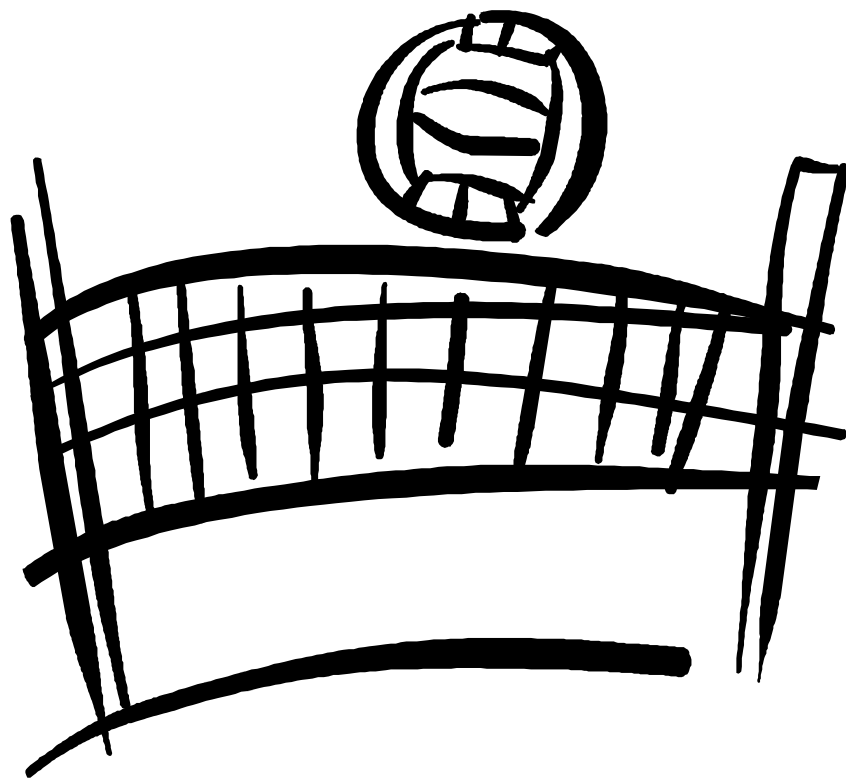


Adult Co-Rec Indoor Volleyball League



Winter 2025



Fees & Prizes

- **League fees – \$360 Team Fee**
- \$75 cash award and plaque for each league champion
- \$50 cash award for each league runners-up
- \$50 cash award and plaque for each tournament champion

Match Info

- 8 match regular season + single-elimination post-season tournament
- All matches played at Kies Recreational Center
- All matches will be played on Thursdays (depending on # of teams)

NOTE: TEAM INFORMATION FORMS WILL BE ACCEPTED ON A FIRST-COME, FIRST-SERVED BASIS.

Timeline

Saturday, December 7, 2024	Registration opens
Monday January 27, 2025	Last day to register.
Wednesday October 30, 2025	League schedules available online Packet pick-up will take place the first night of your league games.
Thursday February 6, 2025	League begins.



RULES & REGULATIONS

The Elmhurst Park District has adopted the following set of rules to govern the Co-Rec Volleyball League organized and controlled by the Park District. Rules not covered herein will be determined by the “Official U.S.A. Volleyball Rules.”

The purpose of this league is to provide an opportunity for interested adults to play in a safe and organized league. **Fair play and good sportsmanship are the responsibility of every player, coach, and spectator.**

1. LEAGUE ORGANIZATION

The League Commissioner (Athletic Supervisor) has the final power in decision-making in all matters pertaining to the league. The League Commissioner will call all meetings between team captains if necessary. Any special meetings desired by teams must be requested through the team captain.

2. LEAGUE FEES

- 2.1. **The total league fee must be paid at the time of registration.** Payment may be received in the form of cash, check, credit card or sponsorship money.

