



# Co-Ed Indoor Volleyball Rules and Information

**Team Captains are responsible for providing the rules to their entire team.**

**Any in house rules will take precedence over standard volleyball rules.**

## THE GAME

1. The Serve
  - a. The server shall hit the ball with one hand, fist or arm while the ball is held, or after it is released by the server. The server must hit the ball by the second try or the ball is considered an illegal serve and is a dead ball.
  - b. **A mandatory clockwise rotation system will be enforced; however player may drift / switch positions once contact is made on their side with the ball. Players must always return to their starting positions once a point is scored.** Players will rotate in and out of the game from the sixth position. In simple terms, once the first position/server has been played, they may choose to sit out or jump back into the rotation in the sixth position. This does not apply to game injuries.
  - c. Players may not serve out of turn or their points scored will not be counted. However, if a player serves out of turn and it is not called by the opposing team, their points shall be counted.
  - d. If a ball on a serve hits the top of the net and falls onto the defensive side, it is considered a live ball.
2. During regular play, the ball must go over the net by the third hit. 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.
3. A ball touching any boundary line is good.
4. The center line may be stepped on as no other player is contacted.
5. A ball that strikes the net is in play.
6. You can touch the net accidentally or brushes against it and it will not be a violation, but it will always be a violation if the top tape is touched. If the net is aggressively touched a violation will still be called.

7. Blocking the ball is entirely on the opponent's side of the net and is permitted when the opposing team has an opportunity to complete its attack. The attack is complete when:
  - a. The attacking team has completed its three allowable hits.
  - b. The attacking team has the opportunity to spike the ball or in the official's judgment, directs the ball into the opponent's court.
  - 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.
  - d. A player may reach over the net to block a spike. A set or serve cannot be blocked and/or spiked. Back court players may move to the front of the court to block, and they may leave their feet to do so.
8. A Double Foul is when both teams commit a foul at the same time. This will result in a replay.
9. The only time a player is allowed to have the ball hit any part of their body multiple times is when he/she is attempting a block or saving a hard driven spike.
10. Hands should be together when bumping the ball, but don't have to be in a diving attempt.
11. Any part of the body is okay to play the ball off of.
12. When tipping the ball over the net, do not hold or grab the ball, make sure to hit the ball and redirect it.
13. Games are scheduled to be 15 minutes in length or until a team reached 21 points, whichever comes first. Rally scoring is used. Teams must win by 2 points. There is a 23 point cap. At the end of 15 minutes, if a team is not in the lead by 2 points, the clock is stopped, and the game continues until one team is ahead by 2 points. The official will designate the clock. When time is called at the end of the game, continue playing until the ball is dead. Teams will play three games per week. The only exception is during playoffs where we will play the best of three games. All games are rally scoring.
14. If, prior to the third game, the official decides that time won't allow for a complete third game, the official may inform the teams that the game will be played to 15.
15. Each team is allowed one, 30 second time-out per game.
16. If a score is 11-0 during the game, the game shall be called a slaughter.

## **ORGANIZATION INFORMATION**

17. Playoffs- will be announced towards the end of the season. The top seeded teams will be considered the home team. Games must produce a winner. Playoff games do have a time limit besides the championship game. All playoff winners will be determined by the best of three games. **Top 4 teams will make playoffs.**
18. Prize Money- **Team members who registered the team will be issued a W9 if prize money is won.** Below is the break down for prize money in the Fall 2022 season per division.

### Vball League

1st \$150

### Vball Playoffs

1st \$100  
2<sup>nd</sup> \$50

19. **Team Size-** The following player combinations make a team eligible for team play: three men/three women, three men/two women, any player combination of more women than men, or two women/two men- no ghost rule applied for any player combination of less than 6.
20. **Roster-** A **maximum of 12 players** may be carried on a roster. All teams must fill out a roster sheet and turn it into the Park District by their second game. **Any team who fails to turn in their roster after the second game will receive a forfeit.** After this time-all the rosters will be frozen. All players must be 18 years or older- with **no High School players**. Use of a non-rostered player will result in an automatic game loss. New players may be added with medical excuses. **A player is not considered a rostered player unless he/she signs and fills out the roster. Players can only play for one team per league.** All players need to have a photo I.D. at games to verify rosters if needed.
21. **Roster Checks-** Roster checks can be administrated during any scheduled game. It is the responsibility of the challenging team to question the opposing team's roster. The ref will immediately stop the game and ask to see the ID card of the player in question and will write down his/her name and ask the player to submit a signature. **If the player does not have an ID he will be considered a non-rostered player.** The ref will then continue playing the game and submit the results to the Park District where a final decision will be made. Any player found playing and not on the roster will result in a team forfeit and a \$50 fine, which must be paid before their next scheduled game. If the team is found with a non-rostered player a second time during the season, the team will then be subject to a one year suspension in addition, to forfeiting the rest of their season games.
22. **Score Cards-** Will be in the ref's possession and it is the responsibility of each team's captain to sign the score card after the game is over. **MAKE SURE THE SCORES ARE CORRECT ON THE SCORE CARD AND UNDER YOUR TEAMS NAME.** The ref will not keep track of game stats, nor will the Park District.
23. **Tie Breaker for League Standings**
- Winning Percentage
  - Head to Head Competition (2 teams)
  - Average Point Differential (**Max 11 points per game**)
  - Forfeit
  - Coin Flip
24. **Forfeits-** Any team that **forfeits without giving the Park District notice will be fined \$25**, which must be paid prior to their next scheduled game. If a team forfeits TWO matches they will be eliminated from

