

# VOLLEYBALL LEAGUE RULES

## PARK DISTRICT STATEMENT

The Homewood-Flossmoor Park District has developed the following set of rules and regulations to govern Volleyball Leagues organized or controlled by the Park District.

These rules have been developed as a guide to enjoyable participation. The spirit of the rules is extremely important. To apply a positive approach, it is essential that each participant abides by these rules and enlists the support of all other members of the team.

## LEAGUE ORGANIZATION

The Recreation Supervisor will oversee the league and has final power in decision making in all matters pertaining to the league. The League Supervisor will oversee the league onsite and will assist in the day of running of the league. A captains meeting will be held 45 minutes before the start of the first match of the season. The Recreation Supervisor or League Supervisor will call all additional meetings of team captains. Any special meetings desired by teams should be requested through their team captain who will contact the League Supervisor.

The Park District shall determine placement of teams in leagues and the number of teams in leagues.

Won and lost records will be kept and posted weekly on this website: <http://hfparks.com/athleticleagues/>.

## TEAM CAPTAINS' RESPONSIBILITIES

Each team shall designate a captain who will be the sole liaison between that team and the Park District. Since there are approximately 1,000 participants in the Adult Leagues, only the designated captain should communicate concerns with the Park District. To avoid confusion, players should speak with their team captain on all inquiries and not contact the Park District directly. The team captain may be either a player or a non-player.

Each team captain will receive digital copies of the documents below

- League Rules
- League Schedule
- Roster/Waiver

Team captains are expected to distribute documents above, inform their players of all rules & regulations prior to the first game, and as often thereafter as necessary to ensure no violations occur. Also, captains are expected to inform players of the game schedule, make up dates, etc. and pass along any other information from the Park District.

At the end of each match, the captain should fill out the score sheet and sign off that it is accurate.

## RULES AND REGULATIONS

### ROSTER/WAIVERS

1. Participants must be at least 18 years of age or older.
2. No player should participate in league warm up or play until they have signed the Roster/Waiver, even if it is prior to the rosters being due.
3. Team Roster/Waivers are due by the 2<sup>nd</sup> week of the season. A one week extension will be granted to any team with a bye the first or second week of the season. Additions to the roster after the second week will need prior approval from the Recreation Supervisor and in most cases will be in exchange for a current player.
4. Rosters will have no more than twenty (20) players per team.
5. A player may only be listed on one roster per league.
6. To be eligible for playoff competition, a player must participate in one (1) regular season set.

### PRE GAME INFORMATION

1. Before the match starts, players are required to sign in next to their name on the sign in sheet. Until rosters are turned in, players should print their name on the sign in sheets.
2. If any players' eligibility is in question, the opposing team captain can request to view the team roster from the league supervisor. The player who is in question must provide identification (such as Driver's License or State I.D) for verification.
3. Teams will not play with less than four (4) nor more than six (6) players, for Women's and Co-Rec.
  - a. In co-rec games an equal representation of males and females must be on the court when possible. If there is a shortage of males present, female players can outnumber male players.
4. Players arriving late may enter at any dead ball situation until the maximum number of players is reached.
5. There will be one (1) hour time limit on each match. The next match will begin immediately following and last until the completion of the one (1) hour time limit with rally scoring taking place. The matches will finish, regardless of the score, at the end of the time limit.
6. Service shall be determined by the toss of a coin or Rock Paper Scissors by team captains. The team winning the toss shall have choice of serve or court for the first set. Teams will then alternate the serve (and court) for the second and third set.
7. Uniforms are not required but all players must wear a shirt and shoes.
8. A game ball will be furnished by the Homewood-Flossmoor Park District, but teams may use any mutually agreed upon ball.

## FORFEITS

It is suggested that you notify your captain if you are unable to play so that a substitute can be found.

1. Every effort to notify the Recreation Supervisor of a forfeit prior to noon on game day should be made. Teams that forfeit more than three (3) games unannounced during a season may be removed from the league without reimbursement.
2. If a team has fewer than four (4) players at the start of the match, the said team will forfeit the first set at the starting time, the second set 15 minutes later, and the third set 15 minutes after that.
3. The team captain or co-captain must report the forfeit to the coordinator and write it down on the score sheet; a forfeited score is 11-0.

## GENERAL GAME PLAY

1. All sets will be rally scoring to 25 points with the winning team being the first team to score 25 points. The winning team must win by 2 points, with a cap of 27 points per set; no 27-point cap for the championship match. For example, the final score may be 26 to 24, 25-23, and 22-25; may not be 24-25. Both teams shall keep the score simultaneously. Each time the server prepares to serve, they shall announce the score (loud enough to be heard by all players on both teams).
2. Timeouts - each team is allowed one, one-minute time out per set.
3. Player substitutions can occur on any dead-ball situation.
  - a. If teams decides to rotate players into the game, they may rotate into or out of only two positions at one time. No substitutions will be allowed if you decide to rotate, except for an injured player.
4. The server must serve from behind the black baseline. The service area is anywhere along the black baseline.
5. Overhand and underhand serves are both permitted.
  - a. Teams may not block or spike a serve. Front line players cannot leave the ground on a serve and hit the ball over the net with a downward spiking and or blocking motion. However, they may leave their feet if their hit is a bump or set on the serve. If the front line players hits the ball over the net as the first hit after a serve, this hit must have an arc to it.
6. A ball touching the net (on the serve too) is in play. All players must be within the playing area until contact is made. You cannot spike or block when receiving a serve, but you can bump or set.
7. A player shall not contact any part of the net while the ball is in play. If the player's hand or body touches the net or opponent, it is a foul and will result in a point for the opposing team.
  - a. It is not a foul to step on the centerline if one is so marked. A player's foot must be completely over the centerline or interfere with an opponent to be called a foul. If any part of the player's foot remains touching the centerline, it is not a foul.
8. No one may contact the ball across the net. A female player, when spiking, may have her follow through carry her hand across the net.
9. Spiking is illegal for males, but legal for females. Spiking is defined as a play in which the ball is hit forcibly downward into the opponent's court from above the net. No male may jump and spike the ball anywhere on the court either.
  - a. Dinking the ball is not considered a spike. Dinking is defined as a non-forceful downward motion of the ball. The fingers of the hitting hand spread like a cup and using the fingertips to hit the ball.
10. Blocking of an opponent's shot is legal. A ball hit off a block is never considered a spike or a hit, as long as there is no striking motion by the blocker. Faking a block is also permitted.

