



COMMUNITY PARK DISTRICT OF LA GRANGE PARK SAND VOLLEYBALL LEAGUE RULES 2025

1. The following rules and regulations are set forth by the Park District with the sole purpose of ensuring each participant has a good time through friendly competition.
2. Each participant must be properly registered and have signed the team roster. Participants under the age of 18 must also have a waiver form signed by a parent or guardian. No one under the age of 16 may participate in the league.
3. The league will begin May 28th and will be played at Memorial Park on Wednesday evenings.
4. The athletic field supervisor and/or athletic coordinator is a staff member of the Park District. Remember, this person is there to help you enjoy the program. They are official representatives of the Park District.
5. Officials will not be provided. It will be up to each team to make their own calls when a violation occurs on their side of the net. The athletic field supervisor and/or athletic coordinator will not be asked to make judgement calls.
6. Poor conduct by individuals will not be tolerated. Individuals causing problems may be removed from the game and the Park District reserves the right to bar any individual from continued participation in the program.
7. Cancellation or postponement of games will be communicated by the Park District via email and text message by 5pm on gameday. Team captains are then responsible for contacting their players. As soon as games are rescheduled, team captains will be notified. ***Monday evenings are reserved for rain make-ups.***

TEAM RULES AND REGULATIONS

- A. Play will be regulated by the IHSA unless otherwise stated in the league rules and regulations.
- B. Players must be listed on the official team roster. The Park District must be

notified of any and all changes. All players must sign the roster form, or they will be unable to participate in the league. **A maximum of 14 players are allowed per roster. Once halfway through the season, no additions, deletions or changes of any kind are permitted to the roster.**

- C. Teams may begin regulation play with four players. Less than four will constitute a forfeit. 6 players on the court constitute a full team.
- D. A minimum of 2 men and 2 women must be on the court at all times; maximum 3 men on the court at any time. This means 3 men and 2 women can play at one time. Up to 4 women can play at one time, if there are not enough men.
- E. Flip a coin for choice of serve or side of first game; then subsequent games, the losing team gets first serve. Teams change sides after every game.

PLAY RULES AND REGULATIONS

- a. Three games will constitute a match. All games will utilize USA Volleyball Rally Scoring. A point is awarded on every rally regardless of which team is serving. A game is won when a team has scored 25 points and is at least two points ahead (to a maximum of 30 points). The third game will be played ***even if one team wins the first two games*** (third games help in determining winners in the event of a tie).
- b. **A 1 (one) hour maximum time limit per match will be in effect.** When time runs out, the team leading will be declared the winner. If the ball is in play when time runs out, the point will be completed. If the game is tied after 1 hour, a winner will be determined by a 1-point sudden death.
- c. Each team will be permitted two – 30 second time outs each game. Injury to a player will not constitute a time out. 3 minutes only between games.
- d. Players are allowed on the centerline, but at no time are allowed over that plane. Spikers may follow through over the net but at no time may come in contact with the net. A portion of the ball must have completely passed over the plane of the net before a player on the receiving team may come in contact with the ball.
- e. Rotation will be done in a clockwise manner and a person coming in from the subline must enter in the middle back position. Substitution is not mandatory.
- f. If your team has to forfeit a match, please contact the Park District Office. If your team has received a forfeit, you do not have to show up to win the match; however, you may use the time for practice.
- g. Game time is forfeit time for GAME 1; ten minutes after game time is forfeit

time for GAMES 2 and 3.

- h. Spiking and blocking is allowed by front row players only.
- i. Serve must be announced with the score.
- j. No blocking or attacking of a serve. Setting of the serve is legal. Net serves are also legal.
- k. If two teams are tied for any position in the regular season, the following procedures will be utilized to determine the final league standings, in order, until all ties are broken:
 - 1. Any team with a forfeit during the regular season automatically loses all ties.
 - 2. Team with the best record in head-to-head competition against all other teams involved in the tie.
 - 3. Team with the better winning percentage in head-to-head competition against teams ranked above the tied teams in standings will be used as determining factor.
 - 4. Team with the least amount of points allowed against all other teams involved in the tie.
 - 5. A playoff game will be used to determine seeds (if time allows). If time does not allow or at the discretion of the Athletics manager, a coin flip will be used to determine seeds.

GENERAL

- I. Only people in high school (at least 16 years old) and older are eligible to play.
- II. No alcohol will be permitted in the park by players or spectators.
- III. NO SMOKING on the courts or within 25 feet of the fence boundary.
- IV. You are guests of the Park District. Please show respect for property and items owned by both the Park District and fellow participants.
- V. AWARDS:
 - a. 1st Place Season – \$200
 - b. 2nd Place Season – \$100
 - c. 1st Place Tournament – \$100
 - d. 2nd Place Tournament – \$50