

CO-ED WINTER VOLLEYBALL LEAGUE

2023-2024 Program Information

Registration: November 13 - December 15

Season: January 8 - March 17 (8 weeks on Sunday afternoons plus one single elimination tournament on Sunday, March 17 for the top 4 seeds) (no games on Super Bowl Sunday (2/11) or 2/25 due to John Welsh Tournament)

Fees: \$200.00 total per team

Teams & Participants: Co-Ed volleyball is limited to the first 8 teams to sign up and each team is limited to no more than 14 players (including team captains/representatives)

Registration: Players can either sign up as part of a team (minimum 6 players), or can sign up individually and will be assigned to a team for \$25

TOTAL TEAM FEES MUST BE PAID BEFORE SCHEDULES WILL BE MADE. TEAMS **WILL NOT BE** PERMITTED TO PLAY UNTIL ALL FEES ARE PAID IN FULL.

Rosters: Must contain the names of 2 team reps and their 9-5 phone numbers or a number where a message can be left during those hours. All players must be listed on a roster to be eligible to play. Ineligible players may result in the forfeiture of a match. **ONLY** team reps are to make roster changes. Final changes to roster must be done by Wednesday, January 10.

Times: 1:00pm, 2:00pm, 3:00pm, 4:00pm (if 8 teams)

Schedules: Schedules can be emailed to team reps and can also be picked up if all team fees have been paid

Practices: Practices will be held on Tuesday & Thursday evenings. You may reserve a 1-hour time slot between the hours of 4:00pm-8:00pm on ONE of these days. Your time slot will be reserved for the entire season. Visit the desk to reserve a time slot, or call (217) 732-8770.

Sports Center Fees: The daily fee for the Sports Center will be waived on game days for those who are participating in the Co-Ed league. Fees will also be waived on Sundays or Thursdays for practice.

Tourney Schedule: The top 4 teams at the end of the regular season (as decided by the best records and tie breakers if necessary) will play in Week 9 in a single elimination tournament. The tournament will have the same rules as the regular season.

Lincoln Park District Volleyball Rules

USA volleyball rules govern play with the following as supplementary rules.

1. No blocking serves
2. If less than 4 members from one team are not present as of game time, that team will be forced to forfeit.
3. Player lineup should be **three men and three women positioned man/woman etc. Acceptable combinations are 3w3m, 3w2m, 3w1m, 4w2m, 5w1m, 4w1m, 2w2m.** Teams with only 4 players present will play 2 front and 2 back.
4. Shoes and shirts must always be worn.
5. Must be 16 years or older to play.
6. Roster changes must be completed by the team captain or representative no later than Wednesday, 1/12
7. A 60-minute time limit is in effect for all matches. If the third set begins with less than 10 minutes left in the 60-minute time frame, then that set will be played to 15, win by two.
8. 1 timeout/team is allowed per game
9. Balls that hit the ceiling/lights and come down on the same side of the net is in play. If the ball hits the backboard/girders/pipes, it is a dead ball. A side out/point is awarded. Balls hitting the center division netting/green tarp before or after player contacts the ball results in a side out/point.
10. Catches, slaps, throws are called. No hitting the ball underhanded with hands separated. If you need clarification, ask your official prior to the match.
11. The ball must always be rolled to the other team during play. If a team does not, they will be given a total of 2 warnings. Upon the third warning, 1 point is deducted.
12. The schedule is strictly adhered to. No switching.
13. Rally scoring will be in effect. Play will be to 25 during all sets and each set must be won by 2. All three sets will be played regardless if one team won the first 2 sets (unless the time limit is about to expire – see Rule 7). Let serve is allowed.
14. Teams who have tied records at the end of the season will be decided by:
 - a. Head to head record (if between two teams)
 - b. Overall game record
 - c. Point differential between tied teams in head to head competition (between tied teams)

DISCIPLINARY ACTION

Profanity and vulgar language will not be tolerated. Players not abiding by this rule receive one warning from the official. The second violation results in the team forfeiting the match and the offender being suspended from play for two matches.

After two suspensions, the offender is banned from the Lincoln Park District for thirty days. After returning, if another incident occurs, the offender is out for a period determined by the administration.

An official can inform a team representative that they need to have their players conduct themselves in a more sportsmanlike manner.

NOTE: When bringing children to games, we strongly encourage you to have an extra person to monitor their behavior. Please do not let them play in the way of others walking the perimeter of the Sports Center. You are responsible for them. Thank you for your cooperation.

Lincoln Park District Roster

Activity/Sport: _____ Division/League: _____

Team Name: _____ Sponsor: _____

Coaches/Team Representatives

Name

Phone

Email

1. _____

2. _____

Roster List

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

***Please have every team member sign the waiver on the back of this page**

For Office Use Only:

Winter League: Amount Pd. _____ CC/Cash/Check # _____ Date _____ Initials _____

Lincoln Park District Waiver

WAIVER/RELEASE OF CLAIMS

This waiver MUST be signed by each team member to be valid. There is no insurance provided. As a participant, I recognize and acknowledge the risks of physical injury. I agree to assume full risk of any injury, damage, or loss which I may sustain as a result of participating in any and all activities connected with such programs. I agree to waive and relinquish all claims I may have against Lincoln Park District and its officers, agents, servants, and employees as a result of participating in the program. I do hereby fully release and discharge Lincoln Park District and its officers, agents, servants, and employees, from any and all claims from injuries, damages, or loss which I may have, or which may accrue to me on account of my participation in the program. I further agree to indemnify and hold harmless and defend Lincoln Park District and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages, and losses sustained by me arising out of, connected with, or in any way associated with the activities of the program. I have read and fully understand the above details and waiver of liability.

Name

Signature

Date

1. _____
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