3. TEAM CAPTAIN’S RESPONSIBILITIES

- 3.1. Each team shall designate a “team captain” who will be the sole liaison between that team and the Park District. Only the team captain should communicate concerns with the Park District. To avoid confusion, players should speak to their team captain on all inquiries and not contact the Park District directly. The team captain may be either a player or non-player.
- 3.2. Responsible to distribute copies of all league policies, schedules, etc. to their players. (Located on www.epd.org/athletics)
- 3.3. Expected to inform their players of all rules and regulations prior to the first game, and as often thereafter as necessary to ensure no violations occur.
- 3.4. Expected to inform players of the game schedule, make-up dates, etc. and pass along any other information from the Park District.
- 3.5. Responsible for the conduct of their spectators and participants. (see ‘Player-Team Conduct’ below for explanations of consequences)
- 3.6. **Team captains are the only players that may address the referee.** If a referee does not act appropriately, or if there is consistently poor officiating and/or knowledge of the rules, please contact the Athletic Supervisor and appropriate action will be taken.
- 3.7. Team Captains must sign score sheet, after each match, to assure accuracy of score and players.
- 3.8. Responsible for making sure the Park District has current address and home/work phone numbers.
- 3.9 **Team captains must notify the Elmhurst Park District by 10AM the day of their game that their team is forfeiting. Failure to do so will result in a \$25 fine charged to the captain’s account.**

4. **ELIGIBILITY & ROSTERS**

4.1. **Rosters are due before the team’s first scheduled game!** Any team, which does not turn in a roster before their first game, will forfeit the match. Rosters may be submitted right before your scheduled match. **Roster changes will be allowed as designated by the Park District deadline, before the third game of the season.**

4.2. **NEW: All rosters and waivers will be finalized by team captains via TeamSideline. Captains will be sent a link to invite their players to their teams. Players will register and create their own individual TeamSideline account by clicking the link sent by their team captain. All rosters will be locked after the third week of games. Paper rosters and waivers will no longer be utilized.**

4.3. Roster maximum of 12 players. No change to the roster will be after the third game, except in the case of an injury. A doctor’s note will be required, and the replacement player must be of similar ability to the injured player. Any change(s) will require approval by the Athletic Supervisor **prior to** the game.

4.4. All roster information must be complete and accurate for a player to be eligible for league play. If any information is incomplete the player will be ineligible until all information is completed on the roster form.

4.5. All players must have a valid I.D. at all games to verify their identity and residency to prove that they are a rostered player. This must be a current State ID, Driver’s License, Passport or Military ID. No other forms are acceptable.

4.6. A player is ineligible if they meet any of these restrictions:

- ⇒ A player who is not 18 years of age on or before the first scheduled game.
- ⇒ A player not on the team’s roster
- ⇒ A player using a false name or nickname on the roster and/or sign-in sheet.
- ⇒ A player using an improper/incorrect address (i.e., non-resident using an Elmhurst address).
- ⇒ A player with no photo I.D., proof of residency, and/or incomplete/inaccurate roster information.
- ⇒ A player on more than one roster per sport per night. Exception: A player may be rostered on a League Team and an Open Division Team, though they should anticipate numerous scheduling conflicts.
- ⇒ A player currently listed on a professional volleyball team roster. Amateur players are eligible. Exception: Professional athletes are permitted in Open Division.

4.7. To be eligible, a player must meet all the following criteria:

- ⇒ Must be 18 years of age on or before the first scheduled game.
- ⇒ Must be on the team’s roster.
- ⇒ Must have accurate information on the roster and sign-in sheet.
- ⇒ Must have a photo I.D. with them while in the facility (refer above for acceptable ID’s).
- ⇒ Must be on only one roster per sport per night. Exception: A player may be rostered on a League Team and an Open Division Team, though they should anticipate numerous scheduling conflicts.

