



League Director

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General Rules

1. League Director has the final say on all decisions. No exceptions.
2. USA Volleyball rules apply unless stated otherwise.
3. Game balls will be provided by the Waukegan Park District. An alternative ball can be used ONLY if both teams agree on the ball.
4. Each team consists of no more than 6 players on the court at one time.
5. Teams will play 1 match (3 games) or 2 matches (6 games) depending on the number of teams in the division. All 3 (or 6) games will be played the same night.
6. All games will be played with rally scoring.
7. Players are allowed to sub for a team if the team is short on players. Players are not allowed to sub for a team in a lower division (A player going to B) but may sub for a team in a higher division (B player going to A).
8. Each game will start with the official conducting a coin flip. The winning team will have one of two options: either choose which team serves first or choose which side to start on.
9. All games will count towards the overall standings for the regular season.
10. Alcoholic beverages are **strictly** prohibited on Waukegan Park District property.
Violators will be asked to leave the premises and will face suspension and expulsion.
11. Disrespect towards referees, opposing teams, League Director, Park District staff, or any other individual will not be tolerated. Violators may face suspension.
12. In the event of inclement weather (snow, rain, etc....), games may be cancelled and will be made up at the **end of the season**.

Rosters

1. All team managers must sign the sports contract, and all players must complete and sign the roster sheet. An APPROVED roster sheet must be on file with the League Director for a team and its players to participate in the league.
2. Any changes to a team's roster sheet must first receive approval from the League Director.
3. All players who wish to play in the playoffs must be on the roster sheet.

4. A binder with all up-to-date roster sheets will be at the Field House front desk at all times. Roster sheets can be accessed by requesting one from the front desk staff.
5. If an ineligible player is found to have played at ANY point in a game, that team will lose the game.
6. If a player is removed from a roster sheet at any point throughout the season, that player will not be allowed to join any team for the rest of the campaign.
7. No changes may be made after the date specified on Pages 4 & 5.
 - a. Exception: Players who are injured and will sit out the rest of the season are allowed to be taken off their team's roster sheet.

Women's 6s

1. Teams will consist of no more than 6 players on the court at once.
2. Shorthanded teams may play a legal game with a minimum of 4 players. Teams fielding less than 4 players will receive a forfeit.
 - a. Exception: Teams with less than 4 players may still play a legal game if the opposing team consents to it. If the opposing team consents, the game will now be allowed, and the team will waive their right to a forfeit win.
3. All roster sheets must be submitted to the League Director by Friday, October 13, 2023.
 - a. Any changes to the roster sheet submitted after this date must be approved by the League Director.

Coed 6s

1. Teams will consist of no more than 6 players on the court at once. No more than 3 men are allowed on the court for one team.
2. Shorthanded teams may play a legal game with a minimum of 4 players. Teams fielding less than 4 players will receive a forfeit.
 - a. If a team has either 4 or 5 players, a minimum of 2 of those players must be women.
 - b. Exception: Teams with less than 4 players, or less than 2 women, may still play a legal game if the opposing team consents to it. If the opposing team consents, the game will now be allowed, and the team will waive their right to a forfeit win.

3. There is no maximum number of women allowed on the court at once for a team. There is only a minimum of 3 women with a total of 6 players, or 2 women with a total of 4-5 players.
4. All roster sheets must be submitted to the League Director by Friday, October 13, 2023.
 - a. Any changes to the roster sheet submitted after this date must be approved by the League Director.

Forfeits

1. Teams are allowed **one** forfeit for the season – including playoffs. Any forfeit thereafter will result in expulsion from the league, and a refund will not be given.
2. The League Director must be informed of a forfeit AT LEAST 24 hours before the game is scheduled to start.
3. 6:00p matches have a 10-minute 1st game forfeit grace period – 6:10p. The 2nd, 3rd, and 4th games will follow the same rule for their scheduled game time.
4. Shorthanded teams may play a legal game with a minimum of 4 players including 2 women. Teams with less than 4 players, including 2 women, will receive a forfeit.
 - a. Exception: Teams with less than 4 players and/or 2 women may still play a legal game with the opposing team's consent.
 - b. If the opposing team consents to play, they waive their right to a forfeit win.
5. The winning team is allowed to use the court for the scheduled time.

