

New Berlin Recreation Department

Volleyball Rules – 2026



Rule 1 – League Purpose

The purpose of the New Berlin Recreation Department Adult Volleyball League is to provide desirable physical activity and to foster ideals of good sportsmanship through wholesome recreation sports competition and participation.

It is the intent of the Recreation Department to retain teams in the sponsored adult sports league program on a fair and equitable basis and to include new teams in an orderly manner. The policies and regulations governing this program and their administration will be the responsibility of the Recreation Department as approved by the New Berlin Recreation Commission.

Rule 2 – Players and Fees

1. All volleyball teams should have all team fees paid on or before February 13, 2026. Entry fee is non-refundable. League play is planned to begin the week of March 2.
2. Teams must have a minimum of 6 players and no more than 12 players on their roster.
3. Teams are welcome to complete their registrations and payments in-person at the Recreation Department or submit their team fees online.
4. All players must be at least 18 years of age to participate in any Leagues.
 - a. Co-Ed Teams must consist of at least 3 women and 3 men on the roster.
5. Managers of returning teams will be considered to have possession of the registration slot, however in cases when the team sponsor and team manager both desire possession of the team registration slot, the following policy will apply:
 - a. The sponsor or manager registering the most returning players from the previous year's same team will take possession of the team registration slot. In case both the manager and the sponsor have an equal amount of returning players, the manager will take possession of the team registration slot.
 - b. If a manager is new, the new manager will obtain the right to the registration slot instead of the sponsor, provided there are a majority of the previous year's players registering with the new manager. In case of a tie, the new manager will obtain the registration slot.
6. Individual players seeking to leave a current team manager will be considered a new team.
7. Teams may add players to their team during the roster adjustment period.
 - a. Women's Division - March 2, 2026, through May 4, 2026
 - b. Co-Rec Division – March 4, 2026, through April 29, 2026
8. Player fees have been withdrawn from the volleyball leagues as of fall 2024 and instead added into the team registration fee.

9. No accident insurance will be provided for teams and players in this program. Players should have adequate personal health and accident coverage before participating in this league.
10. Players may register on more than one team, if they do not register for two teams in the same league.
11. Once the season begins, players are not allowed to transfer to another team.
12. The regular season will consist of 7 weeks, and the playoffs will be 2 weeks. All teams will make the playoffs based off regular season seeding.

Rule 3 – Game Cancellation and Inclement Weather

1. The New Berlin Recreation Department Information Line **262-754-1700** is in service to provide match cancellation notices as efficiently as possible. This hotline will be updated for postponements no later than 4:30 PM on match days.
2. Additionally, the City of New Berlin web site publishes cancellation information at: <http://www.newberlin.org/475/Program-Status> and on the Rec. Dept. Facebook page.
3. Postponed matches may be rescheduled by the Volleyball Coordinator in accordance with available facilities. The Department reserves the right to not reschedule matches that have no bearing on 1st place. There is no guarantee that all 7 regular season matches will be played due to weather constraints.
4. Cancellations may be made up by rescheduling matches as doubleheaders or extending the season if there are enough dates available.
5. No refunds of any fees if your team has not played all of its matches.
6. Should a match be cancelled, managers are responsible for checking the website for the makeup dates. If for any reason a team does not report for a scheduled match, that team will forfeit the match.
7. If a match has been suspended due to inclement weather, the Referee will mark on the sign in sheet how many minutes have been played up until the match was suspended/delayed. If the match resumes, the time the match resumed will also be noted.
8. In case of inclement weather that causes the emergency sirens to be blown in New Berlin, all matches will be automatically stopped immediately. Participants will be requested to seek shelter. The sirens are only utilized for a tornado warning, which means that a tornado has been spotted in the Waukesha County area. Tornado watches are not included in the sirens.

Rule 4 – Forfeits

1. **A (15) minute grace period will be granted before a game is forfeited.** After (8) minutes the 1st Set will be scored 25-0 and after an additional (7) minutes the 2nd & 3rd Set will be scored 25-0. Failure to field a team of at least (4) certified/registered players by this time would result in a forfeit.
 - a. Co-Ed teams must have (2) women and (2) men.
2. A team that forfeits a match due to failure to provide required numbers of players must pay a forfeit fee to New Berlin Recreation Office before the team's next scheduled

match. Teams who notify the Recreation Specialist 24 hours prior to the forfeited match will pay \$15. No showing a match or notice less than 24 hours will result in a \$25 fee. Failure to pay the fee before a team's next scheduled match will result in forfeiture of said match. Fees can be paid in-person, via mailed check, or online.

