



CO-ED VOLLEYBALL LEAGUE - 2024
Power Plus Division - Wednesday Nights
Elementary School Gym

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|-------------------------|------------------|--------------|
| 1. Tow Pals | Tara Topel | 920-605-0112 |
| 2. I'd Hit That | Kelly Keller | 920-988-3829 |
| 3. We Hit That | Bryce Zimmermann | 920-728-6668 |
| 4. Tyranena Lost Adults | Rob Larson | 920-723-2739 |

ES School	Jan. 10	Jan. 17	Jan. 24	Jan. 31	Feb. 7
ES Ct 2 - 6:15	1-2	2-4	1-4	3-4	1-3
ES Ct 2 - 7:15	3-4	1-3	2-3	1-2	2-4
ES School	Feb. 14	Feb. 21	Feb. 28	Mar. 6	Mar. 13
ES Ct 2 - 6:15	2-3	1-2	2-4	1-4	3-4
ES Ct 2 - 7:15	1-4	3-4	1-3	2-3	1-2
ES School	Mar. 20	Mar. 27			
ES Ct 2 - 6:15	1-3	1-4			
ES Ct 2 - 7:15	2-4	2-3			

B POWER PLUS DIVISION RULES

1. 60 - Minute time limit, rally score to 25 win by 2, let serve.
2. There are refs, each team must respect the ref's calls.
3. No grace period to field a team. 10 minutes from start of game, then second game will be a forfeit. 20 minutes from start of game and the third game will be a forfeit.
4. In the third game, you must score a minimum of 5 points with a 2-point margin to win the game.
5. Minimum of 2 players and maximum of 6 players on the court.
6. No more than one additional player of the opposite sex may be on the floor at one time unless approved by the opposing team before the start of the game.
7. Co-ed rules apply; 2 or 3 females may hit the ball over the net. If a ball is hit more than once and a male hits it, it must be hit by a female to be legal.
8. Spiking by men will be allowed.
9. When serving: You may have 1 re-toss, per rotation.
10. You may bump or set the serve. Foot digs/kick and contact with any body part is allowed as long as there is no prolonged contact. A double hit is allowed on the first contact or spiked ball as long as there is no prolonged contact.
11. There will be no blocking the ball on the serve.
12. In general, WIAA rules will govern all other plays.

Recreation Department Rules

1. Team fees:
 - a. \$165.00 for local teams
 - b. \$15.00 for out of district players limit of 2 per team.
2. Team fees must be paid by the first game or all games will be forfeited. Out of district fees must be paid as you add players.
3. Subs and out of district players may be added weekly if they are added to the roster.
4. A player may sub for another team.
5. Any person complaining about a call made by the official will receive a warning the first time and may be suspended from any more playing that night the second time.
6. Due to liability and safety reasons there will be no children allowed in the gym unless supervised by an adult or older student. No children allowed to play in the hallways.
7. Students in their junior year in High School may play in the Recreation League if they are not participating in High School sports at the same time. There is a limit of two students per team.
8. Schedules will be emailed to the Captain.

Any questions please contact: Recreation Department,
Jane Riedl @ 920-728-2176, jane.riedl@lakemills.k12.wi.us