



Oak Brook Park District Competitive Volleyball League Rules and Regulations

General Information

1. All games are played at the Family Recreation Center, 1450 Forest Gate Road, in Gym 3.
2. There is no smoking in the facility and no food or drink allowed in the gymnasium.
3. Spectators are welcome; but we ask for safety's sake, that they remain away from the immediate playing area and in a designated spectator area. Children must be accompanied by an adult who is not participating in the volleyball league.
4. All equipment, including game balls, is provided. Individuals are welcome to bring their own volleyballs for warm-up, but park district staff is not responsible for lost or stolen items. Volleyballs provided by the park district will be used for games.
5. The cost for providing medical insurance for all players is cost prohibitive for the park district to provide. Individuals may wish to review their policy to check their coverage.
6. Gym shoes and proper game attire must be worn in order to participate.
7. Absolutely no alcoholic beverages are allowed on the Oak Brook Park District premises at anytime. A violation of this rule will result in the immediate suspension from the league for the entire team. Dismissal from the league for this reason will result in no refund to any of the team's participants.
8. Any rule and/or regulation is subject to change during the season at the discretion of the Oak Brook Park District staff.

The League Structure

1. The league will be divided into a round robin regular season schedule. There is no playoff or tournament at the end of the season.
2. Winners of the league will be determined by the team's overall win/loss percentage. (example = .750) If teams are tied after utilizing the win/loss percentages, head-to-head records will then be used to break the tie.

3. All league play will be governed by the United States Volleyball Association Guidebook unless otherwise stated in these league rules and regulations.
4. There will be one official provided for each match.
 - The official will be responsible for calling the game, keeping the score, and keeping the match flowing.
 - Arguing with the official will not be tolerated. The official will have the authority to warn and/or expel from the premises any players, substitute, or spectator who interferes with the orderly progress of the game.
 - If a referee is not present within 5 minutes after the scheduled start time, the match will start without one.

The Roster

1. Each team must submit a team roster/waiver form (either typed or fully legible) containing a minimum of 8 names. Those participating in Park District sponsored athletic programs must sign a waiver form in order to be eligible for competition. After the second week of play, no additions may be made to the roster.
2. Players must be 21 years of age or older.
3. A person can play only for the team(s) that has him/her on the roster.

The Game

Note: Specific game rules and regulations not found here such as service, ball contact, net play, etc. can be found in the USAV Volleyball Guide.

1. Basic Rules
 - Men and women players must hold alternate positions during the serve.
 - The maximum amount of players allowed on the court during a match per team is 6 and must be made up of 3 men and 3 women. The minimum amount of players for a team to play is 4 and must be made up of 2 men and 2 women. A team of 5 players can also be fielded either with 3 men or 2 women or 3 women and 2 men. Any other number of players or men and women combinations will not be allowed.
 - A match will be started by a coin toss for the first serve.

- The team losing the previous game shall automatically have the first serve in the following game.
- Teams shall change sides after each game.
- If three hits are used, a female **must** have hit the ball at least once.
- During a volley on your side of the court, if the ball should contact the net or ceiling before three hits, the ball is still in play. When the ball is returned over the net and it hits anything other than the net, the ball is dead. The ball is also dead if it hits the walls or hanging screen.
- Rotation does not occur until both teams have completed their first service. Thereafter, the team receiving the ball for service shall rotate all players one position clockwise before commencing service. All teams will rotate into and out of the game from the back row far left position so that all rotations are consistent. This rotation will occur before each new service.

2. Scoring

- Matches will consist of three games played up to 15. Team standings will be based on the number of games in each match that are won and lost.
- Teams must win a game by two points; there is no point cap.
- Game 3 of the match may be played up to 11 points, and the first team to 11 will win (if it is 15 minutes before the next match). If less than 15 minutes is left before the next match, the game will be played using speed scoring up to 15. It is the referee's decision to play the game up to 11 points or to 15 points using speed scoring.

3. Game Duration

- Each team will be scheduled to play three games per match. A game is won when a team has scored fifteen points and is at least two points ahead. See scoring section for exception in game three.
- Teams will be given up to 2 minutes between games.

4. Substitutions

- There will be unlimited substitutions during the game.
- Team captains must inform the official of any substitution(s) being made.

5. Timeouts

- Teams are allowed two timeouts per game.
- Timeouts will be 30 seconds in duration.
- Only the team captain or the person in charge if the captain is not present may call for a timeout.

6. Ground Rules

- The two captains and the officials will meet prior to the match.
- During this meeting, the official will determine and explain the necessary ground rules that will be followed during the upcoming match.

7. Forfeits

- Forfeiture time shall be five minutes after the scheduled game time. If the team is not ready to begin play five minutes after their scheduled time, a forfeit of that game will be charged (0-15 to forfeiting team). If the team is still not ready to begin ten minutes after their scheduled time, the team will be charged with a second forfeit (0-15) and a third forfeit (0-15).
- If for any reason a team does not start or is reduced to less than four players, a forfeit will be ruled.
- **CAPTAINS: If your team needs to forfeit a game, you must call Chris Piasecki, Recreation Supervisor, at 630.645.9529 by 4:00pm on game day so that your opponent can be contacted. If you do not call by 4:00pm, a \$25.00 fee will be assessed to the team. This fee must be paid before your team is allowed to play the next match.**