

Bloomington Parks & Recreation

Co-Ed Volleyball League Rules

Revised: January 2026

ROSTERS

- 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.
- 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 competitive level players may play on any recreational level team. No more than two (2) competitive level players may play on any intermediate level team.
- Players must be 16 years of age and older.
- If the team manager knows that they will be short players and forced to forfeit their match, please make an attempt to notify the Athletics Program Manager at least several hours before the scheduled match. If a team is forced to forfeit more than 2 matches, they may be removed from the league.

GAME

- For Co-ed leagues, 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.
- Matches are not officiated and will rely on the teams to make their own calls. There will be a Parks & Recreation employee acting as Volleyball Site Supervisor on site. Teams will be responsible for keeping score and recording score in the provided scoresheets.
- Upon completion of each game, one representative should write the game score on the scoresheet in the available volleyball binder. It is suggested that each team check the recording of the game/match score before departure, so that there are no future discrepancies.
 - Weekly standings will be kept, updated, and posted based on what is recorded on the scoresheet.
- Rally scoring will apply to all games. A match will consist of the best 2 out of 3 games.
 - **Games 1 and 2 will be played to 25 (must win by 2)**
 - **Game 3 (if necessary) is played to 25 (must win by 2)**
 - **If the winner is already determined after 2 sets, teams can elect to stay and play a “for-fun” set #3. However, teams should only play to 15 so that the next scheduled match can start on time and/or staff can get the gym cleaned and closed at an appropriate time.**
- 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).
- 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.

- 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;
- 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.
- Matches are scheduled to start every 60 minutes. If a match ends in two sets, teams may choose to keep the court and play around, but must vacate the court before the scheduled start time of the next match. Matches that go to 3 games will not have this time constraint. *Please arrive in time to be prepared to start your match at the time listed on the schedule!*

LEAGUE

- 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.
 - If league utilized divisions, there may be additional tiebreakers used within the division.
 - Not all teams will necessarily make the end of season, single-elimination playoffs. Please review your league schedule to determine.
- Weather related or school sanctioned cancellations are not guaranteed to be made up. We will try our best to make up any cancelled games, but court availability is limited.
- In case of inclement weather, check our Bloomington Parks & Recreation Facebook page for announcements. We will also send out an email if able, notifying teams of a cancellation. Cancellations are not guaranteed to be made up.
- No matter the league, we're all in this to have 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.
- Matches are played at: Pepper Ridge Elementary School - 2602 Danbury Drive
 - Court 1 upon entrance of gym
 - Court 2 behind gym divider, nearest stage

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.