4.8. Any team using an ineligible player will forfeit the match.

4.9. Any team giving false information on a roster shall be dismissed from the league without any money being refunded.

4.10. “Eligible team” definition: The following combinations are considered an “eligible team”:

FEMALE-TO-MALE RATIO OPTIONS FOR:	Co-Ed 6’s	Co-Ed 4’s
One Female & One Male	1:1	Allowed
One Female & Two Males	1:2	Allowed
One Female & Three Males	1:3	Not Allowed
One Female & Four Males	1:4	n/a
Two Females & One Male	2:1	Allowed
Two Females & Two Males	2:2	Allowed

Two Females & Three Males	2:3	Allowed	n/a
Two Females & Four Males	2:4	Allowed	n/a
Three Females & One Male	3:1	Allowed	Allowed
Three Females & Two Males	3:2	Allowed	n/a
Three Females & Three Males	3:3	Allowed	n/a
Four Females & One Male	4:1	Allowed	n/a
Four Females & Two Males	4:2	Allowed	n/a
Five Females & One Male	5:1	Allowed	n/a

Roster Checks

- 4.11. If a team suspects that the opposing team is using a non-rostered (illegal) player, a roster check may be requested. At that time all players from **both** teams will be required to produce photo identification.
- 4.12. Roster checks must be called before the start of the second set. The time taken to complete the roster check will count towards the hour game period.**
- 4.12. Use of a non-rostered (illegal) player will result in the forfeiture of the game in which he/she is caught illegally playing.
- 4.13. Should the roster check occur prior to the beginning of the game, all players without photo identification will not be allowed to play. Should the roster check occur during the game, the game shall immediately be stopped and photo identification of all players from **both** teams will be checked. Any players unable to produce photo identification at that time shall be declared a non-rostered (illegal) player.
- 4.14.** Staff shall have the right to request a roster check on any individual player or team at any time.
- 4.15 A captain may request a roster check on any individual player arriving late. Late is defined as after the second set has started. A player roster checked in this fashion shall not force the entire team to be roster checked.**

5. **RAIN OUTS AND CANCELLATIONS**

- 5.1 **Rainout and cancellation information will be available after 4:00 pm by calling 630-993-8981. Do not refer to website for rainout information.** Do not assume matches are canceled due to weather conditions. Every effort will be made to play the matches. **It is the captain's responsibility to keep their players informed.**
- 5.2 Teams will be given as much advance notice for all make up matches as possible.

6. **MATCH STRUCTURE & FORFEITS**

- 6.1 A coin toss will determine side and service for Set #1. The other team will serve Set #2 and teams will switch sides. A new coin toss shall determine side and service in Set #3.
- 6.2 All matches (warm-up and match combined) will have a one-hour time limit. Example: the 6:30 p.m. match will end no later than 7:30 p.m. At _:30, the team with the higher score (by one point, not two) will be declared the winner of that set, and the match will immediately end (regardless of delays during the match).
- 6.3 Teams are allowed 10 minutes combined warm-up (8 minutes of hitting & 2 minutes of serving) prior to start of match. Specifically, at _:30 teams enter court and begin hitting at _:38 teams begin serving, and at _:40 match begins. Captains may opt to decline warm-up and, instead, begin match immediately, but **both captains** must agree. Referee may delay start of and progression of match to respond to unexpected situations, and this delay will not affect match ending time.

- 6.4 All sets must start with the required number of players per team on the court. If a team cannot, then a forfeit is ruled. A team can forfeit any of the sets and still play the other sets providing the team has an eligible team. See Rule #6.5 for exceptions after the start of the match. Teams may elect to field different players, and different male-female ratios for every set.
- 6.5 Match time is forfeit time. Set #1's start-time is _:40 and will be forfeited at _:40. Set #2 will be forfeited 10 minutes after the end of Set #1 and set #3 will be forfeited 10 minutes after the end of Set #2. A team can forfeit any of the sets and still play the other sets providing the team has an eligible team.
- 6.6 Should both teams be unable to field the minimum number of player's necessary, both teams will be credited with the applicable number of losses.
- 6.7 All forfeits will be recorded as an 11 - 0 loss.
- 6.8 If a team forfeits 3 matches, the team will **not qualify** for the post-season and tournament seeding will be adjusted. Future league consideration will be evaluated, and teams may lose returning team status (Park District discretion). Please do not assume teams are automatically dropped from league.
- 6.9 Each team is allowed one 30-second timeout per set. Time outs will only be granted after a rally has ended. **At _:25 (the last five minutes of the hour), no more time-outs are permitted.**
- a. Only team or floor captains may call time-outs.
- 6.10 Teams will be given three (3) minutes between sets.
- 6.11 Each set that is won shall constitute 1 point in the standings (total of 3 points per match).
- 6.12 If the match finishes early, both teams are permitted to remain on the court for up to the scheduled court time of the next match. If **both** teams decline to use their remaining court time, only then will the next match's teams be permitted to enter the court. Example: One team may opt to play 2-on-2 for their remaining time, next matches teams must remain off the court. (Officials will not officiate scrimmages)
- 6.13 Game balls will be provided by the Park District. However, if **both** captains agree, teams may opt to use their own regulation volleyball during the match. Either way, the referee must approve the game ball used on the court and can refuse any ball they deem unacceptable.