3. Multiple forfeits:
 - a. A second team forfeit will return the team to new team status for the next season. Team must pay another forfeit fee.
 - b. A third forfeit may result in immediate expulsion from the league and possible disqualification from further participation in this league program.

Rule 5 – Protests

Protests on a referee's judgment of play will not be accepted. Protests on interpretation of or violation of rules must be made at the time of the incident by notifying the Referee and the Volleyball Coordinator. A written protest must be received by The Recreation Office, accompanied by a protest fee of \$25.00 within 2 working days of the protest. This fee is not refundable, unless it is upheld. Protests will be ruled on by the Recreation Specialist and Volleyball Coordinator.

Rule 6 – Conduct and Discipline

1. Participating in this league is a privilege that may be denied or suspended for just cause.
2. Good sportsmanship and proper discipline are a must in this league. Any player removed from a match for unsportsmanlike conduct will be subject to suspension or dismissal from League play. **Excessive amounts of swearing or other profanity WILL NOT BE TOLERATED**, and repeated violations of this may result in ejections/suspensions/forfeitures.
3. Verbal abuse from players or team fans towards any referee or recreation or facility employee will result in an ejection from the match/facility with the possibility of a match forfeiture.
4. Any player repeatedly arguing calls by our referee will be ejected from the match.
5. Any physical contact with any player or team fan will result in immediate ejection from facility area and may result in permanent expulsion from the league. A Team Manager meeting with the Recreation Specialist will determine this punishment and a \$50 fine will be assessed to any team involved in physical contact with others.
6. Any player ejected from a match may be required to meet with the Recreation Specialist before resuming play. This player will also be suspended for a minimum of one additional match.

Rule 7 –Equipment and Team Uniforms

1. Volleyballs will be provided by the Recreation Department during league matches.
2. The score will be kept by Referee and recorded at the end of each set on Sign-In Sheet.
3. Uniforms are optional.
4. No jewelry shall be worn that, in the discretion of the referee, may result in injury to any player on the court.

5. The Recreation Department cannot be responsible for lost or stolen articles. Check with the front desk for lost and found items.

Rule 8 – The Game

Any rule that's not specifically discussed in this document will be in accordance with the WIAA Volleyball Rules. Please note that very few modifications have been made by the New Berlin Recreation Department.

1. Coin Toss
 - a. The coin toss winner may elect to serve, receive, or the side of the court to play on.
 - b. The team not serving first in the match shall serve first in the second game.
 - c. A new coin toss is performed before the third game, if necessary.
2. Time Outs
 - a. Each team is allotted 2 timeouts per game, each 30 seconds in length. Teams will be given a third timeout if the score becomes tied at 25-25.
3. Positioning
 - a. The team that receives the ball first in the game shall rotate once before serving.
 - b. Players may interchange positions to pass or block only after the serve.
 - c. A back line player may spike if he/she jumps from behind the 10-foot line.
4. Service
 - a. The server has 5 seconds to serve once beckoned by the referee, or the team loses the serve.
 - b. After the ball is tossed for service, it MUST fall to the floor untouched to get a second attempt.
 - c. Each serve must be put into play by hitting the ball underhand or overhand over the net into the opponent's court by a player in the serving side. The player serving must not step on or over the end line until after the ball is contacted on the serve. (Foot Fault: Penalty – side out).
 - d. Players must stay in serving order. Players may switch positions after service provided, they return to their original positions after each point.
 - e. A served ball that touches the net but goes over the net is considered in play and LEGAL.
 - f. Blocking or attacking a served ball is ILLEGAL and WILL NOT BE ALLOWED.
5. Playing the ball
 - a. Each team is allowed a maximum of three successive hits of the ball to return the ball to the opponent's area. Blocks do not count as a hit.
 - b. All passes must be clearly hit, not thrown, lifted, or change of direction allowed by a double hit.
 - c. No player may reach over or touch the net, or step over the centerline (a player's foot may land on the centerline provided it is not entirely over the line). Also, while playing the ball in their court, a player is allowed to reach under the net but must not touch the floor over the centerline.
 - d. Successive contacts may be made only after blocking a spike attempt.

