



Adult Volleyball League

This program is designed to meet the volleyball needs of the residents of Arlington Heights. We offer leagues for different skill levels to accommodate as many people as possible. We feel confident that we have a league to accommodate any team no matter what their volleyball background.

Although we offer leagues at many levels from recreational to competitive, we stress that all teams no matter what level should have FUN. Have a great volleyball season.

If you have any questions, comments or suggestions about our program, please feel free to contact Jason Meredith, jmeredith@ahpd.org, 847.506.7133 or talk to your Supervisor on game nights.

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Leagues Overviews

Men's Volleyball League

Triples	Betsy Ross	Wed.	Fee: \$330.00 (\$360.00 non-res.)	8 Teams
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Women's Volleyball League

Competitive "A"	Betsy Ross	Tues.	Fee: \$330.00 (\$360.00 non-res.)	8 Teams
Competitive "AA"	Betsy Ross	Tues.	Fee: \$330.00 (\$360.00 non-res.)	8 Teams
Triples	Poe	Wed.	Fee: \$330.00 (\$360.00 non-res.)	8 Teams

Co-ed Volleyball Leagues

Competitive "B"	Betsy Ross	Mon.	Fee: \$330.00 (\$360.00 non-res.)	8 Teams
Competitive "AA"	Poe	Mon.	Fee: \$330.00 (\$360.00 non-res.)	8 Teams
Competitive "A"	Poe	Mon.	Fee: \$330.00 (\$360.00 non-res.)	8 Teams
Competitive "A"	Poe	Wed.	Fee: \$330.00 (\$360.00 non-res.)	8 Teams
Competitive "AA"	Betsy Ross	Wed.	Fee: \$330.00 (\$360.00 non-res.)	8 Teams

Resident teams must have 70% residents. Example 6 people must have 4 residents; 8 people must have 6 residents; 10 people must have 7 residents. I.D. checks will be made the first night of play.

If you sign up for two leagues or more per session, you'll receive \$10 discount per league.

League Description

Competitive "B", "A" and "AA" Leagues

The "AA" leagues are for the most serious volleyball teams whose main goal for the season is a winning record. Teams competing in these leagues should be the best in Arlington Heights.

Registration Information

Follow registration process & procedure exactly and on time!

- An individual may only sign up his or her own team.
- Registration along with the league fee, a team name, captain's name, address, work and home phone numbers, roster and non-resident fees are required to register for any league. Checks are to be made out to the Arlington Heights Park District.
- The Arlington Heights Park Districts is not responsible for incorrect information on registration or roster forms. Please inform the Park District of any changes in address or phone numbers, so you will receive correct information about changes, meetings or make-ups.
- Non-resident fees will be due if non-resident players are added during the season to make your team over the 70% status.
- **Registration will be taken on a first come first serve basis.**
- Teams who play with ineligible players or players giving incorrect addresses on their roster forfeit their spot in the league, if discovered before the season. The team will forfeit all games in which the ineligible player was rostered during the season.
- Order of Registration: 1. Resident teams, 2. Returning teams, 3. Non-resident teams.
- Resident teams consist of 70% or more residents.
- **Priority will be given to teams from the previous session with 70% of their roster returning. This priority is given only to teams returning to the same league they played in previously.**
- Any openings after this time can be filled by new non-resident teams.
- For resident teams I.D. checks will be done the first and second night of play for each player.

Ways To Register

- **Online, registration can be done online at ahpd.org/programs/volleyball/, completed roster can be emailed to jmeredith@ahpd.org.**
- **FAX** completed roster and registration form with Visa or Master Card number, expiration date and signature to 847-506-2735.
- **Mail, In-Person Drop-off (Mon.-Fri. 9:00 a.m.-5:00 p.m.) or Night Drop-off** at 410 N. Arlington Heights Rd., Arlington Heights, IL 60004

You may send your registration in early, but it will not be registered until the proper date. Entry to "AA" league is by approval of league director. The league director has full authority to deny any team into the "AA" league.

