# Champaign Park District Adult Volleyball Rules

The following rules and regulations are established to clarify the current years IHSA Rules, and to introduce Champaign Park District league regulations. The Champaign Park District league uses IHSA Rules. It is assumed that all players in the Champaign Park District leagues know the basic rules of volleyball. Some of the rules will be explained in this document but it is the managers' responsibility to make sure their players know the rules of volleyball.

**Section I: Team Rosters**

1. Team rosters are limited to fifteen (15) players. A captain may add or delete players on the roster please ask site staff for your roster prior to game time. **THE DEADLINE FOR MAKING ROSTER CHANGES IS 2 weeks prior to the tournament start date.** After this time, teams are allowed to add additional players from the free agent list with special permission from the league manager. These dates are also when the free agent list gets frozen until the following season and no one can be added to the current list after this date. For an addition to be considered after the deadline, the team must be at risk of forfeiting. This request must be in an email.

2. All team members must have first and last name with email 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 match will be declared a forfeit and the player will be subject to suspension.

3. All players must be fifteen (15) years of age or older to be eligible to play.

4. Players can play/substitute on up to two teams in the league, until the roster lock date. All players must be listed on one roster per league after the roster lock date.

5. Each night, players must sign in with first and last name PRINTED on the score sheet.

6. The eligibility of a player must be protested by the opposing team prior to the end of the game. A player's eligibility cannot be questioned after the game is over. ALL Rosters are kept on Site in the Site Office. If a player is not found on the Roster before the Roster Lock Date the team in question will add the player to the roster. If a player is not on the roster after the roster lock date the team automatically forfeits the match and results will be entered as 25-0 in quickscores.

**Section II: Schedules**

1. Additional copies of the rules can be downloaded from Quickscores.com/cpd
2.
3. A list of all program schedules and standings will be posted on www.quickscores.com/cpd

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4. Teams will play a 10-match schedule and single elimination tournament.

5. The Park District will only allow requested reschedules during the season in extreme circumstances, such as a wedding or a funeral in which the whole team will be impacted by. We offer the free agent list to teams in hopes that there are no forfeits outside of those circumstances.

**Section III: Pre-game**

1. 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 set. If a third set is necessary, captains will also determine who will serve first and which side of the court each team will play on. If officiated, service will be determined by a coin flip by the official. Team winning the flip will have the choice of serve, receive or side of court. The loser of the flip will get to choose between the remaining two choices.

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

3. 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**]**)

4. 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 gender.

5. 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.

6. **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 females if co-rec).

**Section IV: Forfeits**

1. Match time is forfeit time. The Leonhard Center court clock is the official match clock.

2. After a forfeit of the first set is declared, ten minutes will be allowed before a forfeit of the second set 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. If a team knows they will have to forfeit they must notify the manager as soon as possible in order to inform the staff and opposing team.

4. A team that forfeits more than two matches in one season with forfeit the rights to participate in the end of the season tournament.

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**

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1. All games will have a 50-minute running clock. When the clock expires, the teams can finish their rally, but the team with the leading score after rally is completed will be the winner of the match.

2. A request for time-out can be made only once during a set without penalty. The time-out shall be one (1) minute.

3. There shall be a one-minute rest period between sets.

3. Simultaneous contacts by teammates count as one team contact and either may make the next play on the ball.

4. The ball may be legally hit by more than one part of the body on the team's 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.

5. The ball may legally hit any part of the body.

**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 have some part of the body above the height of the net at the time the contact is made with the ball coming from the opponent's side. 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.

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8. Players cannot block a serve.

**Section VII: Attack-hit**

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

2. 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.

3. A back row player may make an attack-hit in front of the ten-foot line provided that at the moment of contact, some part of the ball is below the height of the net.

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

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

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

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

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

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

10. If the ball is tossed and not served, there is no re-serve. It is a loss of rally/point to the opposing team.

**Section IX: Substitutions**

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

    Option A: Each team will be allowed an unlimited number of substitutions each set. Players who re-enter the set 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 set for one rotation before moving to middle back position.

4. Teams may change their substitution format from set to set.
5. Players can utilize the free agent list for subs. Once a player from the list has played with a team 3 or more times in the same season, they will be determined on that roster.

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**Section X: Dead Ball 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 loss of rally/point to the opposing team.

2. Contacting the net with any part of the body (except a player's hair) while the ball is in play, is prohibited unless the force of the ball by an opponent pushes the net into a player.

3. The ball may be played when it contacts the ceiling or an overhead object (including raised basketball hoops) 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 antenna.

5. Only the player who is making a play on the ball can touch or move the curtain/gym divider.

6. A ball is dead if it:
    a) breaks the plane of the net outside the antennae (pursuit is not allowed)
    b) touches a vertical surface which includes the wall, curtain, or antenna
    c) touches a dead ball area including the track and bleachers

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 sets.

2. All sets will be played according to the "rally score" system with a point awarded on each service.

3. For the first two sets, a set is won when a team has scored 25 points and is ahead by two points.

4. A third or deciding set is won when a team has scored 15 points and is ahead by two points. There is NO switching of sides at 8 points.

5. There is no point cap.

6. If the match has been decided prior to the next match 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.

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3. Jewelry is not permitted and must be removed. Exceptions to this rule are medical alert jewelry and jewelry for religious reasons.

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 teammate, 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 two minutes 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 unsportsmanlike penalties carry over from set to set.

4. No protests on roster or player eligibility are allowed after a match has been concluded.

**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**

Award T-shirts will be given to the winner of the tournament not the league. The league play determines seeding for the tournament.

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Awards are determined by Sports staff.  League champions will receive 10 T-shirts to distribute to their team.

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