Playing Rules

1. Matches will be played as 3 games to a final score of 21 for each game.
 - a. Winning team must win by 2. If the score reaches 21-20, the game will continue until a team takes a 2-point lead.
 - b. The scoring cap is set at 23 points. If the score is tied 22-22, the team to receive the next point will win the game.
2. One timeout is allowed per team *per game*. Timeouts may not carry over from one game to the next.
3. All legal serves *may* make contact with the net. Net or let serves are allowed.

4. For Coed, the ball must be hit by a woman at least once each time the ball played on that team's side.
5. A defensive block does not count as one of the allowable contacts.
6. A player may reach over the net to block a ball if:
 - a. Any portion of the ball breaks the plane of the net OR
 - b. The offense has come in contact with the ball on the third attempt.
7. Serves may not be blocked or spiked.
8. Players may return a serve using a:
 - a. Bump Pass
 - b. Claspings of the hands together
 - c. Closed fist
 - d. Set
9. Contact of the ball when spiking is legal only if a portion of the ball is in contact with the plane of the net or on the spiker's side of the net.
 - a. Spikers may follow through over the net after legal contact.
10. The ball must be cleanly hit when spiking with an open hand.
11. Guiding/carrying* is not allowed and will result in a point for the opposing team.
 - a. *A carry is any use of an open hand (or hands) while making contact with the ball that is not a firm manner.
12. The antenna next to the net is out of bounds.
13. The boundary lines are in bounds.
14. If the ball hits the ceiling during play, the play may continue if the ball stays on the same team's side. If the ball hits the ceiling and goes to the opposing team's side, it will be considered a side out.
15. A player may touch the center line with his/her foot. Their body may not completely cross over the line.
16. The ball can contact any part of the body including legs and feet.

Equipment

Players must wear appropriate attire including gym shoes, shirt, and shorts or sweatpants. Any form of attire that is not deemed appropriate for play by the referee or League Director will be prohibited.

Rules of Conduct

1. All managers will be held responsible for the conduct of their respective players and the following of rules. Managers must maintain complete control of themselves and their team at all times while at the Field House.
2. Officials, League Director, and their decisions shall be respected and not interfered with at any time.
3. Unsportsmanlike conduct, poor attitude, disrespect, vulgarity, or profanity will not be tolerated at any time.
 - a. Any manager or player removed from a game by the official will receive a \$25 fine that must be paid to the Waukegan Park District before their next participation.
4. Any player or manager who receives a second ejection will be suspended for the remainder of the season.
5. The game will be forfeited if a team fails to respect an official's authority or decisions.
 - a. One warning will be given prior to such action.
6. Personal harassment of the League Director, officials, scorekeepers, or Park District staff may be cause for the individual or team to be suspended for the remainder of the season including playoffs.
7. Managers are the only individuals who are allowed to partake in discussion with officials. These discussions must be held in a professional and civil matter.
8. Threats made to an official can and will lead to suspension and/or expulsion from the league as well as the Field House.
9. Any individual who physically strikes another individual will receive an immediate suspension from the facility, and the team will be put on probation pending review from the League Director.

- b. Length of suspension will be determined by the League Director.
 - c. Players may also be prosecuted if the victim decides to press charges.
10. In the event that serious battery takes place, the guilty individual(s) may face expulsion after referral and review by the Board of Commissioners of the Waukegan Park District.

Protests

1. All protests must be submitted in writing to the League Director within 24 hours of the protested action. All information pertinent to the protest must be included in the written protest. No other statements will be accepted.
2. Upon receipt of the protest, the opposing team manager will be notified by the League Director and will then have 24 hours to submit a written reply.
3. The written protest, written reply, and a written statement from the game officials will be taken into consideration by the League Director when the *final* decision is made. Protests involving an official's judgement or call will not be considered.
4. The official and opposing team manager must be made aware of a protest on a play immediately.
5. All protests must be accompanied by a \$25 fee paid to the Waukegan Park District.
 - d. If the protest is upheld, the \$25 fee will be refunded.
6. All legal protests will be acted upon by the Protest Committee, and their decisions will be **final**.
 - e. The protest committee will consist of the League Director, Manager of Sports & Fitness, and one more individual at the discretion of the League Director.