Official Rules and General Rules

Organization of Program

1. Rosters

- 1-1. Rosters may consist of up to 20 players. Roster changes must be made at the game site. New players may only be added through the seventh week of the season. No new players allowed after seven weeks.
- 1-2. Captains are responsible for getting new people added to the roster with a signature of the new person.
- 1-3. Players must participate in one game prior to tournament in order to play in tournament.
- 1-4. Roster needs to be handed in by or at the first game.
- 1-5. New rosters must be made for each session. Rosters may not be carried over to next session.

2. Eligibility

- 2-1. Players must be 18 years old or graduated from high school to be eligible to participate in the Adult Volleyball League. Players must have filled in his/her name, town, phone numbers and signature on the roster.
- 2-2. A picture ID must be presented to a referee if another team or the Park District representative questions a player's eligibility. An eligibility check may be requested at any time prior to the end of the game. However, we encourage teams to make eligibility checks prior to the start of the game if an ineligible player is suspected. Any team playing with an ineligible player or a player who has given an incorrect address or phone number will forfeit all games in which that player participated.
- 2-3. In the interest of safety, any player who is at the "AA" level, may be asked by the program supervisor or referee not to participate in the lower level leagues.

3. Equipment

- 3-1. The Park District will supply the game ball, and set up the nets. Teams must provide their own practice balls, the game ball is not to be used for practice.

4. Ejection

- 4-1. One warning will be given, the next will be an ejection. Any player ejected from a game for any reason may not participate in that team's next scheduled game. The Park District staff reserves the right to extend the suspension period if the reason for ejection in their opinion is severe enough. Failure of any ejected player to give their name to the Park District representative will result in the game being declared a forfeit immediately.

5. Match Length, Court Lineup and Forfeits

- 5-1. Starting time for matches will be the time posted for the match. Teams may take the court for warm ups once the previous match is finished. The 60 minute match time limit will begin at the scheduled match time. If Team A fails to field the minimal required players by 5 minutes after the starting time, they will forfeit to Team B. However, Team B must be able to field the minimal required players by 5 minutes after the starting time also; otherwise it will be a double forfeit.
- 5-2.
For Example - 6:25 Match Time
- 6:30 Game 1 Forfeit
- 6:35 Game 2 Forfeit
- 6:40 Game 3 Forfeit
- 5-3. A team may have no more than 6 players and no less than 4 players on the court at a time. If a team is playing with 6 players, at least 3 must be female; if a team is playing with 5

players, at least 2 must be female; and if a team is playing with 4 players, at least 2 must be female. If a team falls below 4 players for any reason, they must forfeit all games not completed with 4 players

5-4. No Ghost Rule. (referee discretion if necessary)

5-5. Teams will play 3 games each night. The games will be rally score to 25 points, teams must win by 2 with a cap of 27. The third game will be played to 25 or to time limit with a minimum score of 15. If game is tied next point wins. For Example, if the time limit is complete and the score is 16-15 that will be the final score. If the score is 13-12 the first team to 15 wins.

5-6. A flip of a coin will determine which team serves the first game of the match. The serve will then alternate for the following games.

5-7 Teams may alternate their lineup to have men or women next to each other, but still within the limits of 5-3.

5-8 The Libero position is not allowed

6. Serving

6-1. A server may serve with an open or closed hand. The server may not enter the playing court until after the ball is contacted.

6-2. Only one hand may be used to strike the ball for a serve.

6-3. A serve which hits the baskets, ceiling, or lights is a loss of serve.

6-4. All other rules follow IHSA or USAV rules.

6-5. When serving underhand, the ball needs to be released before contact is made. See IHSA or USAV rules.

7. Setting

7-1. A player may set with a one-handed as well as a two-handed overhand set with contact being made on the fingertips and thumbs of hands. Improper handling of the ball includes not hitting the ball simultaneously with both hands, contacting the ball with the palms in a slapping action or catching the ball.

8. Bumping/Passing

8-1. A one-handed underhand hit must be made with a closed fist or the heel of the hand. If two hands are used, the hands must be interlocked as one unit. Open hands may not be used in any underhand hit.

