



**BENSENVILLE PARK DISTRICT  
CO-ED AND WOMEN'S VOLLEYBALL LEAGUES  
2015 Rules and League Information**

**FACILITY INFORMATION:**

1. **Please leave the facility and gym in respectable condition each night by picking up all of your team's water bottles, equipment, etc.** Please do not allow children to go into the hallways unsupervised. Thank you!
2. Spectators and children please respect the teams playing no running or jumping on bleacher. All participants and spectators must stay in the gym unless using the restroom.
3. Please be safe and change your wet shoes before entering the court.

**CAPTAIN'S RESPONSIBILITIES:**

1. Responsible for reviewing the rules and the schedule with their players.
2. Pick up a league schedule at the Park District Office. We hope to have schedules done at least one week before the league starts.
3. Responsible for their players and spectators' conduct at all times.
4. Responsible for completing all roster information (*including players' signatures*). All fees must be paid to register for leagues including non-resident fees if applicable.
5. Captains are the only player allowed to address the referee during match play.
6. Captains are the team liaisons to the Park District. All telephone calls and league info will first go to the captain; if the captain is not available the information will go to the co-captain.
7. If a player or team has a question or concern you may contact the Recreation Supervisor at 630.238.4929 or [chartnett@bensenvilleparkdistrict.org](mailto:chartnett@bensenvilleparkdistrict.org)
8. If your team must forfeit, contact the Park District Office between 8:30am-5:00pm.

**GENERAL PLAYING RULES**

\* Unsportsmanlike conduct will **not** be tolerated. The referee has the authority to warn or eject a player. If a player is ejected, the offender is disqualified from further participation in the match and must leave the building immediately. That player will be suspended for a minimum of one match. Teams are required to be respectful of all officials and Park District employees. This is a recreational sport and intended to provide fun competition in a safe environment.\*

- 1) A team must start and play a game with no less than four players or a forfeit will be declared (maximum of six on the playing court at one time). If you lose a player during the match due to injury, the match may continue with three players.

However, if one player is ejected and brings your team to less than four players, the game(s) is forfeited.

- For CoEd games- at least 2 women and 2 men must be on the court at all times. Teams may play with 1 female or male, but can then only play with 4 total players. Acceptable ratios include:
    - 1 woman/man : 3 men/women
    - 2 women/men : 4 men/women
    - 3 women/men : 3 men/women
  - Teams playing with five players are considered to have two back row players and three front row players. When playing with four players, teams are considered to have one back row player (the server) and three front row players.
- 2) All League matches consist of three games to 25, win by 2 (*cap at 27*) using the rally scoring system. All three games may be played if time allows. Matches are 55 minutes in length. After 50 minutes of play, the referee may remind both teams that five minutes are left in the match. The game will end at that time; if the score is tied then one more serve will be allowed. If the match ends early, players may stay on the court to play until the next set of teams take the court. *Be ready to play; warm-up time is limited.* Winner is recorded as best of 2 games.
- 3) Coin flip: A coin flip or odd/even will be used to determine choice of serve or side for Game 1 then alternating for the remaining games.
- 4) Time-outs: Only one, 60-second time-out per team per game (*no timeouts will be permitted in the last two minutes of play*).
- 5) Game time / forfeits: Ten minutes after match time, the team will forfeit the first game. Second and third games will be forfeited after a passage of 10 minutes for each game. If the match is forfeited, the teams will have 50 minutes (*after scheduled starting time*) for practice / play without officials.

**\*\*NEW\*\***

- 6) Forfeits- A \$70 forfeit deposit will be collected at the time of registration. This is a fully refundable deposit if:
- The team has full participation for all scheduled games or
  - The team captain notifies the Recreation Supervisor by 10am on the Wednesday prior to the scheduled game if they know they will not be able to field a team (ie. 2 men and 2 women). In this scenario, all efforts will be made to reschedule the match.
- Teams deposit will be assessed a \$25 penalty for notifications received after the 10am Wednesday deadline. This game may be rescheduled (time permitting)
- If a team forfeit's for a second time past the 10am Wednesday deadline, the remaining balance of the deposit will be lost and the team will need to re-enter the league with **another \$70** deposit before they will be allowed to continue in the league. This new deposit will continue with the same rules outlined above. This game may be rescheduled (time permitting)
- 7) Rosters: Rosters will remain open during league play and will be considered "frozen" after the second week of play. Players must have played in at least two league matches to be considered eligible for tournament play on your team.
- 8) High School players are eligible to play with a limit of no more than one HS player on your side of the net at all times. (High School players are prohibited to play in the league during the high school volleyball season due to IHSA eligibility rules; contact

your coach or Athletic Director if more information is needed). Captains need to mark "HS" next to player's name on roster. Must be at least 18 years of age.

