. A re-serve will be called when the server releases the ball for service, then catches it or drops it to the floor. The referee will cancel the serve and direct a second and last attempt at a serve. The server is allowed 5 seconds for the re-serve. There is only one reserve permitted.
16. Serving out of turn - If a player serves out of turn, points made on this serve shall be canceled and a side-out is declared. If the opponents serve before the out of turn service is called, there shall be no loss of points. In either case, players of the team in error must regain their proper positions before another service by the other team.
17. Double foul - When players on opposing teams commit fouls simultaneously, the official shall call a replay.
18. Multiple Contacts are defined as more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:
  - a. When the first ball over the net rebounds from one part of the players body to one or

more other legal parts in one attempt to block;

b. On any first team hit, whether or not the ball is touched by the block.

19. Holding or throwing the ball while in play is a foul. The play must be a distinct hit, no pauses in movement will be allowed (this is termed a push).

20. A legal dink/tip is a fingertip play on the ball which directs the ball into the opponent's court.

21. Players may use their foot to return a ball as long as there is no double hit.

## ***SPECIFIC PARK DISTRICT RULES***

1. Captains and/or managers are responsible for the actions of the players and spectators.
2. The Alsip Park District is not responsible for a team's loss or losses due to injuries. If a player is injured and unable to continue to play the rest of the season, you will be allowed to replace the injured player. In order to do so, the injured player must submit a Doctor's statement which indicates that he/she is unable to play. The injured player will be taken off the roster and a new player added. Each team will only be allowed to re-place one and one player only through the season.
3. No player can play on two or more teams in the same league. Any player caught playing on two or more teams in the same league shall result in an automatic forfeit(s) for both teams the player(s) are playing on. The player must then declare the team he or she will play on for the remainder of the season.
4. The Alsip Park District will not schedule any changes in game times in order to accommodate other league commitments.
5. TEAM ROSTERS ARE DUE BY THE BEGINNING OF 3<sup>rd</sup> WEEK OF THE SEASON. ROSTER SHEETS WILL BE EMAILED TO TEAM CAPTAINS AND WILL ALSO BE AVAILABLE AT APOLLO ON GAME NIGHTS.
6. Use of excessive foul language or individuals with alcoholic beverages either in their possession or under the influence of such, will result in ejection from the game or be asked to leave the park or school. If this happens twice by the same person, it will mean immediate expulsion from the league. Any player ejected from the game by the umpire will also be suspended from playing in the next scheduled game.
7. Any team member who possesses any form of alcoholic beverage while on park/school property will result in ejection from the game. Any spectator who possesses any form of alcoholic beverage will be asked to leave the park/school. Any player ejected from the game will also be suspended from playing in the next actual game. If any team member(s) have any form of alcoholic beverage in their possession while on park/school property after their completed game, those team members will be suspended from their next actual game.

The Athletic Supervisor will have the authority to suspend/eject and/or forfeit any players/games who do not comply with this rule. The Alsip Park District does not condone any type of alcoholic beverage on park/school property, this includes the parking lots.

If any team and/or players have any form of alcoholic beverage in their possession while on park/school property at the end of the season, they will be expelled from all league(s) for a period of one year from the last day in the present season.

8. Unsportsmanlike conduct will result in ejection from the game and possible team forfeiture of the game. Active participation in any type of disorderly conduct will also result in expulsion from the league for the remainder of the season. The Official/League Supervisor will have the authority to declare forfeiture in this case. Possible further actions may be taken by the Athletic Supervisor/Park District. There will be no exceptions.
9. Captains and/or managers are under obligation to prove the identity (drivers license/Photo I.D.) of members of their team when requested by the Athletic Supervisor. Failure to do so will result in automatic team forfeiture of the game(s) in question.
10. Any player who is ejected from a game by the referee will be done playing for the evening. If the player is ejected in the last game of the evening, he/she will also be suspended from the next actual week of competition. The second ejection will result in immediate expulsion from the league. In the event this player causes problems, the League Supervisor/official has the authority to ask the player to leave the premises. In the event that this happens, further actions may be taken by the park district.
11. If the referee ejects a player, the referee/League Supervisor has the authority to require the player to leave the premises. If the player refuses to leave or causes additional problems, the team's games for the evening will be forfeited. If an ejection brings a team down to three players the game(s) are forfeited. If a player becomes too abusive, the league supervisor has the right to expel the player from the league for the remainder of the season. A player's second ejection shall result in immediate expulsion from the league.
12. An ejection may be issued for delay of game, foul/abusive language or fighting/unsportsmanlike conduct.
13. Suspension from the league will result from any physical/verbal attacks toward the league coordinators or league referees.
14. Captains and/or Managers are under obligation to identify members of their team who assault another player/official. Failure to do so shall result in team expulsion from the league.
15. For safety reasons GYM/COURT shoes must be worn on the Gym floor. NO DARK soled running/jogging shoes will be allowed.
16. Smoking is not allowed at any of the facilities. Anyone wishing to smoke should do so outside. Anyone caught smoking in the building shall result in his or her teams being forfeited for the evening. This includes the bathrooms.

