



## **DOWNERS GROVE PARK DISTRICT**

### **2026 INDOOR VOLLEYBALL RULES AND REGULATIONS**

**NOTE:** The Downers Grove Park District does not provide medical insurance for players, spectators, or team representatives in the Adult Volleyball Leagues. Players are reminded that they play at their own risk. It is strongly suggested that each player have his or her own form of medical insurance.

It is Park District policy that there is no smoking on park district grounds. The Park District further prohibits the presence of drugs and/or alcohol on district property. As guests of the park district, each team is expected to adhere to these rules.

Unless otherwise stated herein, USA Volleyball rules and regulations govern league play.

#### **I. THE SCHEDULE**

##### **A. Regular Season Play**

1. Regular season play consists of 10 matches
2. Each regular season match consists of three games. Each game counts as a win or loss for each team.
3. If two or more teams are tied for any position at the end of the regular season, the following criteria, in order as stated, determine final league standings and post-season seedings:
  - i. Winning Percentage
  - ii. Any team with a forfeit during the regular season automatically loses all ties
  - iii. Head-to-head record against all other teams involved in the tie
  - iv. Points Differential in Head-to-Head competition
  - v. Coin Toss

##### **B. Post-Season Tournament**

1. A post-season single-elimination tournament is played immediately following the regular season schedule for the top seeds in each league.
2. The number of teams who make the playoffs will be determined bases on league size.

#### **II. LEAGUE AWARDS**

- A. Cash prizes are awarded to the regular and post season champions. Regular season champions are awarded \$150. Post season champions are awarded \$100 and champion t-shirts.

### III. LEAGUE ROSTERS

- A. Rosters are limited to 20 players, all of whom must be 18 years of age or older prior to the first game of the season.
- B. Rosters must be submitted via the SharePoint form shared with the captains before the first game with each player's name, telephone number, address, and signature and be turned in to the Downers Grove Park District by the team's first scheduled game. Any individual shall be declared ineligible for the entire season if they:
  - i. Participate in league play prior to signing an official roster form, or
  - ii. Fail to include his/her telephone number and or address on the roster
- C. Any team wishing to be considered a resident team must have 60% of their rostered players either live in Downers Grove or be employed by a Downers Grove business.
- D. Men and women may only play on **one team per division**.
- E. Roster Changes
  1. Roster additions or changes are not permitted after the start of the **THIRD match** of the regular season.
  2. Players may be replaced in the event of a player's injury (with a doctor's note) or job transfer or shift change (with a note on company letterhead).
  3. **Any request to replace a rostered team member must be made to the Recreation Supervisor in writing and be accompanied by a completed roster change form.** Each of the required items must be submitted before any replacement players are eligible to participate in league play.
  4. Any replaced or removed player is ineligible for play on any team until the following season.
- F. Player Eligibility
  1. Player eligibility must be challenged before the start or prior to the end of the game and may be made by the opposing team captain or Park District staff person.
  2. The offending captain must then prove eligibility to the satisfaction of the opposing captain or staff person, remove the player from the game before play proceeds or play with the knowledge that if the protest is upheld, the game will be forfeited.
  3. If the player proves to be eligible, the game stands as played; if ineligible, the game is forfeited. **All games played with ineligible players shall be declared forfeits, including tournament play.**
  4. Any player whose eligibility has been challenged and does not have possession of his/her driver's license (or other acceptable form of identification) at the game site will be declared ineligible for that game.

#### IV. LEAGUE RESPONSIBILITIES

- A. The Park District Recreation Supervisor is responsible for taking registration, designating rules and regulations, and providing a game ball, first aid supplies, and one official per match. The Recreation Supervisor reserves the right to interpret and/or change any of the league rules at his/her discretion.
- B. Officials
  - 1. The officials are responsible for score keeping and time duties.
  - 2. Officials are responsible for calling and controlling the game. **Protests are accepted only in player eligibility cases.**
- C. Captains
  - 1. Team captains are responsible for submitting all league fees to the Downers Grove Park District prior to the date established by the Rec Supervisor. **All games played prior to full payment being made are forfeited. NO EXCEPTIONS!**
  - 2. Team captains are responsible for dispersing any information given by the Park District office to their respective team and for checking each night at the gym to see if any information has been dispensed.
  - 3. Captains are responsible for making sure that the Park District has the correct current addresses and home/work numbers of the captain and co-captain.

#### V. LEAGUE PLAY

- A. Game balls provided by the Downers Grove Park District must be used for all games
  - 1. Unless mutually agreed upon by both captains to use a different ball.
    - i. **BOTH teams must agree to use a different ball**
    - ii. If one team does not agree to use a different ball then the game ball provided by the Park District must be used.
- B. **Forfeits**
  - 1. **Forfeit time for the first game in each match is five minutes after the scheduled start time.** Each team must have a minimum of three players on the court, ready to play, at five minutes past the scheduled start time or the first game is forfeited. Forfeit time for the second and third games of each match is 20 minutes after the scheduled start time of the match.
  - 2. If for any reason a team is reduced to less than three players a forfeit is ruled.
  - 3. If a team knows in advance that it will need to forfeit a match, it is the responsibility of the team captain to contact the Park District. The Park District will then contact the forfeiting team's opponent to inform them of the forfeit. Teams should not contact each other without making the Park District aware of the upcoming forfeit, or both teams receive three losses for the match.
  - 4. If a team forfeits three matches, they are dropped from the league with no refund.