- e. Opponents simultaneously hitting the ball directly over the net may play the ball again if it falls into their court.
- 6. LEGAL HIT: A contact of the ball to be legal must be made with any part of the body. The ball may be played below the waist. A legal hit must be a "clean" hit. The ball may not be carried on the follow through.
- 7. ILLEGAL HITS: An illegal hit is: 1) slapping the ball, 2) bumping the ball with two separated hands (hand must be together), 3) carrying the ball, 4) palming the ball, 5) directing the ball.
- 8. Net Plays:
 - a. A spiker may have their hand(s) or arm(s) follow through over the net as long as the ball is contacted on their own side of the net.
 - b. Players may reach over the net and block the ball, provided the opposing team has completed their attempt to return the ball over the net.
 - c. The ball is considered to have crossed the net when any part of the ball is extended over the net.
 - d. Back row players MAY NOT BLOCK OR PARTICIPATE IN A BLOCK but may play the ball in any other position near or away from the block.
 - e. If any player makes contact with the cables or ropes outside of the net, the point will be stopped and awarded to the other team.
 - f. Any player participating in a block shall have the right to make the next contact, with such contact counting as the first of the team's three hits.
 - g. If any player makes contact with the Net Supports, the point will be stopped and awarded to the other team. However, if a player's hair touches the net during a rally, this will not be considered a foul.
- 9. Blocking:
 - a. Blocking of the ball across the net above the opponent's playing area shall be legal provided one of the following situations occurs:
 - i. The opponent's team has made 3 hits and the ball has yet to break the plane of the net.
 - ii. The opponents have made an attacking play (referee's judgement), and your action will not interfere with their play.
 - o Attack hit: All actions which direct the ball towards the opponent, with the exception of service and block.
 - iii. The ball has been hit one or two times by the opponent's team and it is coming over the net without an opponent there able to make a play on it before it would have crossed the net, the blocker can block the ball. However, if the opponent could have made a play on the ball if the blocker didn't touch it, the block would be considered ILLEGAL.
 - iv. The ball has been hit one or two times by the opponent's team and it is not coming over the net, and the opponent will not be able to make a play on it, the blocker can reach over and block it. However, if the opponent could have made a play on the ball if the blocker didn't touch it, the block would be considered ILLEGAL.

10. Out of bounds

- a. Balls that touch the line are in.
- b. Balls that hit the ceiling (on receiving side), sound baffles, lights, basketball backboards, etc. are out of bounds. These points are not replayed. Note: If the returning team bumps the ball up into the sound baffles or lights the ball is still playable if it remains on their side. If the ball lands on the opposing team's side it is deemed out. If the ball hits the basketball goal the referee will judge whether a player could make a play on the ball. If the referee believes a player could have made a play it will be ruled as a replay, if not the ball is out.

11. Net Heights

- a. Men – 7' 11"
- b. Co-Rec – 7' 8"
- c. Women – 7' 4"

12. Substitutions – Substitutions are only allowed in the server's position. A substituted player must go through all the court positions before they can be substituted out. In the event of an injured player, the injured player can be replaced in any position.

13. CO-REC MODIFICATIONS

- a. Each team will consist of three males and three females. At no time will a team be allowed to play with four males or four females.
- b. If a ball is hit more than once, a member of both genders must touch the ball before going over the net.
- c. Players must alternate their position on the court in a male/female fashion.
- d. The height of the net will be 7' 8".

Rule 9 – Player Injuries

1. A player rendered unconscious shall not return to that match.
2. If a player has any open wounds or lesions in a match or practice, the match will be stopped, and that player must leave the field for treatment. They may not return until bleeding has stopped AND any bloody clothing is removed/replaced.
3. Any player who leaves because of an injury will not be allowed to return to the match.

Rule 10 – Awards

There will be no regular season awards, but individual awards will be presented to league champion teams. League champions will be determined by going undefeated in playoffs.