the season ending tournament. If a team forfeits THREE matches they may be eliminated from the league. No refunds will be given in any event. **Teams will not be fined if they give notice before 3 p.m. on game day that they are forfeiting.** Match time is the scheduled starting time. **For every minute that passes from the scheduled start time; 1 point will be added to the score of the legal team. A forfeit will be called when the score reaches 11 points per game. (Slaughter Rule).** **Teams must stay until all 3 games have reached 11 points or 33 minutes.** This way the forfeiting team has a chance to play the second or third game.

25. Weather Information- The rain / snow out number is (708) 342-4346. A message will be placed on the machine at least one hour before the start of the first match time on questionable days. The athletic website will also be updated one hour before the first match time. This can be accessed at [www.quickscores.com/tinleypark](http://www.quickscores.com/tinleypark). The Park District will try to update weather information throughout scheduled matches, but it is not guaranteed due to the main office closing at 5:00 p.m. on weekdays. Please always check the weather information before your game time in case the first sets of matches were canceled, but not the second. The Park District will try to make up every rained or snowed out match, but may not be able to due to unforeseen circumstances. Make ups may or may not be on your scheduled playing day, depending on how the season folds out, but more than likely they will be on your scheduled day. If make-ups, towards the end of the season will not affect final standings, the Park District may cancel these matches. The ref will call the game if court conditions are not playable. This only applies to sandy leagues. It's every team's responsibility to show up during their scheduled game time if the games are not canceled.
26. Shirt/Jersey- The Park District will not provide teams with shirts. All players must play in a shirt. If a player does not have a shirt, he/she will not be allowed to play.
27. Game Ball- The Park District will supply the game ball and teams must use the Park Districts Game Balls.
28. The Referee- Will be provided by the Tinley Park-Park District. No game will be considered valid unless worked by an assigned ref. Teams must wait five minutes after the scheduled game time for a ref to show up before leaving the court or the game could result in a forfeit. Please go to the front desk at the scheduled game time if a ref is not there so we can try to locate them. Teams may agree on a person to officiate or simply play without someone officiating. Such a game will be considered valid. If teams cannot agree, the teams must vacate the court, and the match will be rescheduled.
29. Unsportsmanlike Conduct- Any player involved in fighting before, during, or after the game will be subject to discipline by the Park District. Any player involved in fighting or touching an official or Park district staff member any time will be automatically suspended from the current league and will not be allowed to play in any Park District leagues for the remainder of the year. They may also be subject to the law. The Park District reserves the right to remove any player or team from the league if the situation warrants such action. **Any player ejected from a game will receive an automatic one game suspension and be fined \$50. If a player is ejected a second time throughout the season, the team will be fined \$75 and that player will not be allowed to play for the rest of the season.** Any team who allows a suspended player to participate will be removed from the league for the remainder of the season. The Athletic Supervisor may or may not enforce the above actions or take other actions depending on the situation.
  - **Profanity Rule**- If a player uses profanity the following actions will be implemented.
    - First Offense- The player will receive a warning.
    - Second Offense- One point will be awarded to the other team and a final warning will be issued to that player.
    - Third Offense- Unsportsmanlike Conduct rules will apply.

- Throwing or kicking a ball out of anger will result in a player ejection/unsportsmanlike conduct.
30. The Tinley Park-Park District will not be held responsible for any injuries that may occur in the volleyball season. All players must sign their roster because the team roster serves as a waiver. Coaches and captains are responsible for notifying their players of this.
  31. No smoking, eating or drinking anything besides water will be allowed on Park District property.
  32. No dogs allowed on Park District Property.
  33. Alcohol and illegal drugs are not allowed on any Park District property. Any violators may be subject to law enforcement. Teams and/or players seen or caught drinking or using drugs by Park District staff will be given an automatic forfeit without any warnings.
  34. Locker rooms are available inside.
  35. Gym shoes must be worn while playing.
  36. Protest- Games can only be protested on rule violations, both regarding game play as well as roster violations. You cannot protest on official's judgment call. If a protest is asked for, the official will stop play at that point, sign the score sheet and notify the opposing team that the game is being played under protest. Upon completion of the game, the protesting team shall put the protest in writing and submit it to the Supervisor of the league no later than 24 hours after the game, along with a \$100 protest fee. The Supervisor will judge all protests and his/her decision is final. If team submitting the protest loses the protest, they shall forfeit the \$100 fee. If the protest is upheld, the team protesting will be reimbursed their fee and the game will be recorded as a win for the protesting team. The \$100 fee is to be submitted in cash, money order, or cashier's check only.

**The Park District reserves the right to change, alter or add any rule or league schedule in order to improve the quality and safety of the league. The Park District also reserves the right to make any decisions necessary to complete the league/tournament in a timely manner. This is not limited to, but includes playing any day or night of the week, having games canceled or calling a game completed if ended early due to weather.**

**Revised  
9/1/22**