### C. Player Conduct

1. Team captains are responsible for the conduct of their teams and team members at all times.
2. Team captains are the official spokesperson for their team. The team captain is the only person on the team who may address the referee.
3. The official has the authority to eject from the premises any player, substitute, or spectator who interferes with the orderly progress of the game. All warnings are given at the captain's meeting. Verbal abuse before, during or after the match, as perceived by the official as being in excess, threatening or unsportsmanlike results in ejection from the current match. If the match is over, the player is ejected from the next match.
4. If a player has been ejected from a match and continues the verbal abuse, he or she will be ejected for the entire season.
5. Any player who is abusive to an official during tournament play will be ejected from the match. Continued abuse during or after the match results in ejection from the next season.
6. **\*\*\*Monday Men's League- If a team member walks thru the east gym during gymnastics class, his team will automatically start the match down 5-0. No exceptions will be made. Player must enter the northeast court thru the center gym.**
7. ANY SMOKING, DRINKING (ALCOHOLIC BEVERAGES) OR LITTERING on Park District property will result in immediate ejection from the league.

### VI. LEAGUE RULES

- A. In the event that an official cannot see a "line call", a replay shall be ruled.
- B. **All games are played to 25 points; win by 2 with a cap at 27, rally-point scoring. The third game is played in all matches. However, if it begins after 45 minutes past the actual start time of the match, not scheduled start time, the third game is only played to 15, with a cap at 17.**
- C. As standings are based on games, rather than matches, all three games must be played in each match. **Exception: Tournament matches are best two games out of three to 25 points, win by 2 with no cap, rally-point scoring; the third game is played only if necessary to 25 points, win by 2 with no cap, rally-point scoring.**
- D. Each team is allotted two time outs per game. Time outs are 30 seconds in length regardless of which team calls the time out. Team captains only may call time-outs.
- E. Teams are given three minutes between games.
- F. All teams are given five minutes warm-up regardless of what time the previous game ends.
- G. In all leagues, teams may play with three, four, five, or six players.
- H. If Co-Rec teams are playing with less than six players, there cannot be more male than female players on the court.
  1. **\*Exception: In Co-Rec A & B, teams can use the ghost player rule.**
    - i. The ghost player rule allows a team with a lineup of 3 men and 2 women. When playing with this lineup, a "ghost" woman takes a spot in

the rotation between two of the men. This ghost person would continue to rotate all the way around, and would lose their serve every time it comes up in the rotation. When the ghost player has rotated to the front row, a woman from the back row must rotate to the front row to take the place of the ghost. When the ghost player rotates to serve, the front row will stay in the same position for the ghost serve (loss of rally) and then rotate when the next term of service occurs.

- I. **Co-Rec Only -** If a team begins play with six players on the court, they may not reduce the team to less than six players unless an injury occurs and there is no substitute available.
- J. If a team starts with less than six players and the sixth player arrives after any game has started, he/she may enter the game as soon as play is whistled dead and the referee is notified of his/her entering the game. **Sub must enter into a back row position. Co-Rec must be in alternating male and female positions.**
- K. The unlimited substitution method OR the rotation method (not both) may be used for any one game. **EXCEPTION: in case of injury when using the rotation method during the game, you may substitute for that injured player in the unlimited substitution method; you may substitute only for the same person each time in one game.**  
EXAMPLE: Player C subs for Player A, only Player A may sub for Player C in the same game.
- L. Teams using the rotation method of substitution must use the same playing position for putting players into the game.
- M. Team captains must notify the official before each game about which method of substitution will be used. During the game the captain must notify the official if a substitution (not a rotation sub) is entering the game and for whom the sub is being made. This shall be done without any needless game delay or the official may award point or side out, if in his/her opinion too much time has been used.
- N. Substitutions may be made only after a ball has been declared dead by the official and before the next service.
- O. Reaching over the net to spike a ball shall be called a fault. A portion of the ball must cross the plane of the net before it may be contacted
- P. You may have any portion of your foot or hand on the centerline under the net. At no time may any portion of your body completely cross the center line under the net or it is ruled a point or side out.
- Q. On the second team hit, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action and the ball is next touched by a teammate. If the ball completely crosses the net or is first touched by the opponent after multiple contacts on the second team hit, a double hit fault will be called.
- R. Libero Rule – a libero can be used during play as long as they are wearing a completely contrasting color to the rest of the team
- S. **Play Position**
  - 1. Co-Rec - Men and Women players must hold alternate positions during all league play. **There cannot be more male players than female players on the**

**court (with the exception of an injury to a female player or if a team is utilizing the Ghost Rule).**

2. Co-Rec play only - when only one male player is in the front line at time of service, one male back line player may be forward of the attack line for the purpose of blocking.

**T. Male/Female Contact of the Ball for Co Rec Teams**

1. For all divisions, there shall be no rule requiring females to contact the ball during a team's play of the ball.

**U. Park District Rules for All Gyms**

1. **A non-playing adult must supervise young children on the premises during league play. Parents of unsupervised young children are not eligible to participate on evenings they bring children. Violations will result in a team forfeit of the entire match.**
2. Park District volleyballs are provided for match play only and are not to be used for team warm-up before or after match play. The balls should remain in the official's possession at all times outside of match play.
3. Any ball in play that hits the ceiling, overhang from the walking/jogging track, the batting cage or any part of a basketball net, rim or backboard on the same side of the court as it were hit from is considered fair and must be played.
4. Balls that hit the ceiling, overhang from the walking/jogging track, the batting cage or any part of a basketball net, rim or backboard on the opposite side of the court are dead.
5. In the event that the ball gets caught in the batting cage, a replay shall be ruled.

**VII. PROTESTS**

- A. The official has the final say. There are no protests of official's calls.