



CO-REC INDOOR VOLLEYBALL RULES

GAME PLAY

1. Games shall not be started with less than three (3) or more than six (6) players. You can have up to 6 females on the court at one time but cannot have more than 3 males on the court at one time. Rotation must be male/female. Females must rotate out for females and males must rotate out for males.
2. Forfeit time is starting time for the first game. If the team shows up after the start time, but within 15 minutes, games 2 and 3 will be played. If the team shows up 15 minutes after the start time, but before 30 minutes, the third game will be played.

If your team will not be able to attend a scheduled game, please contact the Community Pavilion front desk at (708) 857-2420 or the league supervisor to report the forfeit so we have an opportunity to tell the other team. The forfeit will be final once we are contacted. **After 2 forfeits your team will be removed from the league.**

3. A coin toss will be used to determine which team serves for the first game. The opposite team will serve first for the second game and a coin toss will determine who serves first for the third game.
4. If a team is playing with less than 6 players and another player arrives after the start of that game, that player must start in the middle back position.
5. A regular season match will consist of 3 games. All 3 games will be played and count in the standings.
2 pts. Per Game Victory
1pt. Per Game Loss
0pts. Per Game Forfeit
6. League standings will be determined by wins/losses. Points will be used as a tiebreaker.
7. Team captains are responsible for verifying the scores and must sign the scorecard at the conclusion of the match. Errors in the standings must be reported to the league supervisor within 10 days of the games or the standings will remain as posted.
8. All games are rally scored to 21 points, win by 2, with a 25-point cap.
9. Teams will be given a 1-minute rest period between games.

PLAYOFFS – *The first team to win two games to 21 will win the match. A coin toss will determine the team that has the first serve. If a third game is needed, a coin toss will determine which team gets the first serve for that game.*

10. Each member of the team will have 1 attempt to serve the ball. Servers must have at least one foot on the court when serving. Jump serves are allowed as long as the player touches the court before leaving the ground to serve.
11. Net balls are allowed on the serve.

12. It is permissible to run out of bounds to play a ball. Players may not enter or continue onto an adjoining court to play a ball. If a player steps on an adjoining court the ball will be whistled dead, and that team will lose a point or side out.
13. When a ball touches a boundary line, it is considered in bounds.
14. The Oak Lawn Park District will NOT make any game schedule changes after the schedules are finalized in order to accommodate personal scheduling conflicts or commitments for teams and/or players participating in this league.

PLAY

1. If a ball touches a player or a player touches the ball, he/she is considered as having played the ball. Contacting hair is not considered a touch (ponytails/ long hair).
2. PLAYING THE BALL: Multiple contact is allowed on any first ball over the net. This includes serves, hard driven spikes, dinks, roll shots, jump serves, float serves and or any other first ball over. Players are allowed to overhand pass the serve as long as the ball does not come to rest at any time during the contact. It is legal to contact the ball with any part of the body as long as the ball does not come to rest. Intentionally playing the ball with your feet is legal.
3. A ball hit into the net by a team may still be kept in play as long as any player does not touch the net.
4. A player may play the ball twice during the volley, but not twice in succession unless played directly off a block. Blocks do not count as a contact.
5. If two players contact the ball simultaneously, it counts as one hit and either player may play the next shot.
6. The ball must be returned over the net. If both sides touch the net simultaneously, the ball is declared dead and reserved. *Players may not touch the net at any time. Players may not cross the centerline. A player is considered as crossing the centerline when one or both of their feet completely cross the line. Players are allowed to step on the line or shadow the line with their feet and or hands. If any other body part touches the centerline, it is considered as being crossed.*
7. Touching the net on a spike is not allowed.
8. BLOCKING: Players may not interfere with or block the opposing team's sets. Players are not allowed to block serves. There may not be more than 3 blockers in the attack zone at one time. **Back row players cannot come up to block.**
9. The rotation shall be in a clockwise direction. *When the receiving team has gained the right to serve, their players must rotate one position clockwise. This includes a team's first service.*
10. Each player shall remain in his or her spot until the serve is made. Players may switch positions after the ball is served.
11. Each team is permitted 1 time-out per game. Time outs will be 30 seconds in length. Time outs must be requested of the official only when the ball is dead. Time outs are not in effect until the official recognizes the time-out with a whistle and hand signal.
12. Your team is responsible for your spectators. If any spectator(s) interferes or harasses the other team or officials your team will be warned and then penalized for their behavior. Continued harassment will result in game forfeiture.
13. An official may penalize a team 1 point or loss of serve for intentionally delaying the game. (Officials discretion)
14. The official will start each play by sounding their whistle and gesturing with their hand. Players must wait for the whistle before they serve.
15. The team losing the previous game shall have the first serve in the next game.

