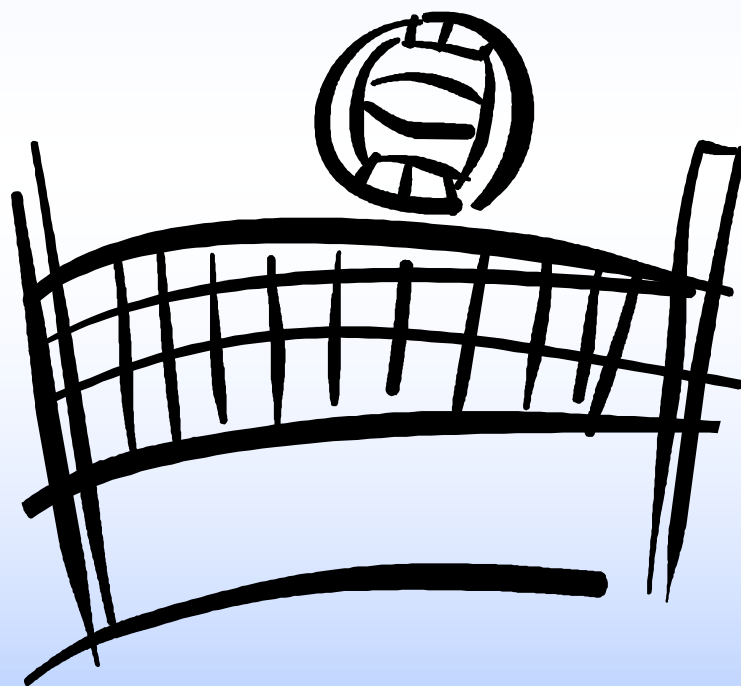


Adult Co-Rec Sand Volleyball League



Summer 2023

League Overview

Fees & Prizes

Fees – \$475 Resident & Non-Resident

\$100 cash award & plaque for league champions

\$75 cash award & plaque for league runners-up

\$75 cash award & plaque for tournament champions

\$50 cash award & plaque for each tournament runners-up

Match Info

Matches are Tuesday Nights between 6:30 and 9:30PM

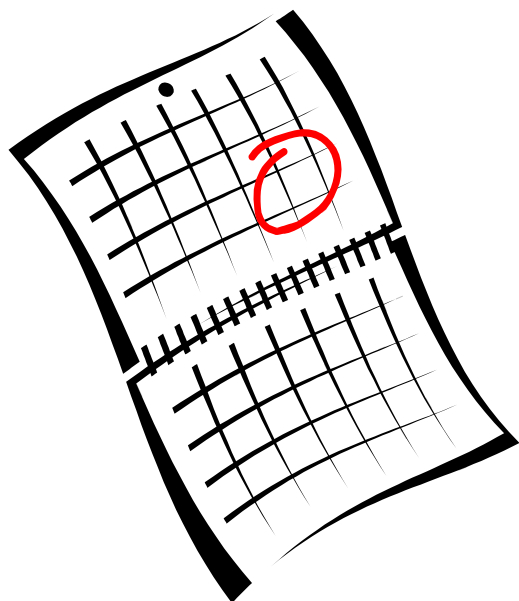
- 8 Regular season games
- End of season single elimination tournament for top 8 teams
- All matches played at Berens Park

Registration

Full Payment is due at the time of registration

- Register online, or in person at Wagner Community Center

Timeline



Monday April 3, 2023

Registration Opens

Friday May 19, 2023

Last day for teams to register
(Based on Availability)

Wednesday May 24, 2023

League schedules available

Tuesday May 30 , 2023

League Begins

Rules and Regulations

The Elmhurst Park District has adopted the following set of rules to govern the Co-Rec Volleyball League organized and controlled by the Park District. Rules not covered herein will be determined by the "Official U.S.A. Volleyball Rules."

LEAGUE ORGANIZATION

The Program Manager has the final power in decision-making in all matters pertaining to the league. The Program Manager will call all meetings between team captains if necessary. Any special meetings desired by teams must be requested through the team captain.

LEAGUE FEES

- ♦ **Full payment is due at the time of registration.**
- ♦ Payment may be received in the form of cash, check, credit card ,or sponsorship money.