17. Masks are not required however they are RECOMMENDED while in all Alsip Park District programs & facilities.
18. Immediately following your game please leave the gym area. It is recommended that there be no teams standing around and forming crowds in the gym area or anywhere in the facility outside of specific program.
19. It is not recommended that spectators come to games. If this becomes a problem, additional guidance will be added in these regards.
20. The Alsip Park District reserves the right to adjust or alter any rule(s) which is deemed in the best interest of the league.

## **FORFEIT**

1. Starting time is also forfeit time for the first actual game. A team must have 3 players to start the first game of a match. 4 players for any games thereafter. The team that is there must wait 15 minutes (game time for the second game). If the team that forfeited the first game shows up within the first 15 minutes of the first actual games game time, the rest of the games for the evening will be played. If they fail to show up within the first 30 minutes of the scheduled games, all games for the evening will then be forfeited. The official shall designate the official clock. The decision to declare a forfeit shall be made by the official. It is not the officials responsibility to notify teams/captains of their scheduled game times.
2. If a team forfeits five games during the regular season, they will be dropped from the league with no refund. Also they will not be considered as a returning team for the next season and be ineligible for the playoffs.

## **PROTESTS**

1. The protest fee is \$25.00 cash. The captain or manager of the protesting team must notify the referee and the opposing team of the intent to protest immediately before the next serve following the protest call. The game will continue and be completed under protested conditions.
2. A written protest and the \$25.00 cash protest fee must be turned in to the Park District Office within 24 hours of the actual game time. The protest must be submitted according to the current Alsip Park District league rules in order to be considered.
3. It is recommended that teams protest the use of an ineligible player at the point that the player in question enters the game. Once the official and opposing team has been notified of the intent to protest, the game will continue and be completed under protested conditions. If teams wait until the game is almost over to decide whether or not to protest, the protest committee



may consider the protest invalid.

4. The protest committee shall consist of the Superintendent of Recreation, Athletic Supervisor, League Supervisor, and Chief Official. If the protest is won, the \$25.00 will be returned and the game resumed from the point of protest. If the protest is lost, the park district will keep the protest fee. Protest money will be put back into the league.
5. A formal protest should contain the following information:
  - a. The date, time and place of the game.
  - b. The rule and section of the current N.F.S.H.S.A. rule book/Park District rules under which the protest is made.
  - c. The decision and conditions surrounding the making of the decision.
  - d. All essential facts involved in the matter protested.

**NOTE: IF ANY OF THE ABOVE INFORMATION IS NOT INCLUDED IN THE FORMAL PROTEST, THE PROTEST SHALL BE CONSIDERED INVALID AND THE MONEY WILL BE DEPOSITED BACK INTO THE LEAGUE.**

## ***TIE BREAKER PROCEDURES***

The following is a list of selection procedures for determining a position in the league standings:

Winning Percentage  
Head to Head Competition  
Average Points Differential  
Average Points Against  
Forfeits  
Coin Flip

## ***AWARDS***

1. All prize money is based on the number of teams in each league. Prize money will be sent to captains after the conclusions of the playoffs. \*Prize money is subject to change from season to season.
  - a. Payouts will be agreed upon with the Athletic Supervisor and the league captains.