

Portage Park & Recreation Department

Adult Volleyball Rules (Co-Ed)

A. Registration

1. Team rosters will have a minimum of 6 players
2. Players are allowed to participate on one (1) team per league.

B. Transfer of Players/Adding or Removing Players

1. Roster changes may be made up until the last three matches of the season. (Excluding post season play.)
2. Any roster additions must be submitted (email or phone call) to the Park & Rec Department Office.
3. Any games in which an ineligible player participates, that game will result in a forfeit.

C. Conduct

1. **Managers** are responsible for the conduct and eligibility of their players. Any violations could result in suspension from the league.
2. Unsportsmanlike conduct will not be tolerated, and will result in suspension or removal from the league at the discretion of the Park & Recreation Department.
3. One person will be designated as spokesperson at the beginning of each match. Any questions directed at the supervisor, will be done by the spokesperson. Harassment of the officials or staff will not be tolerated.
4. **PLEASE REMEMBER THAT THIS IS A RECREATIONAL LEAGUE**

D. School Building Rules *(for winter volleyball)*

1. No tobacco or alcohol on school grounds before/during/after games.
2. No children are permitted to be unattended in the buildings
3. All players and fans are required to stay in the gym area.
4. No drink or food allowed in the buildings. (Only water bottles)
5. All PCSD COVID-19 requirements will be followed.

*** Violation of these rules will result in team suspension and possible expulsion from participation.**

E. General Rules

1. 6 players on the court
 - a. If playing with less than 6 players, there cannot be more males than females. (ex. If you have 5 players at your game, and only 2 of them are females, you will have to play with 2 males and 2 females on the court, and the additional male will have to substitute in)
2. In the CO-ED league, a female must contact the ball when it is a three hit series only. If the ball is returned in the first or second hit, a female is not required to touch the ball.
 - a. A tipped block attempt is not considered a hit. If a block attempt is tipped, that team still has 3 hits to return the ball to the other side of the court.
3. A 5 minute grace period will be allowed prior to each game. After that a forfeit will be recorded for that game. A total of 15 minutes will be allowed before all three games are forfeited.
4. Matches will have a 60 minute time limit attached to them. A team that is ahead by 2 points after that 60 minute time limit will be declared the winner of that game. Three games will be played during a match. Team standings will be kept on the basis of total games won. One point will be given for every game won or lost.

5. A volley-for-serve method will be used to determine which team serves first in the first game. After that, teams will alternate starting serves each game.
6. One time out per game is allowed by each team. 1 minute length.
7. Rally Scoring- The first team to 25, win by 2, or the first team to reach 30 points straight up.
8. All 3 games will be played each match, no matter the result of the first 2 matches.
9. A ball can be played 3 times before going over the net. No player can hit the ball twice in succession.
10. Contact with the ball must be a clear hit. No palming, lifting, pushing, or carrying of the ball is allowed. Any of these infractions will be called and result in a point for the opposing team.
11. Ball can be contacted by any part of the body. Hands, arms, fists, head, feet are all permissible.
12. A player may extend their hand over the net on a follow through of a spike or block after a completed attack.
13. The receiving team cannot block or spike the serve.
14. Rotation will be clockwise, 1 position for the new serving team.
15. The center line may be touched but never crossed. Some part of the foot must stay in contact with the line at all times.
16. Any ball that lands on the boundary line is considered in.
 - a. This will be at the discretion of both teams, as well as the supervisor(s). If a consensus cannot be reached, the point will be replayed. Please remember that this is a recreational league, and cheating will not be tolerated.
17. Serves that hit the net and go over to the receiving teams side of the court are considered in-play.
18. Touching the net at any time is a foul, except when a hard driven spike forces the net into a player while he/she is on his/her side of the court. If a player touches the net after spiking the ball (on their follow through), it will result in a dead ball and the opposing team will be awarded a point
19. Balls will be played off the ceiling, lights or fans, above the play court only, if they come down on the side of the court that was playing the ball. If a ball hit over the net comes in contact with a basket, backboard, light, ceiling, etc. it will be considered out of bounds. The only time the obstacles are considered in play are if they are hit between consecutive touches for one team.

F. Cancellation or changes

1. *Matches will be canceled due to inclement weather, where the safety of the participants is at risk.*
2. The Recreation Department's policy is to play the games whenever possible. If a cancellation occurs, we will email the teams managers or other contact person.
3. We have worked hard with the schools to prevent the need for schedule changes, but sometimes things happen that are beyond our control, changes may be necessary. Teams will be notified immediately of changes.
4. If school is cancelled, all league play is cancelled that same night