8-2. Simultaneously hitting of the ball by members of the same team (not in the act of blocking) counts as one hit and either of the two players may make the next play on the ball.

8-3. During the team's first hit, successive contact with various parts of the player's body are permitted in a single action of playing the ball. This includes contact involving finger action on the ball and contact with the foot. The ball, however, may not be caught and/or thrown.

9. Attacking

9-1. The ball should be hit with a striking action of an open or closed hand.

9-2. A player is permitted to pass his or her hand beyond the net after an attack hit provided that the contact has been made within his or her playing space.

10. Blocking

10-1. The blocking of an attack hit is permitted with contact of the ball being made on the opponent's side of the net, providing it does not interfere with the other teams 3 hits.

- 10-2. A player touching the ball while blocking may make the next play on the ball if it remains on his/her side of the net.
- 10-3. No player can block a serve.
- 10-4. "AA" League will follow IHSA or USAV rules for 10-3.

11. Substitutions

- 11-1. Teams may not use players from another team within their own league as a substitute.
- 11-2. Substitute players must sign the team roster before playing in a game.
- 11-3. Substitute players may only sub on one team per league.

12. General Playing Procedures

- 12-1. The height of the net for Co-Rec, Men's and Women's leagues is set according to IHSA or USAV Rules.
- 12-2. The ball may be played by any part of the body. See IHSA or USAV Rules for details.
- 12-3. Contact is not allowed with the net. See IHSA or USAV rules for details.
- 12-4. All players must be in the relative rotational positions at the instant the ball is served.
- 12-5. Each front row player must have at least a part of his/her foot closer to the center line than the feet of the corresponding back row player; each right (left) side player must have at least a part of his/her foot closer to the right (left) sideline than the feet of the center player in that row.
- 12-6. A team is allowed two 30 second time-outs per game.
- 12-7. No time outs will be permitted 55 minutes after the start of the match.
- 12-8. A ball which comes in contact with the ceiling or light and comes down on the hitting team's side is in play. If the ball crosses the net after contact with the ceiling or light it is a side out.
- 12-9. If there is a question on a play or situation not covered in the rules, a decision will be made by the referee based on IHSA or USAV Rules.
- 12-10. Additional rules and regulations may be added or deleted at any time during the season, with or without notice, with the best interest of the players and league in mind.
- 12-11. The regulation season will consist of seven to ten games based on the number of teams in a league.
- 12-12. **Girl Rule- when three hits are made on one side, one does have to be a woman.**
"AA" League does not have girl rule.
- 12-13. Any vote on rules for each season must be accomplished by the captains.
- 12-14. Men's and Women's league rules are totally governed by IHSA or USAV Rules except forfeit, tie breakers and some general playing rules written in this booklet.

13. Tournament

- 13-1. A tournament will be played if there are enough teams.
- 13-2. A single elimination tournament will follow the regular season with pairings being determined by the regular season standings.
- 13-3. If there is a tie in the final standings the following criteria will be used to determine who gets what place:
 - A) Head to head same competition.
 - B) Head to head point competition.
 - C) Points scored for and against the tied teams during the whole season.
 - D) Playoff game if still tied after A, B and C.

The playoff games will be held on a week night or weekend day at the end of the season.

14. Alcoholic Beverages

14-1. No alcoholic beverages are allowed in the parks, gyms, or in the parking lots at any time. If any member of a team is seen consuming alcohol before, during or after their game, their team forfeits that week's game or their following game. Teams are responsible for their fans. It is up to the team to inform their fans of this policy.

15. Unsportsmanlike Conduct

15-1. Any team exhibiting unsportsmanlike acts towards members of another team, any referee or any Park District representative, risks forfeiture of their game. The Park District reserves the right to forfeit any game following complaints by the referee or Park District representatives or other team captains. Any team which we feel does not display the high degree of sportsmanship that we have built up in our leagues may be asked to no longer participate in the Arlington Heights Park District Adult Volleyball Program.

16. League Awards

\$125 will be awarded for first place league. **

\$50 will be awarded for first place tournament. **

** If the league is not full (8 teams), we reserve the right to lower the money awarded.