SELECTING A CAPTAIN

- Each team shall designate a "team captain" who will be the sole liaison between that team and the Park District.
- Only the team captain can communicate concerns with the Park District.
- To avoid confusion, players must speak to their team captain on all inquiries and not contact the Park District directly.
- The team captain may be either a player or non-player.

TEAM CAPTAIN RESPONSIBILITIES

1. Responsible to distribute copies of all league policies, schedules, etc. to their players. (located on www.epd.org/athletics)
2. Expected to inform their players of all rules and regulations prior to the first game, and as often thereafter as necessary to ensure no violations occur.
3. Expected to inform players of the game schedule, make-up dates, etc. and pass along any other information from the Park District.
4. Responsible for the conduct of their spectators and participants.
5. **Team captains are the only players that may address the referee.** If a referee does not act appropriately, or if there is consistently poor officiating and/or knowledge of the rules, please contact the Athletic Supervisor and appropriate action will be taken.
6. Team Captains must sign score sheet, after each match, to assure accuracy of score and players.
7. Responsible for making sure the Park District has current address and home/work phone numbers.



ELIGIBILITY & ROSTERS

- ◆ **Rosters are due at the team's first scheduled game.** Any team, which does not turn in a roster before their first game, will forfeit the match. Rosters may be turned in right before your scheduled match.
- ◆ **Roster changes will be allowed as designated by the Park District deadline, before the third game of the season.**
- ◆ Roster maximum of 12 players. No change to the roster will be after the third game, except in the case of an injury. A doctor's note will be required, and the replacement player must be of similar ability to the injured player. Any change (s) will require approval by the Athletic Supervisor **prior to** the game.
- ◆ All roster information must be complete and accurate for a player to be eligible for league play. If any information is incomplete the player will be ineligible until all information is completed on the roster form.
- ◆ All players must have a valid I.D. at all games to verify their identity and residency to prove that they are a rostered player. This must be a current State ID, Driver's License, Passport or Military ID. No other forms are acceptable.

To be eligible, a player must meet all of the following criteria:

- ◇ Must be 18 years of age on or before the first scheduled game.
- ◇ Must be on the team's roster
- ◇ Must have accurate information on the roster and sign-in sheet.
- ◇ Must have a photo I.D. with them while in the facility (refer above for acceptable ID's).
- ◇ Must be on only one roster per sport per night. Exception: A player may be rostered on a League Team and an Open Division Team, though they should anticipate numerous scheduling conflicts.

A player is ineligible if they meet any of these restrictions:

- ◇ A player who is not 18 years of age on or before the first scheduled game.
 - ◇ A player not on the team's roster
 - ◇ A player using a false name or nickname on the roster and/or sign-in sheet.
 - ◇ A player using an improper/incorrect address (i.e. non-resident using a Elmhurst address).
 - ◇ A player with no photo I.D., proof of residency, and/or incomplete/inaccurate roster information.
 - ◇ A player on more than one roster per sport per night.
- ◆ Any team using an ineligible player will forfeit the match.
 - ◆ Any team giving false information on a roster shall be dismissed from the league without any money being refunded.



Ratios

FEMALE-TO-MALE RATIO OPTIONS FOR: Co-Ed 6's

One Female & One Male	1:1	Allowed
One Female & Two Males	1:2	Allowed
One Female & Three Males	1:3	Allowed
One Female & Four Males	1:4	Not Allowed
Two Females & One Male	2:1	Allowed
Two Females & Two Males	2:2	Allowed
Two Females & Three Males	2:3	Allowed
Two Females & Four Males	2:4	Allowed
Three Females & One Male	3:1	Allowed
Three Females & Two Males	3:2	Allowed
Three Females & Three Males	3:3	Allowed
Four Females & One Male	4:1	Allowed
Four Females & Two Males	4:2	Allowed
Five Females & One Male	5:1	Allowed

Roster Checks

- ◆ In the event that a team suspects that the opposing team is using an unrostered (illegal) player, a roster check may be requested. At that time all players from **both** teams will be required to produce photo identification.
- ◆ **Roster checks must be called before the start of the second set.** The time taken to complete the roster check will count towards the hour game period.
- ◆ Use of an unrostered player will result in the forfeiture of the game in which he/she is caught illegally playing.

