



Welcome to AHPD Adult Volleyball! We offer Co-Rec leagues on Monday nights and Women's leagues on Tuesday nights and split teams into brackets based on the number of teams registered that season and their relative competitive level. AA leagues offer the most challenging level of play followed by A leagues and B leagues. All levels are designed to promote a fun and social atmosphere.

## Registration

Teams may register either online or in person at Pioneer Park, Camelot Park, or the Arlington Ridge Center. One player registers an entire team, and payment in full is due at the time of registration. Teams will not be added to game schedules without payment.

Returning teams that register by the early registration deadline are guaranteed a bracket spot that season. Once the deadline passes, all teams are accepted on a first-come, first-served basis. We plan for competitive play and split teams into brackets based on both their previous season records and their self-estimate of their current competitive level. As a result, there is a certain amount of fluidity between the brackets, and the Park District reserves the right to place teams in a different bracket than the one requested during registration.

- Seasons consist of twelve regular season games plus a single elimination tournament.
- Only a player on a team may register that team.
- To ensure that you receive league information, please inform us of any changes to your contact information.
- **We are unable to hold spots in leagues for un-registered teams, and we fill available spots on first come, first served basis.**

## Roster/Waivers

- Captains are responsible for submitting a new team roster every season. The roster also functions as the individual player waiver, and every participating player must sign the roster every season.
- Signed rosters are due before the start of the first match of the season.
- Teams may roster up to 20 players and have until the start of the third match of the season to add players to the roster. Added players must sign the roster before playing.
- Players must play in two games prior to the tournament to be eligible for the tournament.
- Teams that use ineligible players or list incorrect information on their rosters forfeit their spot in the league if discovered before the season, or forfeit all games in which the ineligible player played if discovered during the season.
- The AHPD is not responsible for inaccurate information provided on rosters.

## Rules

### General Rules

- Net height for Co-ed League shall be 7'11 5/8" and for the Woman's Leagues shall be 7'4 1/8".
- The ball may be played by any part of the body.
- Contact is not allowed with the net.
- Players must be in their relative rotational positions at the instant the ball is served.
- Each front row player must have at least a part of their 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 their foot closer to the right (left) sideline than the feet of the center player in that row.
- Each team is allowed one 30 second time-outs per game. No time outs will be permitted in the last 5 minutes of the hour. *(new)*
- A ball that comes in contact with the ceiling or lights 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.
- The Libero position is allowed. Teams must identify the designated Libero to the referee before each game. Only one Libero is allowed each game.
- Crossing the centerline with any part of your body is a violation.
- There is no pursuit of the ball allowed beyond the net or under the net. *(new)*
- If there is a question regarding a play or situation not covered in the rules, a decision will be made by the referee based on IHSA rules.

### Awards

- \$125 will be awarded for first place in regular season play.
- \$50 will be awarded for first place in the tournament.
- **If a league is not full (8 teams), we reserve the right to reduce the money awarded.**

### Conduct

- Players or fans exhibiting unsporting acts towards members of another team, a referee, or an AHPD representative, risks forfeiture of their game. The AHPD reserves the right to forfeit any game following complaints by the referee, AHPD representatives, or other team captains. Any team that does not display the high degree of character that we expect in our leagues may be banned from the league for one or more seasons.
- Teams are responsible for the behavior of their spectators.
- Consumption of alcoholic beverages is not allowed on Park District property, including school property used for Park District programming. If a player or spectator is seen consuming alcohol before, during, or after a game, their team forfeits that week's game or the following game.

## Contact with the Ball

- **Attacking**
  - A player is permitted to pass his or her hand beyond the net after an attack hit provided that contact has been made within his or her playing space.
  
- **Blocking**
  - Blocking 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 team's three hits.
  - 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.
  - No player may block a serve if the ball is above the height of the net.
  
- **Bumping/Passing**
  - A one-handed underhand hit may be made with an open hand as long as in the judgment of the official, the ball was not carried or lifted. If two hands are used, the hands must be interlocked as one unit.
  - When two members of the same team, not in the act of blocking, simultaneously hit the ball, on the team's first contact while making a play on the ball, it counts as one hit. Either of the two players may make the next play on the ball.
  - During a team's first contact, successive contacts 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 may not be caught and/or thrown.
  
- **Serving**
  - Server must make contact with the ball behind the serving line with one hand. The server may not enter the court until after he or she strikes the ball.
  - A serve that hits the baskets, ceiling, or lights is a loss of serve.
  - When serving underhand, the ball needs to be released before contact is made.
  - There are no re-serves
  
- **Setting**
  - *New rule as of August 25<sup>th</sup> 2025: On the second team hit, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action and the ball is next contacted by a teammate. If the ball completely crosses the net or is first touched by the opponent after multiple contacts on the second team hit, a double hit fault will be called. For example: if any court player sets the second ball (terms used- spins, comes out of the players hands ugly) and a third player makes contact, this is legal now. However, if the second contact is set over the net and/or the third contact is set over the net and in the judgement of the official they deem it to be multiple contacts this is a fault and sideout. If the second or third contact is deemed to be a lift or carry by any player, in the judgement of the official, it is a fault and sideout. This new rule has been enacted by the NCAA, NFHS and many other organizations to keep the spirit of the game moving along.*
  - A player may set with a one-handed or two-handed overhand set. Improper setting of the ball will be a judgment call made by the official.

