

Adult Coed Volleyball Rules

Program Goals: The goals and objectives of this program are to foster, develop, promote and regulate amateur adult volleyball. We also provide rules and regulations governing all teams. Please keep in mind that fair play and a recreational atmosphere is the result of good sportsmanship.

League Description: This league is a recreational adult league designed for teams with an interest in enjoying fun competition amongst like minded adults.

General Rules

- All participants must be eighteen (18) years of age and out of high school.
- All rosters must be signed by the participants before they can play in any game.
- Teams may have up to fifteen (15) players on their roster.
- A player must play in at least one game to be eligible for the post season tournament.
- There are a maximum six (6) players per team on the court and a minimum of four (4) players.
- Coed league games will typically be played with three (3) males and three (3) females per team. There may not be more than three (3) male players on one side at any given time in a match.
- The net height is eight (8) feet (+ or – 1 inch).
- Matches will be the best two (2) out of three (3) games played to twenty-five (25) by rally scoring. All matches will consist of three (3) games.
- There will be one (1) thirty (30) second timeout per team per game.
- Substitutions may be made anytime the ball is not in play but must be made in rotation.
- Substitutions must be made in the back row positions. Having two substitution positions allows up to two (2) players to be rotating into the game at a time. If the substitution is for an injured player, then that player will take the place of the injured player in the rotation.
- A coin flip by the referee will determine which team serves the first game of the match. The serve will then alternate for the following games. Teams will switch sides after each game.
- The first team listed on the schedule is the home team. That team will be the home team on the scoreboard for all three (3) games.
- In a coed recreational league, a female must be involved in a play that results in three (3) hits.
- Players must wear a shirt, shorts/pants and soft-soled non-marked gym shoes.
- Forfeit time is fifteen (15) minutes passed your scheduled game time.
- All forfeit games shall be recorded as 0-15. Double forfeits will be recorded as a loss for both teams.
- All rulings made by the referee in regards to game play will be final.
- Current national federation high school rules will govern play except for the modified park district rules. All rules are subject to change at the discretion of the DeKalb Park District administrative staff.

