



Adult Co-Rec Volleyball Rules

Updated: 06/11/2026

Rules & Regulations

- The purpose of this league is to provide a safe, organized, and enjoyable volleyball experience for all participants.
- Fair play and sportsmanship are the responsibility of every player, coach, and spectator.
- Rules not specifically covered in this document will be governed by IHSA and applicable USA Volleyball rules.

League Contact

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General Information

- The Park District is not responsible for lost, stolen, or damaged property.
- Participants play at their own risk.
- Report all injuries immediately to staff.
- Children must be supervised at all times.
- Players must wear appropriate non-marking athletic footwear.

League Registration & Payment

- Full league fees must be paid before the first game.
- Teams may register at The Sport Center or online at www.parkfun.com

Rosters & Player Eligibility

- Completed rosters are required before the first game.
 - Players need first & last name, address and signature.
- Players may not be added after Week 4.
- Players must be at least 18 years old.
- Photo ID is required if a team is roster checked.

- Should a roster dispute be made, BOTH teams will be roster-checked as follows: All members of the team must present a photo ID (at the start of the match if it hasn't started, OR after a match has finished).
- If a player is found to be not on a roster, they will be disqualified from the match.
- No Roster Checks can be requested once the **third match has started**.
- Only rostered players may sit on team benches.

Forfeit Rules

- Minimum of four rostered players are required to start a game.
- \$50 forfeit fee applies.
- Two forfeits result in league expulsion.

League Rules

- Matches consist of three games to 25 points using rally scoring.
- Teams must win by two points, with a 27-point cap.
- Each team receives one 60-second timeout per game (no timeouts in Game 3).
- **The requirement is 3 girls and 3 guys. You will be allowed to play with more girls than guys but NOT vice versa.**
- Game time is forfeit time. The first game will be forfeited at the scheduled start time of the match, second game after ten minutes and third game after twenty minutes of scheduled start time.
- Unlimited substitutions are allowed at designated rotation positions.

League Penalties

BB League

- For each player a team is short to start a game, the opposing team will be awarded two points.
- The Ghost Rule will be enforced (*The ghost rule means that the team that is short-handed will automatically lose service for each spot in the rotation that a missing player is supposed to serve*).

B League & Under

- For each player a team is short to start a game, the opposing team will be awarded two points.
- Player substitutions may be made at a given place in the rotation (usually server) or at a side out. Unlimited substitutions are allowed.

Tie Breaker:

- League standings and regular season champions will be determined by the following order:
 - MATCH win-loss record in head-to-head competition.
 - SET win-loss record in head-to-head competition.
 - MATCH win-loss record
 - SET win-loss record
 - Point differential in head-to-head competition.

Code of Conduct

- Officials and staff must be treated with respect at all times.
- Unsportsmanlike conduct, profanity, or abusive behavior will not be tolerated.
- **Ejections:** If a player is ejected from a contest for any reason, he will be required to serve a minimum **one (1) game suspension**, with the possibility of a longer suspension based on the severity of the transgression per league management.
- Players and/or teams that cause disturbances within the Sport Center including the lobby and parking lot or conduct themselves inappropriately towards Sport Center Staff will be asked to leave immediately. **Inappropriate behavior may lead to a participant or team being removed from the current league & suspended from future leagues**
- If one or more players strike an opposing player, official, spectator, or SPD staff member, all involved players will be immediately ejected and suspended for the remainder of the season. Officials have the authority to immediately stop the game, and SPD reserves the right to forfeit the team's next game, suspend the entire team for the remainder of the season without refund, and determine whether the team will be banned from all SPD activities for up to one calendar year.

Awards

- Regular Season Champion: \$200
- Regular Season Runner-Up: \$50
- Tournament Champion: \$50 and championship T-shirts