- 9) Players are only allowed to play one Women's team or one Co-Ed team.
- 10) Injured players: If a player gets injured during a game, he or she may resume the same position in the rotation after sufficient recovery pending approval of referee.
- 11) Rotating Players: If you are rotating in players be consistent.
  - *Example:* One player is playing front row, another player subs in to play back row and the cycle continues.
  - *Another example:* If you have seven players rotating in and out of the game, they should all rotate out after they play the right front position and then rotate back in at the serving position.
  - Again, be consistent and still follow the acceptable ratios that began the game.
- 12) Substitutions: There will be an unlimited amount of substitutions allowed per game. In case of injury, a substitute may enter at the injured player's position.
- 13) Late arrivals: If a player arrives late, he / she may rotate in at any position- assuming acceptable ratios are maintained.
- 14) Each team is allowed three (3) successive hits on the ball. The ball must be cleanly hit. Scooping, lifting, pushing or carrying the ball will be considered an illegal hit.
- 15) You may not block or attack the serve. The serve must be received with an underhand or "bump" pass (may be an overhand bump).
- 16) Server has 5 seconds to make contact with the ball.
  - Server's foot must not make contact with the service line. This is considered a fault and the opposing team will receive a point and the ball.
  - On a bad toss, the server may let the ball drop (*or catch*) and the referee will signal for a re-serve. You may re-serve once (*meaning you need to make contact on your second toss*). Only one extra attempt per serve will be allowed.
  - If the ball is served before the whistle is blown, the referee will blow the play dead and you may re-serve as a *warning*. Each team will receive one warning per game. If this happens again during the same game, the receiving team will be awarded a point and the ball.
- 17) In both the Women's and Co-Rec Leagues a serve that touches the net, but goes over is a legal serve and must be played by the receiving team.
- 18) You do not have to rotate before your team's first serve of the game.
- 19) A block may include wrist action as long as there is not prolonged contact with the ball. A player may reach over the net to block a spike or to follow through on a spike. It is illegal to reach over the net to block a set (*unless the set begins to go over the net*).
- 20) Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only when the ball rebounds from one part of the player's body to one or more other legal parts in one attempt to:

- Block- Blocking does NOT constitute a team contact, and any player may make the second contact of the ball after the block. The blocking team will have 3 contacts after the blocking contact
  - Or save a hard-driven spike on the teams' first hit, provided there is no setting/overhead action (*as well as off the serve*).
- 21) Centerline: If the majority of a player's foot goes over the centerline and makes contact with the floor or the opposing team – it is illegal (*discretion of referee*). Or if another body part (*such as an arm*) goes over the line and makes contact with the floor or the opposing team, it is illegal. For safety reasons, do your best to stay on your side of the net and centerline. Again, it is the discretion of the referee.
  - 22) House rules dictate that contact with the net is not a fault provided that contact is made below the top band. A fault **WILL** be called if a player makes contact with a standard/pole. Making contact with the referee's stand is illegal.
  - 23) A ball hitting the ceiling or any fixture (basketball backboard) on the ceiling can be played by a team on the same side of the net, provided that the ball did not cross the plane of the net and did not come to a complete stop.
  - 24) The Park District will staff one official per court. If there comes a point where we do not have enough officials to staff the leagues, we may have to schedule teams to officiate.
  - 25) Do not hang on the basketball rims or shoot basketballs.
  - 26) Snow dates or cancellations will be rescheduled (*excluding forfeits*). Team captains will be notified with this information.
  - 27) Both teams playing the first and last match are required to help the referee set up and take down the net. Plan your time of arrival and departure accordingly.
  - 28) No refunds will be given.
  - 29) Unsportsmanlike conduct will not be tolerated. The referee has the authority to warn or eject a player. If a player is ejected, the offender is disqualified from further participation in the match and must leave the building immediately. That player will be suspended for a minimum of one match.
  - 30) The Bensenville Park District has the right to make any changes to schedules, rules, etc. Some changes may be needed throughout the year.
  - 31) Please note that many rule interpretations are up to the discretion of the official. You may or may not have the same interpretation. Captains please hold all questions for in-between matches or games.

### **INJURIES/INSURANCE**

1. The Bensenville Park District is not responsible for any injuries incurred while on the premises before, during or after a game or practice.
2. A player who is bleeding, or has an open wound, or has an excessive amount of blood on his uniform must leave the game and may not return until the specific problem has been addressed.

### **STANDINGS:**

Standings will be kept throughout the season based on the following:

1. Best game record (*or best win % if the amount of games played is different*)

2. A two-way tie in the standings will be broken by:
  - a) The winner / loser of head-to-head competition throughout the league
  - b) If still tied, plus/minus points with the tied teams
  - c) If still tied, plus/minus points throughout the whole league
  - d) If still tied, a coin flip will determine winner
3. A three-way tie in the standing will be broken by "b" and "c" in #2 above.

**Awards** will be given to 1<sup>st</sup> and 2<sup>nd</sup> place in the league and a championship trophy will be awarded for 1<sup>st</sup> place in the post-season tournament.

### **GENERAL GUIDELINES**

1. The Recreation Supervisor will determine postponements in case of winter storm, etc. after 4:00pm. Please call the Park Office at 630.766.7015.
2. Equipment-Non-marking soled shoes only will be allowed. No casts or jewelry will be allowed other than stud earrings.
3. No gum, food or pop will be allowed in the gyms.
4. No smoking or tobacco will be allowed within 15 feet of building.
5. No alcoholic beverages are allowed on the premises of the Schools.
6. Any player showing signs of intoxication will be asked to leave the premises.
7. It is the responsibility of the captain and his team members to make their respective spectators aware of all rules of conduct in the gyms and abide by them.
8. The volleyball supervisor/official on site has full authority to issue warnings to anyone who violates the above rules, followed by a request that they leave the premises, if the violation continues. The volleyball supervisor and/or the officials will deem any player or team ineligible for the game if the above equipment regulations, time limitations or any other rule is not followed. All official decisions are final. There will be no game protests.
9. The Recreation Supervisor has a right to enforce these and other rules deemed necessary to provide a safe and quality league.

Please call Athletic and Fitness Supervisor, Christine Hartnett for all questions regarding the Adult Volleyball League at the Bensenville Park District.

Christine Hartnett  
Phone: 630.238.4929 (direct)  
Email: [chartnett@bensenvilleeparkdistrict.org](mailto:chartnett@bensenvilleeparkdistrict.org)