

Urbana Park District Co-Recreational Volleyball League Rules

All Urbana Park District Volleyball Leagues will play under Illinois High School Association (IHS) Rules; however, due to the difference in focus of IHS and Park District volleyball, the following modifications have been adopted:

1. Forfeit time is game time, if a team is not ready to begin at game time, the first game will be forfeited. If, after ten minutes have transpired, a team is still not ready to begin play, the entire match will be forfeited.
2. A team shall consist of three women and three men who shall be placed in alternating positions on the court. A team may begin the game with four players. There can be four females and two males but there cannot be four males and two females. If a team has fewer than four players a forfeit shall be declared. If a team has fewer than four eligible players due to illness, injury, or disqualification after the start of a match, it shall continue play.
3. The ball must be played at least one time by a female each time it crosses the net, unless it is returned on the first hit.
4. A match will consist of three games. All games will be played to twenty-five (25) with rally scoring. All games must be won by at least two points.
5. Team standing will be based on total games won.
6. Teams will be allowed two one-minute time-outs per game.
7. The home team will have choice of either side or first serve. After the first game, teams will automatically switch sides with the losing team serving first.
8. A ball landing on a boundary line is in.
9. A block attempt does not count as one of the 3 hits a team has to return the ball.
10. Substitutions must occur on a serve. A player may enter and leave the game any number of times if he or she does so as a part of the regular rotation. The player rotating in enters at the serving position. The players rotating out come from the right front position. Rotation occurs after the first side out. Teams may opt for player for player substitution. They must stay with this format for the entire game. A player may enter and leave the game three times. The player may only substitute for the same player. The start of the game is considered the first time someone enters the game.
11. Only front line players are permitted to spike or block, in front of the ten-foot line. If a player's feet leave the ground behind the ten-foot line he/she may spike the ball. Blocking or spiking of the serve is not permitted.

12. A ball striking the ceiling, any extension of the ceiling (ie. a light fixture), or the raised basketball hoop is a live ball unless it passes over the net to the opponent or is a team's third hit.
13. A ball striking the wall, basketball hoops behind the court, curtain, or other form of obstruction other than those pertaining to Rule 12 is automatically whistled dead and called out. It is legal for a player to attempt to shield the ball from the curtain or to press their body up against the curtain to return the ball.
14. Any part of the body is legal to play the ball on one's side of the net. A ball may not be returned over the net with anything besides a hit, set, or spike. If the referee determines that a ball is INADVERTANTLY deflected over the net with a part of the body above the waist, then the ball is still live.
15. Services may be made from anywhere on the end line. If either foot touches or crosses the end line before the serve has been struck, it is a foot foul and the point goes to the receiving team.
16. The first ball over, including the serve, can be two-handed set. A double contact cannot be called, but a lift or carry may be called.
17. If a served ball contacts the net and goes over the net, the ball is in play.
18. Incidental contacts of the net are permissible. The individual involved cannot be involved in the play. If a player does not touch the net, but their entire foot crosses over the center line, that is also a net violation.
19. If two players simultaneously contact the ball, either of those two players can make the next play for the ball.

League and Facility Rules

It is important to remember that we are guests of the Urbana Park District and the Champaign County Administration Center. Displays of either disrespect or inappropriate behavior towards the facilities and/or staff of the Urbana Park District and Champaign County Administration Center will result in disciplinary action.

1. Drinking or possession of any alcohol will result in automatic and immediate dismissal from the league.
2. Each team will be responsible for furnishing one person prior to each game to discuss ground rules with the game official.
3. Additions to rosters must be made in advance of a game. A representative of the team must come to the Phillips Recreation Center, 505 West Stoughton, to fill out the

appropriate paperwork, Office hours are 8:00am-6:00pm, Monday-Thursday and 8:00am-5:00 pm Friday. Another option is to contact the League Coordinator.

4. The Urbana Park District and the Champaign County Administration Center will not be responsible in the event of an injury to players or spectators, or for the loss of property. Please remember that as guests of the Urbana Park District Brookens Gym and Champaign County Administration Center, we must abide by all the rules of the facility.
5. Absolutely no smoking is allowed inside the building.
6. Cars parked in restricted areas will be towed at the owner's expense.
7. There will be no jewelry allowed with the exception of wedding bands and properly secured (taped down) medic alert tags. (The Urbana Park District highly recommends that you do not wear any jewelry when participating in this activity.)

Player Behavior

1. Any player guilty of displaying abusive behavior toward an official, or other park district representative at any time during the evening will be subject to suspension from the league. A second display of such behavior will result in league expulsion.
2. No individual will be allowed to compete on more than one team within one division.

Protests and Appeals

1. All protests must be filed with the official at the time of the occurrence and before further play begins. The official scorekeeper shall notify the Athletics Coordinator of the protest, and shall note the place of the protest in the scorebook. The game will continue from that point. Protests must be brought to the attention of the Athletics Coordinator, in writing, by 5:00 p.m. the next business day. A fifteen-dollar deposit must accompany all written appeals. If the protest or appeal is found to be valid by the Athletics Coordinator it will then be sent on to the Board of Review. The Board of Review consists of the Athletics Manager and two-league representatives. The Board will then decide if the protest is to be allowed, and offer a judgment on it, if the protest is allowed, the protest fee will be returned; otherwise, the fee will be used to cover the cost of processing. If a league representative's own team is filing the protest, they may not be involved in the review process.
2. Absolutely no protests will be accepted on judgment decision made by officials. Protests will only be accepted on rule interpretations.
3. Appeals of expulsions and suspensions will conform to the same procedures as stated in (1) above.