



2022
Pelican Park
Co-Rec
Recreational
Volleyball
Just for Fun

LEAGUE PHILOSOPHY

The purpose of the Co-Rec Recreational Volleyball (JFF) League is fun, socialization, and exercise. Please keep these goals in mind at all times.

- Please direct any questions or concerns to Brennan Kuss or Bobby McKinney.
 - Brennan Kuss 985-626-7997 brennankuss@pelicanpark.com
 - Bobby McKinney 985-626-7997 bobbymckinney@pelicanpark.com

LEAGUE ELIGIBILITY

- All players must be 18 years or older.
- All players must have ID at all times for age verification and roster verification.
- All players must be fully registered through RecDesk before playing.

LEAGUE RULES & REGULATIONS

- Although typical sets are to 25 points, the JFF league will play for 1 hour.
- Teams may format sets and matches as they wish as long as both teams agree.
- There must be four (4) to six (6) players on a side.
 - **EACH TEAM MUST HAVE AT LEAST ONE WOMAN PLAYING ON THE COURT AT ALL TIMES.**

Equipment Specifications

- **Net height is 7' 11".**
- **The volleyball used is Molten L2.**

Game Play Specifications - Serving

- The server must serve from behind the end line until after contact.
- The ball must be served underhand by both men and women.
- The ball must be clearly visible to opponents before serve.
- First game serve is decided by the captain's choice (e.g., coin toss or agreement).
- If the ball hits the net on a serve, the ball is live and can be played.

Game Play Specifications – Rotation & Substitution

- Teams will rotate in a clockwise direction each time they win the serve.
- Players leaving the game for any reason may re-enter at any time.
- Substitutions should be made male for male and female for female.

Game Play Specifications – Volleying

- Maximum of three (3) hits per side.
- A player may not hit the ball twice in succession (a block is NOT considered a hit).
- The ball may be played off the net at any time.
- A ball that lands on a boundary line is in.

Game Play Specifications – Volleying (continued)

- A legal hit is contact with the ball by any part of player's body which does not allow the ball to visibly come to a rest.
 - In the CO-REC JFF league, lifts and throws are typically not called.
- If two (2) or more players contact the ball simultaneously, it is considered one hit, and any player (including those players) may make the next hit.
- Players cannot jump to spike, attack, or block the ball.

Game Play Specifications – Basic Violations

- Stepping on or over the line on a serve.
- Touching the net with any part of the body while the ball is in play.
 - If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul shall be called and the ball shall continue in play.
- Reaching under the net (if it interferes with the ball or opposing player).
 - Only hands or feet can reach under the net, and no part of the body can reach fully across the center line.
- Failing to serve in the correct order.

Team Roster Specifications

- Any male or female adult over the age of 18 may participate in this league.
- Players must be fully registered to participate in the league.
 - Fees paid
 - Liability Forms completed
- Players may be on a maximum of 2 team rosters.
 - Players playing with more than one team must register separately for each team.
- Team uniforms are not required.
- In the event of an injury, teams may finish a game with less than the number of players that they started with.

General Expectations

- While this is an Adult League, games are often played at the same time and location as our Youth Sports. We expect all players and spectators to be aware of and respectful of the park and its patrons.
- Uniforms are not required.
- No scorekeepers or officials provided. No win/loss records will be kept.
- **NO ALCOHOLIC BEVERAGES ARE ALLOWED IN THE PARK! This means no drinking in the gym, stands, or parking lot. NO TAILGATE PARTIES!!!**
- All disputes and rule interpretations should be resolved by the team captains