- a. A ball cannot be blocked while on the opponent's side of the net unless they have started their attack. (An attack is defined as a team's attempt to play the ball across the net.)
  - b. A ball that comes to rest between a blocker and spiker shall be considered a dead ball and replayed.
11. The ball may not be hit more than 3 times on a side. One person may hit the ball twice in a row only if a simultaneous hit was made before. A simultaneous hit is defined as two people on the same team making contact with the ball at the same time.
    - a. In Co-Rec there are no gender stipulations for getting the ball over the net.
  12. A ball, other than a served ball, may come in contact with objects hanging over the court and remain in play; as long as it is not in the process of crossing the net. If the ball comes in contact with objects hanging over the court while crossing the net, the ball will be dead and a point will be awarded.
  13. Players are not required to bump or fingertip every ball, but any underhand hit made with both hands apart is considered a double hit or a carry, both of which are illegal hits. All underhand hits, unless made with one hand or both hands joined together (bump position), will be considered an illegal hit and will be a point or side out. The ball cannot be caught or thrown.
  14. Any overhand hit may not be thrown, pushed or carried. This will be considered an illegal hit and will be a point or side out.
  15. It is legal to hit the ball with any part of your body, the foot and leg included.
  16. A ball landing on a boundary line is good.
    - a. At Sports Complex: Black all the way around.
  17. A re-serve will be in effect for all ball interference from an adjacent court. Any person on either team can call ball interference.
  18. Any open hand, underhand hit is considered a lift/carry and is illegal - no matter where the ball is, i.e., whether it's above your neck, below your waist, or anywhere; also whether it is with one hand or two.
  19. ANY DISCREPANCY ON A CALL WILL AUTOMATICALLY RESULT IN A RE-SERVE.
  20. If a match ends early, both teams may agree to start the next match before the scheduled start time.

## **SPORTSMANSHIP**

1. Please return the ball UNDER the net so as not to cause injury to unsuspecting players.
2. When changing gyms, please leave by the closest door so as not to interrupt other games in progress. If sitting on the stage be conscious of the server and do not interfere in any way with the games in progress.
3. Participants and spectators are to exhibit appropriate behavior at all times. The following guidelines have been developed to make park district programs safe and enjoyable for all participants. Participants shall:
  - a. Show respect to all participants, staff and spectators.
  - b. Refrain from using foul language.
  - c. Refrain from threatening or causing bodily harm to self, other participants, staff and spectators.
  - d. Show respect for equipment, supplies and facilities.
  - e. Not possess any weapons. (Example: guns, knives, explosives, projectiles, etc.)
4. Team captains are advised to warn an opposing team before reporting unsportsman-like conduct to the League Supervisor.
5. Participants should follow program rules and take direction from staff members.

6. Any action that results in the suspension of individual players or teams shall be final and the entry fee shall be forfeited.
7. Please remember that you are here for **FUN** and exercise and so is everyone else. It should not matter whether you win or lose, just so you have fun doing it.

## OTHER

1. Teams withdrawing from the league after league schedules have been finalized shall forfeit entry fee.
2. Park District Staff are allowed to take photographs and videos (per Photo/Video Policy). Participants may only take photographs and videos after approval from any and all team an included in the photograph or video.
3. Spectators over the age of 16 are allowed to sit quietly in bleachers during games. Supervised children may attend games as long as the children sit in the bleachers for the duration of their stay. Trips to the bathroom or gym water fountain are permitted as long as they do not interfere with games. Every effort should be made to limit trips to the bathroom and water fountain to in-between games.
  - a. *If a spectator is being disruptive or disrespectful, it will be addressed through the team captain. If the disruptive/disrespectful behavior continues, the match will end and the offending team will receive a forfeit for any unfinished sets.*
4. **No smoking, drinking or eating** allowed at game facilities. Anyone caught in violation of these rules will automatically be suspended for the remainder of the season. This rule also prohibits bringing any food or beverages, other than water, into the facilities.
5. No alcohol or illegal drugs allowed on park district property. Any use of alcohol or illegal drugs will be prosecuted by appropriate laws and suspension from participation in any Homewood-Flossmoor Park District sponsored leagues, tournaments or programs.
6. Please remember to treat school district employees with the greatest respect; otherwise the Park District's privilege to use school district facilities may be revoked.

GOOD LUCK & ENJOY THE SEASON!