If the roster check occurs:

Prior to the beginning of the game All players without photo identification will not be allowed to play.

During the game The game shall immediately be stopped and photo identification of all players from **both** teams will be checked.

- Any players unable to produce photo identification at that time shall be declared an unrostered player.
- Staff shall have the right to request a roster check on any individual player or team at any time.
- **A captain may request a roster check on any individual player arriving late.** Late is defined as after the second set has started. A player roster checked in this fashion shall not force the entire team to be roster checked.



MATCH STRUCTURE & FORFEITS

- ◆ A coin toss will determine side and service for Set #1. The other team will serve Set #2 and teams will switch sides. A new coin toss shall determine side and service in Set #3.
- ◆ All sets must start with the required amount of players per team on the court. If a team cannot, then a forfeit is ruled.
 - ◇ A team can forfeit any of the sets and still play the other sets providing the team has an eligible team. Teams may elect to field different players, and different male-female ratios for every set.
- ◆ Match time is forfeit time.
 - ◇ Should both teams be unable to field the minimum number of player's necessary, both teams will be credited with the applicable number of losses.
 - ◇ **All forfeits will be recorded as an 11 - 0 loss.**
- ◆ If a team forfeits 2 matches, the team will **not qualify** for the post-season and tournament seeding will be adjusted. Future league consideration will be evaluated, and teams may lose returning team status (Park District discretion). Please do not assume teams are automatically dropped from league.
- ◆ Each team is allowed two 30-second timeout per set. Time outs will only be granted after a rally has ended.
 - ◇ **At the last five minutes of the hour no more time-outs are permitted.**
 - ◇ Only team or floor captains may call time-outs.
- ◆ Teams will be given three (3) minutes between sets.
- ◆ Each set that is won shall constitute 1 point in the standings (total of 3 points per match).
- ◆ If the match finishes early, both teams are permitted to remain on the court for up to the scheduled court time of the next match. If **both** teams decline to use their remaining court time, only then will the next match's teams be permitted to enter the court.
 - ◇ Example: One team may opt to play 2-on-2 for their remaining time, next matches teams must remain off the court.
 - ◇ Officials will not officiate scrimmages
- ◆ Game balls will be provided by the Park District. However, if **both** captains agree, teams may opt to use their own regulation volleyball during the match. Either way, the referee must approve the game ball used on the court, and can refuse any ball they deem unacceptable.



PLAY POSITION (6-on-6), SUBSTITUTIONS & INJURIES

- ◆ The serving order and positions on the court shall prohibit 3-males in consecutive positions (i.e. a 3-man front row) as often as “eligible team ratio” allows. Exception: When the team ratio is 3M:1F it is permitted to have 3 males in consecutive positions.
- ◆ If a team starts with less than six (6) players and the sixth player arrives after any set has started, they may only enter the set during a “dead ball.”
- ◆ Requests of “regular set interruptions” such as time-outs and substitutions may be made only after a ball has been declared "dead" and before the next beckon for service.
- ◆ Rotation (substituting) can be done, each set, by one of two (2) ways:
 - ◇ If using the rotation method, a position must be declared for that entire set - this will be used as the rotation spot. All players must rotate out when they move into that spot. All substitutions must also rotate in at that same position.
 - ◇ Substituting one player for another. If a team uses this method, it must also be declared before the set. If player A substitutes in for player B, then player B can only come back in for player A. This process can also be used for any other set of players.
- ◆ A player who is bleeding, or has an open wound, or has an excessive amount of blood on his uniform must leave the game and may not return until the situation has been resolved.
- ◆ If a player suffers an injury during play:
 - ◇ The play stops immediately, and a replay is ordered if the injury/interruption affected the outcome of the play.
 - ◇ The player is given 30 seconds to return to play.
 - ◇ If the player cannot return to play within time, the team may utilize their time-out and/or substitution.
 - ◇ If the team has no legal substitute, an exceptional substitution is permitted
 - ◇ If the injured player cannot safely return to play within time, AND no other players are available, that team will be allowed to play without that player for the remainder of that day, even if this would cause them to have a less than eligible number/ratio of players on the court.
 - ◇ The injured player will be allowed to return to play, in their original position, as soon as they elect to return. *Note: If a player utilizes this rule, later returns to play, and then utilizes this rule a second time during that match, they will not be permitted to re-enter the match.*



