



2026 Spring Volleyball REGISTRATION

CO-ED AND WOMEN'S LEAGUES



IMPORTANT DATES!

Early Bird Registration:

Ends March 1

Open Registration:

Ends March 15

Schedule:

March 20

League Play Begins:

March 24

REGISTRATION INFORMATION:

- Early Bird Registration will end March 1st. Team entry fee and roster must be received at the time of registration in order to receive the discounted rate.
- Open Registration will end March 15th.
- Required at the time of Registration:
 - Entry Fee (Non-Refundable once games begin) and Roster (phone numbers required).
- Registration will be conducted on a first come, first served basis.
- Registration will be conducted at the Sedalia Parks and Recreation Department office located at Heckart Community Center. Office hours are Monday – Friday 5:00am – 9:00pm Saturday 7:00am – 7:00pm and Sunday 10:00am – 7:00pm.
- **At this time, there is no scheduled Captain's Meeting. Any questions should be directed to Tanner McKee, tmckee@sedaliaparks.com or 660-826-4930.**

LEAGUES AND FEE INFORMATION:

- Listed below are the available leagues and fees for the 2026 Spring Volleyball Season. Leagues with fewer than four teams will be cancelled.
- Game times are most likely to be: 6:15, 7:00, 7:45, 8:30, PM. Games will be played in the Heckart Community Center Gymnasium.
- Leagues will run approximately 5 weeks.
- Spring League play begins Tuesday, March 24th.

LEAGUE	MAX # OF TEAMS	EARLY FEE	OPEN FEE	#GAMES
TUESDAY:				
Women's Recreation	TBD	\$120	\$135	15
TUESDAY:				
Women's Intermediate	TBD	\$120	\$135	15
THURSDAY:				
Co-Ed Recreation	TBD	\$120	\$135	15
THURSDAY:				
Co-Ed Intermediate	TBD	\$120	\$135	15

PAYMENT:

League fees must be made with one payment. If team members are paying their share of league fees to team captain by cash/check, the checks should be made out to the team captain. The team captain would make one payment to the City of Sedalia Parks & Recreation Department. Payment methods accepted are: check, cash, and credit/debit cards (Visa and MasterCard). The only exception is if the team captain and the team sponsor are splitting the cost of the league fee.

SCHEDULES:

Beginning Friday, March 20th, team schedules will be available on our website: www.sedaliaparks.com. Schedules will also be emailed to each team captain and can be picked up at the Parks and Recreation Office.

OFFICIALS:

There will be one official for each game. The official will also act as the scorekeeper.

Tie Breakers/Tournaments:

All leagues will play in a season ending tournament. The top 5 teams from each league will move on into the tournament. Tie Breakers will be decided in order: Head to Head, Point differential head to head, coin flip.

Rosters:

Roster additions and changes MUST be made by April 10th.

LEAGUE AWARDS:

Each league winner will be allowed credit to captain's account valuing \$60 or a gift certificate valued at that amount as well!

2026 Spring Volleyball Rules and Regulations

PLAYERS:

Each team may play with a maximum of 8 players and a minimum of 4 players in Recreation leagues. Each team may play with a maximum of 6 players and a minimum of 4 players in Intermediate leagues. In Co-Ed play, at least one male must be on the court and the number of males on the court cannot exceed the number of females on the court unless your team is playing with 4 players (i.e. 3 males and 1 female is permitted).

All players must be on their team's respective roster prior to the night of the game in order to play. Team Captains are responsible for notifying the Recreation Supervisor of any additions to their roster. The maximum amount of players you can have on your roster is 25 (that includes ALL additions to the roster such as those just prior to the start of a match). Failure to comply with this rule will result in forfeiture of the match.

Teams must have a minimum of 4 players on the court at game time in both Recreation and Intermediate leagues. Late players may enter a game in progress at any position when a change-of-serve occurs.

Recreation teams are allowed to have 1 Intermediate league player on their team (teams can have more than one on their roster, but only 1 of those players is allowed to play on a given night). Failure to comply with this rule will result in forfeiture of the match.

Players are only allowed to play on 1 team in each given league unless a team needs players to meet the **minimum** required (4) to play at the night of games. The team cannot add players from other teams after the minimum amount is reached (i.e. if a team has at least 4 members of their team present the team cannot add 2 more players in order to have 6). Teams may agree to disallow this rule which would allow one or both teams to pick up more players (up to the maximum number of players in each league). Failure to comply with this rule will result in forfeiture of the match. Officials who officiate matches have the final call on player availability.

A player may only play for one team during the league playoffs.

The minimum age to play in both Recreation and Intermediate leagues is 16.

SERVES:

Overhand serves allowed in Intermediate leagues and will be allowed in Recreation leagues. **Overhand serve in Recreation for no more than two consecutive serves. If both serves turn into points then an underhand serve must happen.** Blocking and/or attacking the serve are illegal in all leagues. A serve that hits the net and advances to the opponent's side is considered a legal serve in both Recreation and Intermediate leagues. During Recreation league play, teams will serve from the service area. During Intermediate league play, teams can serve from anywhere along the baseline.

