

**LAN-OAK PARK DISTRICT**  
**ADULT VOLLEYBALL RULES FOR 2009 SEASON**

Note: The Lan-Oak Park District reserves the right to change and/or alter these rules at any time during the season. NOTE: OFFICIAL USAV RULES COVER ANY SITUATION NOT LISTED HEREIN.

**I. LEAGUE PLAYING RULES**

1. All teams will play each other twice throughout the regular season and will participate in a single-elimination tournament at the end of the season.
2. All matches will consist of three games. Each game will be played to twenty-five (25) points with rally-point scoring. A team must win a game by at least two (2) points. A cap of 29 points to win a game will be enforced if a game goes into extra time. This cap will not be enforced during tournament games. If there is a game still in progress when the match reaches the allowable time limit, the following two requirements must be met:
  - a. A minimum of fifteen (15) points is required by the winning team for the game to become official
  - b. The winning margin must be at least one point to win the game.

As standings are based on games, rather than matches, all three games must be played in each match. **Exception: Tournament matches are best two games out of three to 25 points, win by 2 with no cap, rally-point scoring; the third game is played only if necessary to 25 points, win by 2 with no cap, rally-point scoring.**

3. A coin toss by the referee will determine the team to choose serve or court for the first game. Teams will exchange serve and court for the second game. Another coin toss will determine which team begins service for the third game. Receiving team will maintain their positions and will not rotate after their first point at the start of the game. **Sand Volleyball League Only:** Teams will exchange courts in the third game when one team has accumulated thirteen (13) points.
4. Fifty-five minutes will be allowed for the completion of match play. An announcement will be made by the referee when there are five minutes remaining for match completion and inform teams that no time outs may be called during the remaining time.
5. If match play is completed in fifty minutes or less, players must vacate the court ten minutes prior to the start of the next match. **Sand Volleyball Only: If weather ends a game early, the game will be official if the winning team has at least 15 points. If this happens in the second game of the match, the match result will be official and final. If the third game of the match ends before 15 points are scored, the match result will revert back to the end of the second game. If weather cancels the first game before the winning team has 15 points, the entire match will be replayed at a later date.**
6. Six players per team will play at a time. Position switching is allowed once the ball is served but rotation order must be reinstated for the next serve (also see Section I Rules 16 & 17). Rotation of player's positions will be in a clockwise direction.
7. Free substitution is permitted. Requests for substitution must be on a dead ball by the team

captain. A player is not required to replace only the player that he/she came into the game for.

8. Teams must have at least four players on the court at the scheduled starting time of the match or be subject to forfeit (see Section I Rule 22a). If a captain is aware ahead of time that the team will not be able to meet the match requirements, the Recreation Supervisor should be contacted at 708-474-8552 as soon as possible.
9. Forfeit times will be strictly enforced. The first game will be forfeited at the scheduled start time of the match, second game at fifteen minutes and third game at thirty minutes after the scheduled start time.

NOTE: Forfeit logs will be kept during the season. Any team with a high forfeiture record will be subject to either league dismissal or non-acceptance into the league the following year. Teams may Re-apply after sitting out 1 year.

10. Each team is allowed two, 30-second time outs per game. Only the team captain may request a time out.
11. All players except the server must have all body parts inside the boundary lines at the time of the serve. A legal serve is contact with the ball to initiate play. Service will be lost for any of the following conditions:

- Serving out of player rotation order.
- Serving before referee's whistle signal (after one warning).
- Served ball hitting any part of supports or ceiling.
- Served ball hitting outside of legal playing area.
- Served ball hitting the net but does not go over the net.
- Not serving within 5 seconds of official's whistle.
- A foot fault prior to making contact with the serve.

**A serve that touches the net but goes over the net is in play!**

12. The server is allowed to re-serve once by letting the ball fall to the ground. If the player catches the serve, it counts as a side out and a point against the serving team.
13. If a played ball strikes the ceiling or any structure attached to the ceiling, the ball remains in play if it descends to the side of the net of the team that last played the ball. If, in the process of hitting the ceiling or structure, the ball crosses the plane of the net, the opposing team will be awarded point. **(Does not apply to Sand Volleyball)**
14. In attempting to play an out of bounds ball or retrieve a ball, a player shall not cross into the adjoining court. If such action occurs, the referee will penalize the offending player's team with a side out and a point for the opposing team.
15. If the ball comes over from another court, the referee shall blow the whistle for a dead ball. Play will continue until the whistle is heard. At this point, the ball will be replayed.
16. While spiking the ball, a player's follow through over the net will be considered legal if the spiking player does not make contact with the net. The spiking player may not reach over the net to attack if this action interferes with the opponents attempt to play the ball. Back

row players are not allowed to spike above the net or in front of the spiking line.

