

# Oakbrook Terrace Park District

## Co-Rec Volleyball Rules and Regulations

### I. House Rules

#### A. Gymnasium

- No children or visitors are allowed in the gymnasium while a game is in play. For the safety of the teams and themselves visitors may watch from the lounge only.
- No food allowed in gym. Drinks are allowed in spill proof containers only.
- Lockers are available from the front desk with proper ID. Please do not personal belongings on the sidelines in the gym for the safety of everyone involved.
- Being on a volleyball team does not entitle one to the usage of the fitness center facility.
- No one is allowed in the gym unless playing for team that is currently on a court.

#### B. Rosters/Players

- All players who sign the roster must be 18 years of age at the start of the league. Anyone under 18 must have a Park District Parent Waiver signed before playing any games.
- The maximum amount of players a team may have on the roster is 15. Every team members' name must be on the roster by the third week of play to be eligible for play. No additional players will be allowed on the roster after this time without special consent from the league director.
- Referees will ask for a coach to fill out a players roster each week.
- If a team is found using an ineligible player then he or she will be ejected immediately from the game and all games played will be ruled a forfeit. Referees may ask for valid ID to check if a certain player is on a roster.
- Players are allowed on only *one* roster. If a player is found to be on two rosters they will become ineligible for the remainder of the season for *both* teams.
- Rosters must be handed in by week three of league.
- To be eligible for the tournament, all players are required to have played at least one game during the season.
- Players- To be eligible to play you must have two players of the opposite sex on the floor at all times. The only exception is if you are playing with three people. In this case you must have one player of the opposite sex.
  - 6 players- 2 opposite sex
  - 5 players- 2 opposite sex
  - 4 players- 1 opposite sex
  - 3 players- 1 opposite sex

#### C. Forfeits

- Games are to begin on scheduled time. If you do not have enough players by five minutes after game time your team will forfeit the first match. If you still do not have enough players at ten minutes after game time you will forfeit the second game. Fifteen minutes after game time will forfeit the third game..

## II. Game Rules

### A. In Game Rules

- The winner of a coin toss will choose to serve or receive in the first match. The opposite team will choose in the second match, while the losing team of game two gets the decision for the third.
- Rally scoring to 25 points will be played for every game.
- Teams will play three games each night regardless of wins or losses. Except during the tournament where the best of three games will be played.
- A player must completely break the plane of the net to be considered as a foul. This includes the red line on the court. On the plane is not considered a foul.
- The game must be stopped if a ball or other object rolls on the court. The result will be a re-serve.
- Setting is allowed on a serve.
- Hands must be closed when making contact with the ball, unless it is overhead or a hard driven ball.
- Hands must be together on a forearm pass.
- Any body contact over the waist is legal so long as it is not a double hit.
- Hits below the waist are legal, *including feet*.
- It is legal to set from the back row, but must be a legal set.
- Players *cannot* cross the plane of the net until the third hit or blocking an attack.
- Each team is allowed two time outs per game.
- **Let serves are allowed.**
- A hard driven ball can be considered a **legal** double hit.
- Baskets, basketball nets and anything attached to the baskets are considered out of play and any volleyball striking will be considered a “dead ball”.

### B. Court

- The *red* line marks the perimeter of the court.
- The red line at eight feet acts as the ten foot line.
- Walls, basketball backboards and rims, gym divider are all out of bounds. Ceiling is in, only if ball stays on your team’s side.

### C. Regulations

- All referee decisions are final. Arguing with the ref may result in expulsion from the game, and or the league with no refund.
- Once the third game is completed no decisions can be reversed. If you suspect that another team is using an illegal player you must bring it to the referee’s attention before the end of the third game so that he or she may check their eligibility status.
- All complaints or protests must be made before leaving the building to either a referee or the league director. Calls on certain plays are not under consideration for protest.

*If there are any questions on rule interpretation you may consult the referees.*