16. SUBSTITUTIONS: There will be no libero used.
17. Only the floor captain may question an official's call during the game. If any other player questions the officials call that player and will be assessed by a warning (yellow card). The second offense will result in a side out or point for the other team (red card). Continued harassment of the official or staff will result in the player's ejection from the match and possible ejection from the league. The team may also be penalized for the players' actions.
- 18. *Vulgar Language: Vulgar language will not be tolerated. Offensive language by any team member will be penalized with a point and service to the opponent. Page 63 USAV rulebook.***

LEAGUE

1. TIE BREAKING PROCEDURES: In the case of a tie, the following procedures will be used to resolve the tie.
- a) Total Points
 - b) Forfeits – If one of the tied teams has a forfeit, they will assume the lower position.
 - c) Head-to-head competition between tied teams.
Note: if there are more than 2 teams tied this step may be skipped.
 - d) Point differential in head-to-head games.
 - e) Point differential in all games played.
 - f) The Park District and League Supervisor reserve the right to implement any tie breaking procedure as necessary, (Coin flip) with both captains present.
2. League awards:
- | | |
|--|----------|
| 1 st place (regular season) | \$275.00 |
| 2 nd place (regular season) | \$120.00 |
| Playoff Champion | \$100.00 |
| Playoff Runner-up | \$40.00 |

Award Redemption

- a. Award vouchers will be distributed to the winning teams at playoffs. They can be redeemed in the form of a check or can be applied to the next season league fee. Award vouchers expire one year after the day/month of playoffs.
 - b. Redeem for League – Award Voucher can be turned in to the league supervisor for safe keeping or submitted with the registration form at the time of league registration.
 - c. Redeem for Check – Award voucher and W-9 form must be completed and submitted to the league supervisor. Checks will be mailed within 2 – 3 weeks of the receipt date.
 - d. A Federal W-9 tax form is required when requesting the voucher amount in the form of a check. We only need one W-9 tax form on file per individual/business. Checks cannot be mailed until this completed form is received. Please keep in mind that per Federal Tax Law that if an individual/business receives award winnings in the amount of \$600 or more in a calendar year they will be required to claim it on their taxes.
3. **The complete signed roster must be turned in to the Recreation Supervisor by the first game.** If the roster is not turned in by the first game the team in question will automatically lose any protest brought against them and they will forfeit any right to protest. If the roster is not turned in by the second game the team will forfeit all remaining games until the roster is turned in. The roster serves as a participant waiver and must be signed by each player. No changes to the roster will be allowed after the second game. The only exception is if a player is injured and unable to return for the rest of the season. A medical excuse MUST BE presented to the Recreation Supervisor before the roster change will be allowed.
4. PROTEST: A written protest and \$25.00 cash fee must be submitted to the Recreation Supervisor at the Community Pavilion, 9401 Oak Park Ave, within 48 hours of the infraction. The protest must be indicated on the scoresheet with the signature of the referee and the protesting captain. The captain or manager of the protesting team must notify the referee and the opposing team of the intent of protest before the next play following the infraction in question. The \$25.00 protest fee will be refunded if the protest is upheld. If these procedures are not followed the protest will not be valid. No protests on judgment calls will be allowed. The referee's judgment is final.

5. **PLAYOFF PROTESTS:** Player eligibility protests must be made immediately to the official and league supervisor before play begins or shortly after play begins. The player in question will have to produce identification to verify eligibility before playing continues. If an ineligible player participates in a game, the team will forfeit that game only.
6. In order to ensure that our divisions are separated as fairly as possible, we reserve the right to move teams between divisions as we see fit. As a rule, the top two teams in the recreation divisions will be moved up to the competitive divisions and the bottom two teams in the competitive divisions will be moved down to the recreation divisions. This will be done whenever possible.
7. Substitutes may be used by teams in different divisions. Teams may only use substitute players from the division below their own. Substitute players may not play down but can only play up. Example: a player who plays on a team in Division C may play for a team in Division B. The reverse will not be allowed. Players may not play on two teams in the same division.
8. The USAV rulebook will cover all rules not listed here.
9. No Alcohol allowed inside the Community Pavilion.
10. The Oak Lawn Park District reserves the right to change, alter and or remove any rule as deemed necessary in the best interest of the league, its participants and or the Park District.