7. **PLAY POSITION (6-on-6), SUBSTITUTIONS & INJURIES**

- 7.1 The serving order and positions on the court shall prohibit 3-males in consecutive positions (i.e., a 3-man front row) as often as "eligible team ratio" allows. Exception: When the team ratio is 3M:1F it is permitted to have 3 males in consecutive positions.
- 7.2 If a team starts with less than six (6) players and the sixth player arrives after any set has started, they may only enter the set during a "dead ball."
- 7.3 Requests of "regular set interruptions" such as time-outs and substitutions may be made only after a ball has been declared "dead" and before the next beckon for service.
- 7.4 Rotation (substituting) can be done, each set, by one of two (2) ways:
- a. If using the rotation method, a position must be declared for that entire set - this will be used as the rotation spot. All players must rotate out when they move into that spot. All substitutions must also rotate in at that same position.
 - b. Substituting one player for another. If a team uses this method, it must also be declared before the set. If player A substitutes in for player B, then player B can only come back in for player A. This process can also be used for any other set of players.

- 7.5 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 situation has been resolved.
- 7.6 If a player suffers an injury during play:
- The play stops immediately, and a replay is ordered if the injury/interruption affected the outcome of the play.
 - The player is given 30 seconds to return to play.
 - If the player cannot return to play within time, the team may utilize their time-out and/or substitution while adhering to Rule #6.9
 - If the team has no legal substitute, an exceptional substitution is permitted, but must adhere to Rule #4.2
 - Finally, if the injured player cannot safely return to play within time, AND no other players are available, that team will be allowed to play without that player for the remainder of that day **only**, even if this would cause them to have a less than eligible number/ratio of players on the court. However, the injured player will be allowed to return to play, in their original position as soon as they elect to return. Note: If a player utilizes this rule, later returns to play, and then utilizes this rule a second time during that match, they will not be permitted to re-enter the match.

8. **RULES DURING THE MATCH**

- 8.1 All players must know the U.S.A.V. Rulebook and abide by these rules and the Elmhurst Park District additional rules modifications. Contact Park District, contact information below, if you'd like to obtain a copy of the current rulebook.
- 8.2 Players will not be required to have uniforms; however, all players must wear clothing that is presentable and appropriate for competition. Uniform conformity is at the discretion of the Elmhurst Park District staff.
- Players are prohibited from participating in open toed footwear. All players must have close toed shoes.
- 8.3 All players must sign in on the score sheet before entering the court to warm-up and/or play. If a player shows up late, they sign-in; then they can rotate in or substitute in at any time during the match. Team captains may not sign-in players. Signing in will validate rostered players and eligibility for playoffs.
- 8.4 Each team will be scheduled to play three sets per match. All matches will utilize USA Volleyball Rally Scoring. A point is awarded on every rally regardless of which team is serving. A set is won when a team has scored 21 points and is at least two points ahead (to a maximum of 25 points). **Set #3 will also be played to a score of 21 points and a team is at least two points ahead (to a maximum of 25 points), or until the one-hour time limit is reached (win by one point)... whichever comes first.**
- 8.5 The serving order shall be maintained throughout each game.
- 8.6 During service, only one toss or release of the ball is allowed. Allowing the ball to drop for re-service is a fault.
- 8.7 During service, it is a fault for the server's foot/feet to contact the service line prior to or during contact of the serve.
- 8.8 If the ball contacts the antenna(s) or any other inanimate surface, or goes out of bounds on a serve, a side-out is ruled. **If a ball contacts and crosses over the net into the opponent's court, it is legal and is a live ball.**
- 8.9 No blocking or attacking of a serve. **Setting of the serve is legal.**
- 8.10 Reaching over the net to attack the ball is a fault. A portion of the ball must cross the plane of the net before it may be attacked.
- 8.11 During play, it is a fault for a player to step onto an adjacent court.
- 8.12 Players may partially or completely cross the center line below the net or outside the poles, either before, during or after a legal play of the ball provided this does not interfere with the opponent's play nor create a safety concern.

