

WOODRIDGE PARK DISTRICT  
CO-REC VOLLEYBALL RULES  
REVISED September 13, 2011

1. Standings will be determined by the win/loss record of each game. All teams will play 3 games to 15 points and each must be won by at least 2 points.
2. No smoking or drinking is allowed in the school building.
3. On any occasion when a match finishes early, those teams may remain on the court until 10 minutes prior to the next match. If matches are running late, a warm-up period will be provided and it will count against match running time (see Rule 25). This period will be no shorter than three minutes and no greater than 10 minutes.
4. Games will be played at Jefferson Junior High unless otherwise noted on the schedule.
5. Rules used will be the current USA Volleyball rules unless otherwise stated in the Woodridge League Rules.
6. Teams shall submit an official roster to become a member of the league. Rosters must include each players name, address, and home phone number. (Players must be 18 years of age or older as of their first scheduled match.) Rosters will be limited to 20 players.
7. Legal rosters and team waiver must be turned in to a park district representative prior to the start of their first scheduled match. No changes on any roster will be allowed after your fourth match.
8. A person may play on one (1) Woodridge Park District Co-Rec Volleyball team only.
9. Teams will normally be comprised of three male and three female ratio, however the following combinations may be used: one man, three women; one man, four women; two men, two women; two men, three women; two men, four women; three men, two women; three men, three women. On the floor, at least one woman must separate the men in the rotation if possible. Four person minimum or else a forfeit will result.
10. Instead of forfeiting an entire match for being late, the team at fault will forfeit the first game **5 minutes after game time**. If by fifteen minutes after game time, a team does not have enough players, the remainder of the match will be forfeited.
11. A serve must be hit, either overhand or underhand. Return of serve cannot be spiked or blocked. To return a serve, any part of your body may be used as long as there is not a multiple hit.
12. **The return of serve must be bumped or set. The return of serve may also be hit with hands clasped above your head. Slapping at the ball above your head will be considered a violation and a side out will be called.**
13. **Rec League only-** If the return of serve results in multiple touches by that same player, a side out is called and the serving team is awarded the point.
14. **Competitive league only-** Serves that hit the net and go over are in play.
15. A player may step on or over the center line provided part of his/her foot remains in contact with the line or the plane of the line.

16. A ball that contacts the ceiling or hanging fixtures including the basketball backboard and rims **on your side of the court will still be in play as long as it is not the third hit.** If it crosses over the net, a point or side out will be awarded. A player may step onto the adjoining court after he/she has played the ball. The ball will be considered dead if a player steps on the adjoining court while playing the ball.
17. The team that wins the flip before the 1st game will have the option to either take side or serve. The team that loses game #1 and game #2 will be given the serve for the next game.
18. Only a captain may request a time out. There are 2 allowed per game and will last about one minute in length. An injury is an official time out and will not be charged to the team.
19. A ball may be played when any part of it has crossed the top of the net and a ball touching a boundary line is good.
20. The referee shall have the power to warn, declare side-out, point, disqualify for the game or match any player who:
  - a. addresses officials persistently in regard to decisions;
  - b. makes derogatory remarks about or to officials;
  - c. commits any other act which is unsportsmanlike.Any unsportsmanlike acts committed will be investigated and penalties may range from no action to permanent expulsion from the league.
21. Age limit for this league is 18 years of age or older. Anyone with players younger than this will forfeit each game they are used in as long as they are questioned as illegal players either to the referee or Park District by the Monday of the following week at 4:30 pm when the office closes. After this point in time, the games will stand as is.
22. Teams may challenge the eligibility of two players from an opposing team. **During the course of the match (not after), a captain must inform the official that the game is under protest due to an alleged non-rostered player.** The protested player must, at that time present some proof of identification and sign the score sheet. No more than two players may be challenged during a match. Teams using an illegal player will forfeit all three games for the evening.
23. Protests:
  - a. Decisions of the officials as to matters of judgment are considered final.
  - b. The captain must question a decision involving interpretation of a rule at once and must notify official and opposing captain that he/she is protesting the game.
  - c. A written protest must be submitted to the Park District no later than 4:30 pm on the following Tuesday. A \$25 protest fee must accompany the letter. If the protest is upheld, the \$25 fee will be returned. If not upheld, the fee will be forfeited into the league account. Faxed protests are allowed ((630)353-3310) and must be accompanied by a Mastercard or Visa number.
24. Unlimited rotation or a substitution of players may be used, but only on a one to one basis. Once a team has used a method in a game it must be used for the entire game unless by injury which results in removal from player from match. Players arriving late may enter the game at a position in the back row.
25. One hour after the match begins actual time not scheduled time, speed scoring system will be used (all serves are for points). Referee time is official.
26. **If a team forfeits a match, a fee of \$25 will be assessed. The fee of \$25 must be paid prior to the next match or another forfeit will result.** If a team forfeits a second match another \$25 will be charged. A third forfeit will result in removal from the league and all teams will be credited with 3-0 wins when they are scheduled to play that team.