RULES DURING THE MATCH

1. All players must know the U.S.A.V. Rulebook and abide by these rules and the Elmhurst Park District additional rules modifications. Contact Park District, contact information below, if you'd like to obtain a copy of the current rulebook.
2. Players will not be required to have uniforms; however, all players must wear clothing that is presentable and appropriate for competition. Uniform conformity is at the discretion of the Elmhurst Park District staff.
3. All players must sign in on the score sheet before entering the court to warm-up and/or play. If a player shows up late, they sign-in; then they can rotate in or substitute in at any time during the match. Team captains may not sign-in players. Signing in will validate rostered players and eligibility for playoffs.
4. Each team will be scheduled to play three sets per match. All matches will utilize USA Volleyball Rally Scoring. A point is awarded on every rally regardless of which team is serving. A set is won when a team has scored 25 points and is at least two points ahead (to a maximum of 27 points).
5. The serving order shall be maintained throughout each game.
6. During service, only one toss or release of the ball is allowed. Allowing the ball to drop for re-service is a fault.
7. During service, it is a fault for the server's foot/feet to contact the service line prior to or during contact of the serve.
8. If the ball contacts the antenna(s) or any other inanimate surface, or goes out of bounds on a serve, a side-out is ruled. If a ball contacts and crosses over the net into the opponent's court, it is legal and is a live ball.
9. No blocking or attacking of a serve. Setting of the serve is legal.
10. Reaching over the net to attack the ball is a fault. A portion of the ball must cross the plane of the net before it may be attacked.
11. During play, it is a fault for a player to step onto an adjacent court.
12. Players may partially or completely cross the center line below the net or outside the poles, either before, during or after a legal play of the ball provided this does not interfere with the opponent's play nor create a safety concern.
13. While playing the ball, the ball may contact any part of the body. Ball contact with the body (even an open palm) is not automatically an illegal hit; if neither prolonged nor double-contacted, it may, in fact, be legal.
14. While playing a ball on its first-hit, multiple contacts by one player are legal, provided they are one motion of playing the ball. "First-hit" balls can be UGLY while remaining LEGAL. Prolonged contact is always illegal.
15. While overhand receiving a hard driven ball, it is acceptable for the ball to be slightly held or double-contacted.
16. When contacting the ball with one hand other than for setting the ball toward a teammate, the ball must be cleanly hit with the heel or palm of the hand (*a roll shot*), with straight, locked fingertips (*a cobra*), knurled fingers (*a camel toe*), or with the back of the hand from the wrist to the knuckles. One-handed placement or redirection of the ball with fingers (*a dink or open hand tip*) is a fault.
17. It is a fault to set the ball over the net when the path of the ball is not perpendicular to the setter's shoulders.
18. During a back-row attack, the ball must have an upward trajectory if contacted on or in front of the attack line while the ball is entirely above the height of the net.
19. **Shoes** are not permitted. Players may however wear sand socks.



RULES CONT.

19. It is a fault for a player or a player's clothing to contact the net. Incidental contact by a player's hair is not considered a fault. It is not a fault if a player's hat, visor or sunglasses fall off during play and then contact the net. However, if an opponent's body/hands are near the net, and the ball contacts that opponent's hands through the net, even causing the ball to deflect its direction, no net fault has occurred **unless** the referee determines that the opponent attempted to "play the ball" through the net (intentionally causing an unnatural rebound of the ball off the net)... referee's discretion.
20. If the opponent returns the ball to your side in a fashion that results in the ball hitting any inanimate surface (other than the playing net) the ball is ruled "out" on that opponent.
21. In contrast to USAV rules:
- ◇ Simultaneous ball contact between 2 teammates will be considered 1 contact.
 - ◇ The "Pursuit Rule" is not in affect in this league. Once the ball crosses the center line outside the antennas, it will be ruled "out."
 - ◇ The "girl-rule" is not in affect at all levels. (a female is NOT required to contact the ball during a team's multiple contacts)
22. In the event that an official cannot see a "line call," a replay shall be ruled.

