

**Holmen Park and Recreation  
WINTER 2024-2025 CO-REC VOLLEYBALL RULES**

**Rules/Format**

Rules established by the National Federation of State High School Associations (NFSHSA) and adaptations adopted by the Wisconsin Interscholastic Athletic Association (WIAA) apply in conjunction with the following modifications:

- 1) **TEAM ROSTERS/FEEES**
  - a) Roster limit/team: 12 (10 players are eligible to win shirts). Deadline date for changes/additions: **Wednesday, January 2, 2025**
  - b) **League Fee: \$100 per team.** NO ADDITIONAL PLAYER FEES.
  - c) Team rosters are due before the first scheduled game (November 6, 2024– 1<sup>st</sup> League night).
- 2) **PLAYERS - PARTICIPATION:**
  - a) **USE OF PLAYERS FROM OTHER TEAMS OR NON-ROSTER PLAYERS, WILL RESULT IN FORFEIT OF EACH GAME THE NON-ROSTER PLAYER PLAYED. Not up to opposing team to allow or not allow as it affects other teams also, automatic loss.**
  - b) **A person can only play on ONE TEAM or be on ONE ROSTER for a given league night. CANNOT PLAY IN MULTIPLE DIVISIONS.**
  - c) Teams will consist of six players (3 women/3 men).
  - d) Teams may start with as few as four players (minimum 2 women/1 man).
  - e) If a team is reduced to less than four players at any time during the contest, a default/forfeit will result.
  - f) **NOTE CHANGE: GHOST RULE IS IN EFFECT:** Ghost rule applies only when a team is playing short a female player.
    - (1) Two penalties apply when playing with a ghost:
      - (a) The team forfeits the serve and a side/out point when it is the Ghost's turn to serve.
      - (b) The team must play with only two designated front row players when the Ghost is rotated to the front row.
  - g) **Minimums: All co-rec teams must have 1 male and 2 female players in the contest at all times. Maximum of 3 men on the court.**
  - h) In case of forfeit, a practice game may be played utilizing existing players during that time period.
  - i) Forfeit Rule – **A five-minute grace period will be allowed before a forfeit is declared.** A team will forfeit the second game after ten minutes, the third game after fifteen minutes. **Example:** 7:05 p.m. 1<sup>st</sup> forfeit, 7:10 p.m. 2<sup>nd</sup> forfeit, 7:15 p.m. 3<sup>rd</sup> forfeit
  - j) Please contact the opposing team's manager and the Park & Recreation Dept. if there is knowledge of a forfeit ahead of time.
- 3) **NET HEIGHT**
  - a) The net height will be set midway between the official men's height and the official women's height (7' 7").
- 4) **GAME RULES**
  - a) **"Net Serves" are now legal. WIAA RULE**
  - b) **No Minimum Hit Rule** – "A" "B" & "C" leagues - no minimum female hit rule.
  - c) The ball must be served from behind the designated back line.
  - d) Both underhand and overhand serves are permitted.
  - e) Player Rotation will occur in a clockwise fashion.
  - f) Player serving must "call-out" game score before actual service.
  - g) **CANNOT BLOCK A SERVE.**
  - h) **PLAYERS MAY NOT GO BEYOND THE CENTERLINE (WIAA CENTERLINE RULES, part of the foot can be over the line, but the foot cannot be completely beyond the line) OR MAKE CONTACT WITH THE NET (Exception – on "completed attack" you can go over net).**
  - i) A returned ball may not be "lifted". Bumps/closed hands are required on balls waist height and down. One-handed saves are permitted, except those considered "slaps" - hand should be closed –**FOOT DIGS ARE ALLOWED.**
  - j) The back line can spike the ball provided they start from outside the attack zone. The attack zone is from the net to 10ft behind the net.
  - k) A block does not count in the three hits.
  - l) Redirecting of the ball is not allowed.
  - m) The curtain above the court in Gym B is part of the west side of the court and will be played as part of that side of the court.
  - n) A person can block the ball and immediately hit the ball again. A player can only block a ball moving toward the net and breaking the plane of the net. A set cannot be blocked. (Definition of a block: A play approximately arm's length from the net in which a player(s), whose hand(s) is raised above the head, contacts the ball near the top of the net in an attempt to:
    - i) Prevent the ball from crossing the net, including a served ball
    - ii) Return the ball immediately
    - iii) Deflect the motion of the ball
- 5) **TIME/GAMES ~ SEE CHANGES BELOW**
  - a) **ALL TEAMS will use the Rally scoring system.**
    - i) Rally Scoring: There will be 3 games per match, **ALL 3 games are played rally to 25 points, win by 1.** Game; with a 55-minute time limit on the (continuous run) match. Time limit will not be called, unless gym time is restricted and provided that teams start games on time.
  - b) Each team is allowed 3 thirty-second time-outs per match.
  - c) **GAME/MATCH SCORING MAY BE ALTERED IF NEEDED: DETERMINED BY LEAGUE/TOURNAMENT FORMAT AND TIME RESTRICTIONS. (SEE FINAL SCHEDULE)**
- 6) **CEILING RULE**
  - a) **The ball will remain "live" as long as it stays within your team's side of the net, with hits remaining. Otherwise, ball is dead, appropriate service/point awarded. Balls that get stuck in the ceiling, will be replayed, as long as it stays within your team's side of the net, with hits remaining**
  - b) **Cable Rule: In Gym A at HMS, if a ball strikes the metal cable on the west court along the wall at any time a let point will be declared immediately and the point will be replayed.**
- 7) **OFFICIATING**
  - a) Teams will officiate and score their own games. No protests will be allowed! Please work out disagreements mutually. **WHEN NO DECISIONS CAN BE MADE ON A CALL REPLAY IT!** The Supervisor is there to make sure rules are followed, not make judgment calls.
- 8) **STARTING THE GAME:**
  - a) Coin flip determines initial service rights or choice of sides.
  - b) Losing teams start service thereafter. "Team that lost the previous game always serves first for the following game."
  - c) Teams will rotate sides after each game.
- 9) **SUPERVISION OF YOUTH** – If you bring your children/child to the play site, please supervise (or have someone along to supervise) their actions. It is not the job of the site supervisor to monitor youth activity. For your sake and the safety of others, **PLEASE COOPERATE IN THIS MATTER!** This has been a complaint from school officials in the past; failure to do so may result in loss of the facility.
- 10) **WINNING COACHES/MANAGERS SHOULD** complete game result sheet and verify the correct scores by signing the sheet.
- 11) **NO** alcoholic beverages or smoking allowed! Games are held on school property. Any violation results in immediate removal of ENTIRE TEAM FROM LEAGUE, if possession or origin cannot be determined league may be cancelled and no refunds given.
- 12) Please pick up your garbage afterwards.