17. A defending player may block any ball (except the serve) coming toward the net if said player does not contact the net or interfere with the attacking player(s) on the opponent's side of the net. Back row players are not allowed to participate in the blocking attempt. A block does not constitute a hit.
18. Judgment of all ball handling errors and conditions of rules 11 through 17 are made only by the referee. Good sportsmanship must be displayed at all times or penalty points may be awarded to the opposing team by the referee. Only the team captain is allowed to discuss any circumstance of play or rule decision.
19. Team Rosters:
  - a. Teams are allowed a maximum of fifteen players that must be listed as specified on the Lan-Oak Park District roster form.
  - b. All participants must be at least 18 years of age to play in any Adult Volleyball League.
  - c. Rosters can include Lan-Oak Park District Residents and non-residents. **Any team consisting of over 50% non-residents will pay a one-time fee of \$30.00 according to the non-resident policy.** If applicable, the non-resident fee must be paid prior to the second game or your team will forfeit further games until the fee is paid. Residency may be checked for each team member—each player must have available a valid State ID or Driver's License throughout the season.
  - d. Completed rosters must be turned in to the Eisenhower Center front desk **prior to the first game.** Rosters are considered final at that time.
  - e. Players may not participate in any volleyball match unless they are listed on the roster and have recorded their signature on that form. A player may only be listed on one roster per league at a time.
  - f. All players listed on the roster are eligible for tournament play.
  - g. Any team that is found to be in violation of team roster regulations is subject to forfeit of game or match in which the violation occurs.
20. Match results and team records:

Scores of all games will be recorded by the facility attendant. Team captains must verify the result and sign the score sheet.

A team that forfeits a game or match will go on record as losing the games (s) by a score of: 0(F)-25. Double forfeit games will be recorded as losses for both teams.
21. League standings and regular season champions will be determined by the following order:
  - a. Win/Loss ratio of games (not matches)
  - b. Most games won in head to head competition.
  - c. Point differential in head to head competition.
  - d. Point differential in all regular season games.

## 22. Rules specific to Co-Rec league competition:

- a. Four players may begin a match game (2 men/2 women or 3 women/1 man). If a team has 5 players at least two must be women. If a team has 6 players, at least three must be women. ***Only to avoid a forfeit and only if both teams are in agreement, 3 men/1 woman may play as the four players representing a team. If both teams do NOT agree, then the game will be officially scored a forfeit.***
- b. A female player must contact the ball at least once during a three-hit volley.

## II. PROTEST

1. A protest must be submitted within 24 hours after the end of the match to the Eisenhower Center front desk. All protests must be accompanied by a \$25.00 protest fee. Protests will be decided on by a protest committee consisting of at least three of the following: Recreation Supervisor, Superintendent of Recreation, Director, and/or Head Official.
2. When playing a game under protest, the opposing team, the official, and the facility attendant must be notified before play continues.
3. Protests are allowed only on plays which involve rule interpretation. Protests will be considered only when the play in question had a "significant effect" on the outcome of the game.
4. Roster Protest: No fee will be charged for roster protests (we encourage you to question this, as it will help maintain league structure).

### PROCEDURE:

\*Protest the player before 10 combined points have been scored of the first game played by the protested player. This includes points scored in which the player is rotated out.

\*Notify official, opposing captain, and facility attendant of protest.

\*Player in question must sign the score sheet and also print his/her name and produce ID.

\*The score sheet will be turned into the Eisenhower Center front desk where the roster will be checked. The Superintendent of Recreation's decision on the matter is final.

## III. RULES OF CONDUCT

1. Each captain will be held responsible for the conduct of his/her team players and is responsible to see that all rules are observed. The captain must maintain complete control of himself and his team members at all times; this includes before, during or after a game and any other time involved with the volleyball program. The key to a successful program is in the hands of the captain and, in turn, his players. Good leadership will insure a good program.
2. Officials and their decisions will be respected and not interfered with at any time. Unsportsmanlike conduct, disrespect, vulgarity, or profanity will not be tolerated at any time. Any captain or player removed from a game will receive an automatic one (1) game suspension to be served in the next consecutive game. A longer suspension may be given by the Superintendent of Recreation, depending on the severity of the offense.

If requested by the official or facility attendant, ejected players must leave the Eisenhower Center immediately. Failure to comply will result in extended individual suspension or team suspension.

3. A game will be forfeited in the event a team fails to respect the official's authority or decisions; one warning will be given prior to such action. If a team receives a forfeit win or a forfeit loss, this will count as a game played. A report will be submitted to the Superintendent of Recreation, whose disposal of the matter is final.

Personal harassment of officials (umpires, directors, scorers, facility attendants, supervisors) may be cause for either the team or individual to be suspended from league play and/or tournaments. A player does not have to be in the game for this rule to be in effect; he/she may be a spectator of a team.

4. In any discussion on the court with an official, only the captain will be permitted to enter the discussion. Unsportsmanlike conduct will not be tolerated. The threatening of an official will result in an automatic removal of the individual for the season, both league and tournament play.
5. Fighting will result in an automatic suspension from ALL Lan-Oak Park District Leagues for one (1) full calendar year.
6. Any player, captain or spectator guilty of physically striking an official will be immediately suspended for the season and the team put on probation with possible suspension resulting. Suspension for such an infraction is a league suspension for one calendar year from the date of the infraction. In the event that a more serious battery takes place toward an official or supervisor, expulsion up to life can be directed after referral and review by the Superintendent of Recreation.
7. **NO REFUNDS WILL BE GIVEN** for any ejection/suspensions. All participants must adhere the Code of Conduct.

### III. VARIOUS

1. Alcohol is NOT allowed on Park District property.
2. No food or beverage allowed in the gymnasium!
3. It is the responsibility of the team captain to control his/her own team and spectators. If, in the opinion of an official, the situation warrants, a game will be forfeited.
4. Smoking is **NOT** allowed in the Eisenhower Center.
5. There is to be no volleyball playing in the halls or on the sidelines when a game is in progress.
6. We ask that you do not bring children to games unless they will be properly supervised. If children interfere with the games, the referee or facility attendant has the right to remove the parent/guardian from the game to supervise the children. If the team cannot maintain a fourth player, the game will be forfeited.
7. Shirts and gym shoes are required at all times. Kneepads are strongly recommended.