- 8.13 While playing the ball, the ball may contact any part of the body. Ball contact with the body (even an open palm) is not automatically an illegal hit; if neither prolonged nor double-contacted, it may, in fact, be legal.
- 8.14 While playing a ball on its first-hit, multiple contacts by one player are legal, provided they are one motion of playing the ball. “First-hit” balls can be UGLY while remaining LEGAL. Prolonged contact is always illegal.
- 8.15 While overhand receiving a hard driven ball, it is acceptable for the ball to be slightly held or double-contacted.
- 8.16 When contacting the ball with one hand other than for setting the ball toward a teammate, the ball must be cleanly hit with the heel or palm of the hand (*a roll shot*), with straight, locked fingertips (*a cobra*), knurled fingers (*a camel toe*), or with the back of the hand from the wrist to the knuckles. One-handed placement or redirection of the ball with fingers (*a dink or open hand tip*) is a fault.
- 8.17 It is a fault to set the ball over the net when the path of the ball is not perpendicular to the setter’s shoulders.
- 8.18 During a back-row attack, the ball must have an upward trajectory if contacted on or in front of the attack line while the ball is entirely above the height of the net.
- 8.19 It is a fault for a player or a players clothing to contact the net. Incidental contact by a player's hair is not considered a fault. It is not a fault if a player's hat, visor, or sunglasses fall off during play and then contact the net. However, if an opponent’s body/hands are near the net, and the ball contacts that opponent’s hands through the net, even causing the ball to deflect its direction, no net fault has occurred **unless** the referee determines that the opponent attempted to “play the ball” through the net (intentionally causing an unnatural rebound of the ball off the net)... referee’s discretion.
- 8.20 If the opponent returns the ball to your side in a fashion that results in the ball hitting any inanimate surface (other than the playing net) the ball is ruled “out” on that opponent.
- 8.21 In contrast to USAV rules, simultaneous ball contact between 2 teammates will be considered 1 contact.
- 8.22 The “Pursuit Rule” is not in affect in this league. Once the ball crosses the center line outside the antennas, it will be ruled “out.”
- 8.23 The “girl-rule” is not in affect at all levels. (a female is NOT required to contact the ball during a team’s multiple contacts)
- 8.24 In the event that an official cannot see a “line call,” a replay shall be ruled.

9. PROTESTS

- 9.1 Protests based solely on a decision that involved accuracy of judgment on the part of an official will not be considered.
- 9.2 Protests will be accepted on rules interpretation if announced immediately.

All information including the score, time, and protest must be recorded with the referee and opposing team captain.

- 9.3 Written protest:** Acceptable protests must be in writing to the Athletic Supervisor within 24 hours after the scheduled time of the game. A written account along with a \$25 protest fee must be submitted during the 24-hour period. The fee will be returned if the protest is won. A decision on the protest will be returned within 48 hours. Contact information is on the last page of this document.

