

Bloomington Parks & Recreation

Co-Ed Volleyball League Rules

Updated: October 2023

1. Teams limited to 12-person roster. Roster must be submitted before first match. If roster drops below 6, players may be added at the discretion of the Athletics Program Manager. Otherwise, rosters are frozen at the end of the third week of play. Managers may add/drop players through the third week of play by emailing the Athletics Program Manager.
2. Players may sign rosters to play in more than one league, but may not sign more than one roster per league. No more than two (2) intermediate or advanced level players may play on any recreational level team.
3. Players must be 16 years of age and older.
4. Protests must be submitted in writing to the Bloomington Parks & Recreation office within 24 hours of the game. A \$10.00 fee must accompany the written protest. If protest is honored, the fee will be refunded.
5. Teams may play with no more than six (6) players on the court at one time. There must be at least one male and one female player on the game court during match play. No more than four (4) men or women may play on the game court at one time. However, if there is only one woman on the court, no more than three (3) men may play on the game court. Teams are able to start & finish game play with four (4) or five (5) eligible players on the game court. Less than four (4) players will constitute a forfeit of the match. *(Co-ed rules do not apply to the Women's League)*
6. Any team which forfeits a match must pay a \$20 forfeiture fee, which must be paid by calling the Bloomington Parks & Recreation office before the team's next match. A team which forfeits three (3) scheduled playing dates during the season will be dropped from the league. Exception: If team manager speaks to Program Manager at least 24 hours in advance.
7. Rally scoring will apply to all games. A match will consist of the best 2 out of 3 games. First two games to 25 points (must win by 2 points, 27 point maximum). If match goes to a third game, game played to 15 (win by 1 point).
8. Game format will allow for let serves (any serve that crosses the net between the antennas and lands in a playable area - even if it touches the net).
9. League standings will be based upon 1) matches won & lost, 2) head-to-head match record, 3) head-to-head games won, and 4) head-to-head-point margin differential.
10. IHSA Rules will be followed with the following exceptions: Open handed hits with an upward lifting motion will be allowed only if the contact with the ball is momentary.
11. Blocking a ball which is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the:
 - a. attacking team has completed its three allowable hits;

- b. attacking team has had the opportunity to spike the ball or directs the ball with the intent to return it to the opponents court;
 - c. ball is falling near the net and no member of the attacking team could make a play on the ball;
12. Legal contact is a touch of the ball by any part of the player's body which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
13. Teams decide who starts with serve. If Team A serves game one, Team B starts with serve for game two. If match goes to a 3rd game, team winning game two starts with serve. Teams should change sides between games.
14. In case of inclement weather, call the Weather Hotline at 434-2386 or check our Bloomington Parks & Recreation Facebook page for announcements. We will do our best to revise the schedule to account for any weather-related cancellations, though it is not guaranteed.
15. This is a recreational league meant to be FUN! While we all like to get our competitive juices flowing, please keep in mind that good behavior and quality sportsmanship is expected! Unsportsmanlike behavior, profanity, intoxication, or just overall general inappropriateness within a school/family environment will be grounds for dismissal from the program.
16. Matches are played at:
- Pepper Ridge Elementary School - 2602 Danbury Drive

Please Note: This is an adult league but open to families to attend and spectate. However, if children are brought to the games, they must be supervised at all times. Failure to do so could result in game forfeiture. All spectators must remain in the gym (unless using the bathroom) at all times. There is to be no roaming the halls or use of any school property/equipment.