## **CoRec Rules**

- If a team is playing with six players, at least three players must be women; if a team is playing with five players, at least two players must be women; if a team is playing with four players, at least two players must be women.
- Teams may set their rotation to have men or women next to each other.
- Teams may play with more women than men, for instance 5 women: 1 man.

## **Eligibility**

- Players must be 18 years old or have graduated from high school to be eligible for the adult volleyball league.
- If you suspect an ineligible player, the Park District encourages you to request a check prior to the start of the match. However, a check may be requested at any point prior to the end of the match. A player whose eligibility is questioned must present a picture ID to a referee or Park District representative. Any team playing with an ineligible player or will forfeit all games in which that player participated.
- Players may not be rostered on more than one team in the same league.
- Players at the AA level may be asked by the program supervisor or referee not to concurrently participate in lower level leagues.

## **Ejection**

- Referees will give one warning. If the warning is not heeded, referees may eject players.
- Any player ejected from a game for any reason may not participate in that team's next scheduled match. The Park District reserves the right to extend the suspension period in cases of severe infractions. If an ejected player fails to give their name to the Park District representative, the team will immediately forfeit the match.

## **Equipment**

- The AHPD 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.

## **Ghost Rule – only applied to Co-Rec Leagues**

- When a team is playing with 4 or 5 players, a ghost player is inserted into the rotation for each missing player in the 6 player rotation.
  - The ghost player(s) follow the rotation. When, in the course of the rotation, there are only two players in the front row, a backrow player may play in front of the three meter attack line as long as the backrow player doesn't attack the ball when the ball is above the height of the net and doesn't block the ball with any body part above the height of the net.
  - When, in the course of the rotation, it is the ghost player's turn to serve, an automatic side-out (and point) is awarded to the opposing team.
- If a player leaves during the game due to emergency or injury, the Ghost Rule will be waived for that game. If a player arrives late to a game, the Ghost rule will apply until the player is actively on the court. Once on the court the Ghost Rule will be waived.

- If both teams are short the same amount of players at the start of the game, the ghost position will be waived for both teams.
- Captains may ask a roster/waivered player from the previous game to play on their team as long as the opposing captain agrees and the game is agreed to be legally played (no forfeit). The same player cannot play with requested team more than 2 times in the season.
- Ghost rule also applies in playoffs, roster/waiver player from a different team is not allowed in playoffs.

### Match Length and Forfeits

- There is a 55 minute time limit for each match and a 5 minute warm-up prior to each match. The 60-minute clock begins at the posted start time. Teams may take the court for warm ups once the previous match is finished. If a team fails to field the minimal required players five minutes after a game start time, that team forfeits the game. If both teams fail to field the minimum required players, the game will be declared a double forfeit.
- Subsequent game forfeiture clock will begin running immediately after the previously forfeited game. Forfeited games will be scored 25-0. For example:
  - 6:30pm, warm up begins
  - 6:35pm, match begins
  - 6:40pm, Game 1 forfeit
  - 6:45pm, Game 2 forfeit
  - 6:50pm, Game 3 forfeit
- A coin toss determines which team serves the first game of the match. First serve then alternates for the following games.
- Teams will switch sides after each game.
- Teams may have no more than six players and no fewer than four players on the court at a time. If a team falls below four players during a game, that game is a forfeit.

### Scoring

- Teams play three games a night with rally scoring up to 25 points. Teams must win by 2 with a cap of 27. **The third game will be played to 25 or to the time limit with a minimum score of 15.** If the game is tied when the 55-minute clock runs out, the next point wins. If time is up and the score is 16-15, that will be the final score. If time is up and the neither team has won 15 points, play will continue until one team wins 15 points.
- In playoffs, all matches will be best 2 out of 3 games with rally scoring up to 25 points and NO cap. If a third game is necessary, the game will be to 15 points and NO cap with teams switching sides at 8.

### Substitutions

- Substitute players must be listed on the team roster.
- Substitute players may only sub on one team per league.
- Players from a different team may substitute only if they are roster/waivered, the opposing captain agrees, and it's a horizontal sub in the league (AA cannot sub in A, only A to AA, AA to AA, A to A).

- Roster/waiver player from a different team is not allowed in playoffs.

### **Playoff Tournament**

- Playoffs are single elimination.
  - If a league has more than 8 teams, only the top 8 teams advance to the single elimination playoffs. (new as of August 25<sup>th</sup>, 2025)
- Seeding is determined by regular season standings, and top seeded teams may have a BYE in the first round.
- If there is a tie in the final standings, the following criteria will be used to determine ranking:
  - Head to head win/loss.
  - Head to head point differential.
  - Points scored for and against during the regular season.

**The Arlington Heights Park District reserves the right to make changes to this document as necessary during the course of the season.**

**For more program information, please contact Jackie Delamora, Recreation Supervisor, at (847) 506-7133, [jdelamora@ahpd.org](mailto:jdelamora@ahpd.org)**

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