PROTESTS

- ◆ Protests based solely on a decision that involved accuracy of judgment on the part of an official will not be considered.
- ◆ Protests will be accepted on rules interpretation if announced immediately.
- ◆ All information including the score, time, and protest must be recorded with the referee and opposing team captain.
- ◆ **Written protest:** Acceptable protests must be in writing to the Athletic Supervisor within 24 hours after the scheduled time of the game. A written account along with a \$25 protest fee must be submitted during the 24-hour period. The fee will be returned if the protest is won. A decision on the protest will be returned within 48 hours.

RULE VIOLATIONS (CONDUCT)

- ◆ Players or captains in violation of the following shall be ejected from the match in which they are participating, as well as a minimum of two additional matches (at the Program Manager's discretion):
 - ◇ Use of excessive foul language
 - ◇ Possession and/or consumption of alcohol/drugs while on park property
 - ◇ Under the influence of alcohol or any mind altering substance while on park property
- ◆ Active participation in any type of disorderly conduct (fighting, etc.) will result in expulsion from the league for a minimum of one (1) full year, beginning the day of the incident, for both the player and the team.
- ◆ We ask that you respect the rights of the staff. If, for any reason, a staff member is struck by a player or captain before, during or after a match, that person will be expelled from participation in any adult leagues indefinitely.
- ◆ Use of excessive foul language by spectators, or spectators in possession of alcohol, must be policed by their respective team members. Violation of this rule will result in forfeiture of the match.



TOURNAMENTS

- ◆ A single elimination tournament is conducted at the end of league play. League standings determine the seeding of each team in the tournament. **The top eight teams in each league are eligible for the tournament.**
- ◆ Only players having played 50% of “regular season” matches will be eligible for that season’s tournament.
- ◆ Tournament play is a best-of-three series. If one team has won both the 1st and 2nd games, Game #3 will not be played. Game #3 is played only if necessary.
- ◆ During tournament play, side and service will be determined by a coin toss. The team serving Game #1 shall receive in Game #2, and teams shall switch sides. If a third game is necessary, a new coin toss will determine side and service for that game.
- ◆ The first two games will be rally scoring to 25 (must win by 2 to a maximum of 25) for all tournament play. **If needed, Game #3 will be rally scoring to 15 (must win by 2 to a maximum of 17).**

LEAGUE STANDINGS AND TIE-BREAKER POLICY

- ◆ A cumulative total of wins and losses, as well as team standings, will be available at www.teamsideline.com/elmhurst.
- ◆ League standings during regular season are based on the wins and losses of all “sets.”
- ◆ In order to determine a league champion, the tiebreaker will be based on:
 - 1) League standing during the regular season (winning percentage), 2) Games back, 3) Head-to-head,
 - 4) Head to head point differential, 5) Average point differential, 6) Total points for, 7) Record against opponents
 - 8) Strength of schedule 9) Coin toss

REFEREES

- ◆ Referees must be treated with respect at all times. All disagreements with a referee’s application/interpretation of a rule **MUST** be conducted by the team captain in a civil manner.
- ◆ In the event of a “no-show” by the scheduled referee, teams must agree to play the scheduled games without the referee. The scores will count toward the standings.
- ◆ If a referee does not act appropriately, or if there is consistently poor officiating and knowledge of the rules, please contact the Athletic Program Manager and appropriate action will be taken.
- ◆ The referee’s clock is the “official clock” for their specific court. Captains may request a “time check” in between points and games, provided it does not cause a delay of game.



RAIN OUTS AND CANCELLATIONS

- Do not assume games are canceled because of weather conditions. Every effort will be made to play the games, even in rain. If games are determined to be playable and your team does not show, you will lose by forfeit.
 - ◇ **Information regarding cancellations will be available via Rainout Hotline.** Rainout and cancellation information will be available as soon as a decision has been made.
 - ◇ Instructions for the Rainout Hotline can be found on the Team Sideline website under “*Downloads*”.
- The Elmhurst Park District has installed a Thor Guard Lightning Prediction System in Berens Park to help protect participants, spectators, and staff from the potential danger of lightning strikes. The Thor Guard Lightning Prediction System constantly monitors and analyzes conditions in the atmosphere that may be conducive to the formation of lightning.

