

2025 – 2025 Adult Co-Ed Volleyball Rules

1. Play by basic I.H.S.A. rules, including rally scoring. Play best of three (3). Each game will go to 25 points, and you must win by two (2).
 - a. Net height is 7ft. 8in.
 - b. Call your own net violations or opposing team will call it on you.
 - c. No blocking serves.
 - d. If there is more than one hit on a side, a woman must hit the ball before it passes over the net.
 - e. If a ball hits any of the rims or backboards it is a dead ball, and the other team is awarded the point.
2. The co-ed volleyball team should consist of six players in a game at a time. A minimum of two (2) women and men; and a maximum of three (3) men and women. Four (4) women and two (2) Men, and two (2) women and three (3) men are all acceptable. Four (4) men and two (2) Women are NOT acceptable.
 - a. No High School kids allowed. NO EXCEPTIONS!
 - b. At start of a game, three (3) male spots in rotation and three (3) female spots, a female can sub in and occupy a male spot in the rotation (legal), but a male cannot sub into a female spot in rotation(illegal) (Even if a female occupies a male spot, because that would make four (4) male spots which is four (4) males and two (2) females which is not legal.)
 - i. Ex: At the start of the game, the three (3) male and three (3) female spots are established. A female can sub into a male spot (like to play the backrow), then sub back out for the male to play the front row. BUT a male cannot sub into an established female spot, even if the ratio of males to females remains the same.
3. A forfeit of contest will result from having fewer than four (4) players and/or not having two (2) women and two (2) men playing at the same time. If a team has less than four (4) players, they can pick up a maximum of 2 subs to meet the 4-player requirement. You cannot pick up more than one (1) man and one (1) woman to sub. If you need more than two (2) subs, then your team will take a forfeit. If you've picked up a sub and your teammate(s) shows up, they must take the place of the sub.
 - a. A sub can only play on one (1) team per night. Players not declared on a roster by December 29th are not eligible for post season play.
 - b. If a player is full time on a team, they cannot sub on another team no matter what (even if their team is on a bye week).
 - c. Players must play in at least half of the games for a team to be eligible to play for that team in the post season.
4. If a team forfeits two (2) games during the season and has failed to notify the opposing team captain both times, they will be subject to removal from the league the following year. Final decision rests with the Effingham Park District Administrative Office.

5. Teams will be allowed a maximum of 10 minutes to warm up and should try to start as close to the scheduled time as possible. Time between games should be kept to a minimum, no games will be allowed to start after 10PM.
6. Children are not to be left unattended. Any children in the stands must be accompanied by an adult that is not playing and kept off the playing floor. Children are not permitted to play in the hallway or with balls during game play.
7. The Building Supervisor on duty has authority over the facility, including removal for unsportsmanlike conduct and failure to follow the facility rule.

Effingham Park District Contact Information

Main Office: 217.342.4415

Office Manager - Sara Mette: 630.329.7240 | office@effinghampd.org

Athletic Supervisor - Josie Zerrusen: 217.690.9359 | jzerrusen@effinghampd.org