10. RULE VIOLATIONS (CONDUCT)

- 10.1 Players or captains in violation of the following shall be ejected from the match in which they are participating, as well as a minimum of two additional matches (at the Program Manager’s discretion):
- b. Use of excessive foul language
 - c. Possession and/or consumption of alcohol/drugs while on park property
 - d. Under the influence of alcohol or any mind-altering substance while on park property

10.2 Use of tobacco products is prohibited within the playing/spectator areas of facility (including, but not limited to the courts, restrooms, and spectating areas) by all participants, spectators, and staff. Violation of this rule may result in forfeiture of the match.

10.3 Active participation in any type of disorderly conduct (fighting, etc.) will result in expulsion from the league for a minimum of one (1) full year, beginning the day of the incident, for both the player and the team.

10.4 We ask that you respect the rights of the staff. If, for any reason, a staff member is struck by a player or captain before, during or after a match, that person will be expelled from participation in any adult leagues indefinitely.

10.5 Use of excessive foul language by spectators, or spectators in possession of alcohol, must be policed by their respective team members. Violation of this rule will result in forfeiture of the match.

11. TOURNAMENTS

11.1 A single elimination tournament is conducted at the end of league play. League standings determine the seeding of each team in the tournament. **The top eight teams in each league, plus any team with at least four wins, shall be eligible for the tournament.**

11.2 Only players having played 50% of “regular season” matches will be eligible for that season’s tournament.

11.3 Tournament play is a best-of-three series. If one team has won both the 1st and 2nd games, Game #3 will not be played. Game #3 is played only if necessary.

11.4 During tournament play, side and service will be determined by a coin toss. The team serving Game #1 shall receive in Game #2, and teams shall switch sides. If a third game is necessary, a new coin toss will determine side and service for that game.

11.5 The first two games will be rally scoring to 21 (must win by 2 to a maximum of 25) for all tournament play. **If needed, Game #3 will be rally scoring to 15 (must win by 2 to a maximum of 17).**

12. LEAGUE STANDINGS AND TIE-BREAKER POLICY

12.1 A cumulative total of wins and losses, as well as team standings, will be available at <https://www.teamsideline.com/sites/elmhurst/home>.

12.2 League standings during regular season are based on the wins and losses of all “sets.”

12.3 In order to determine a league champion, the tiebreaker will be based on: 1) League standing during the regular season (winning percentage), 2) Games back, 3) Head-to-head, 4) Head to head point differential, 5) Average point differential, 6) Total points for, 7) Record against common opponents, 8) Strength of schedule, 9) Two teams: A “playoff game” may be held. 10) More than two teams: Coin toss will determine seeds.

13. REFEREES

13.1 Referees must be always treated with respect. All disagreements with a referee’s application/interpretation of a rule **MUST** be conducted by the team captain in a civil manner.

- 13.2 In the event of a “no-show” by the scheduled referee, teams must agree to play the scheduled games without the referee. The scores will count toward the standings.
- 13.3 If a referee does not act appropriately, or if there is consistently poor officiating and knowledge of the rules, please contact the Athletic Supervisor and appropriate action will be taken.
- 13.4 The referee’s clock is the “official clock” for their specific court. Captains may request a “time check” in between points and games, provided it does not cause a delay of game.

14. **GENERAL INFORMATION**

- 14.1 If you have any questions regarding the league, please contact Toni Giovenco, Program Manager at 630-993-8980 or the league coordinator at leaguecoordinator@epd.org.
- 14.2 Local ordinances prohibit any alcoholic beverages on the property. Players and captains are subject to match suspensions and/or team forfeitures. Teams will be held responsible for fans.
- 14.3 For safety reasons spectators’ children must be supervised at all times. **Unsupervised children and their guardian will be asked to leave the facility/grounds.** Participants are not allowed to play and supervise children at the same time.
- 14.4 Teams are reminded that the Elmhurst Park District does not carry medical insurance covering injuries incurred while participating in the Elmhurst Park District Co-Rec Indoor Volleyball League.
- 14.5 League information, including schedules and standings, will be available at www.epd.org/athletics.
- 14.6 The Elmhurst Park District reserves the right to modify all league rules, regulations, and procedures as necessary.