When certain parameters indicate that the likelihood of a lightning strike within the area is high, the system will activate a horn with a single fifteen-second blast, as well as a strobe light.

At this time, all games will immediately cease and players, participants, and staff will be required to clear the fields and stands and take shelter.

Games will not be allowed to continue until an all clear signal is sounded, indicated by a series of three short blasts from the horn.

Staff reserves the right to stop play and clear fields due to weather conditions even if the Thor Guard Lightning Prediction System has not sounded.

- If during a game, weather conditions force a stoppage of play (with the exception of lightning and/or thunder) before the game is considered official, a fifteen (15) minute delay shall be in effect. If after fifteen (15) minutes, conditions have not improved so as to continue the game, the game shall be called off and rescheduled for a later date.
- In the event that weather conditions force a second stoppage of play before the game is considered official, the matches shall be called off and rescheduled for a later date.
- Should two matches be called off in a given evening because of lightning, thunder, and/or weather related issues, the remainder of the evening's games shall also be called off and rescheduled at a later date.
- Rainouts will be rescheduled following the regular season and as late-season doubleheaders (schedule permitting).
- **Teams will be given at least two weeks advance notice (up to the 4th match of the season) for all make-up games.**
 - ◇ **After week 4, teams will be given at least one week notice for all make-up games.**
- Should the tornado siren sound all players must evacuate the fields immediately, all games will be called off at that time. Players have the option to take shelter in the HUB until the storm has cleared.
- If the heat index is in excess of 115 degrees at game time, games will be canceled until the heat index is less than 115 degrees.

All participants should wear a face covering that fully covers their nose and mouth and fits snugly against the sides of the face with no gaps, including during training, competition, or other active exercise, whether indoors or outdoors, unless

- ◇ a. a medical condition prohibits the participant from wearing a face covering, or
- ◇ b. wearing a face covering poses an injury risk, such as in the following cases

1. Whenever possible, sports organizers should avoid ancillary and non-sports-related contacts between participants (e.g., team meetings, study sessions, carpooling, pre- or post-game meals, etc.) to limit opportunities for exposure and transmission.

2. When possible, sports organizers should separate teams into smaller cohorts or "pods" to facilitate appropriate distancing during sports activities and minimize within-team contacts. Avoid mixing between pods as much as possible.

3. All participants, attendees, and other individuals involved with sports activities should refrain from shouting, singing, or chanting.

4. All attendees should refrain from spitting or blowing of the nose without the use of a tissue.

5. All attendees should refrain from handshakes, high fives, fist bumps, hugs, "go-team" hand raises, etc.

6. Participants should wash hands with soap and water or use hand sanitizer before participating and, when practical, during gameplay (e.g., between quarters, at time outs, when returning to the bench).

7. Participants should bring their own source of water and refrain from using any communal sources of hydration (e.g., team water or sports drink jug).

8. Participants should use their own equipment (e.g., helmet, bat, gloves) as much as practical and should not share athletic towels, clothing, or shoes.

9. Participants should place personal belongings at least 6 feet away from others' personal belongings.

GENERAL INFORMATION

- ◆ If you have any questions regarding the league, please contact Andre Cobbs, Program Manager at 630-993-8980 or email Leaguecoordinator@epd.org
- ◆ Local ordinances prohibit any alcoholic beverages on Park District or school property. Players and captains are subject to match suspensions and/or team forfeitures. Teams will be held responsible for fans.
- ◆ For safety reasons spectators children must be supervised at all times.
 - ◇ **Unsupervised children and their guardian will be asked to leave the Park District facility/ grounds.**
 - ◇ Participants are not allowed to play and supervise children at the same time.
- ◆ Teams are reminded that the Elmhurst Park District does not carry medical insurance covering injuries incurred while participating in the Elmhurst Park District Co-Rec Sand Volleyball League.
- ◆ League information, including schedules and standings, will be available at www.teamsideline.com/Elmhurst
- ◆ The Elmhurst Park District reserves the right to modify any and all rules, regulations, and procedures as necessary.