LEGAL HITS:

In Co-Ed leagues, if more than one hit/pass is needed to return the ball a female must make one of the passes/hits. A legal hit can be made with any part of the body **(KICKING IS ILLEGAL)**

SPIKED BALL:

A spiked ball is defined as a ball that is forcibly hit from above the height of the net into the opponent's team area. Spiking is permitted in both Recreation and Intermediate leagues. Excessive and violent spiking is not allowed in Recreation Leagues. Throwing or tossing the ball is illegal in all leagues.

In Recreation play, both the player and team will be warned after the 1st excessive spiking offense. The 2nd excessive spiking offense and each offense thereafter will result in the point being awarded to the non-offending team. A player who repeatedly violates this rule is subject to ejection from the game at the referee's discretion and will be reported to the Recreation Supervisor for further ramifications.

CEILING HITS:

If a ball hits the ceiling it is considered in play as long as the ball does not land in the opponent's court. If a ball hits the ceiling on the third and final hit the rally is considered over and the non-offending team wins the point.

BLOCKING:

Blocking on the opponent's side of the net is considered legal as long as it does not interfere with the opponent's attempt to play the ball. In the Intermediate leagues, when only one male player is in the front row, one male back row player may be forward of the attack line for the purpose of blocking. The remaining male back row player must be behind the attack line at the time of contact of the ball by the blockers. In Recreation leagues, only front row players may block.

SERVING AREA:

During Recreation league play, teams will serve from the service area. During Intermediate league play, teams can serve from anywhere along the baseline.

SIMULTANEOUS CONTACT:

If two or more teammates touch the ball simultaneously, it is considered one contact, and any player may play the ball next if the simultaneous contact is not the third team contact.

SUCCESSIVE CONTACT:

A player may have successive contacts of the ball during blocking and during one continuous attempt to make the first team hit of a ball coming from the opponents, even if the ball is blocked, provided there is no finger action used during the effort and the ball is not held, thrown, or permitted to roll along any part of the body. A player contacting the ball more than once, with any part of the body, without an intervening contact by another player, will be considered as having made illegal contact with the ball.

GAME TIMES

Game time is forfeit time. If a team is unable to field a legal team at game time, the first game is forfeited. A 10 minute grace period will then be given prior to the start of the second game. If a team is unable to field a legal team after the allotted 10 minutes, the second game is forfeited. Another 10 minute grace period will be given prior to the start of the third game. If a team is unable to field a legal team after the allotted 10 minutes, the third game is forfeited.

FORFEITS:

1. Games 1-3: Forfeit game but the game is still played
2. Games 4-5: Forfeit game but the game is still played; lose playoff eligibility
3. Games 6+: Forfeit game but the game is still played; further punishment will be handled by the Sedalia Parks and Recreation Department

Please notify the Parks and Recreation Office in a reasonable amount of time if your team is unable to play on a given night.

SCORING/TIME LIMITS:

Rally scoring will be used in both Recreation and Intermediate Leagues. Scheduled time limits for each match will be about 45 minutes (see exceptions below).

Intermediate Games will be played to 25 (win by 2) with a cap of 30. The third game may be played to completion if the referee feels the game will not go significantly beyond the 45 minute time limit. The third game may be played to 15 if the referee feels the game will go significantly beyond the 45 minute limit.

Recreation Games will be played to 25 (win by 2) with a cap of 30. The third game may be played to completion if the referee feels the game will not go significantly beyond the 45 minute time limit.

TIME OUTS:

Each team is allowed one 30 second time out during each game. If an injury occurs, the length of stoppage time shall be at the discretion of the official.

UNSPORTSMANLIKE CONDUCT:

Only the team captain is allowed to address the referee. Only calls concerning rule clarification may be addressed by the captain. Judgment calls are not reason for question. The following acts of team members are subject to sanction by referee: (1) addressing official(s) concerning their decisions; (2) engaging in disruptive or distracting actions; (3) committing profane or vulgar acts. The volleyball official has the authority to issue a penalty for those committing those actions, such as being removed from the game or awarding a point to the opposing team.

APPAREL AND JEWELRY:

Players must refrain from wearing caps, jewelry, or other sharp objects. Team shirts are recommended but not required.

BLOOD:

If a player is bleeding or has any open wound, play will be stopped to allow the player a limited amount of time to address the wound. The length of time shall be at the discretion of the official.

CHILD SUPERVISION:

Each player is responsible for the supervision of his or her children. Children must stay on the stage when their parent or guardian is playing on the West court. Children must stay on the east side of Convention Hall when their parent or guardian is playing on the East court. The referee can stop and, if necessary, call games off at any point in time due to child interference.

PLAYOFFS:

Recreation leagues will have a tournament at the end of the season.

Intermediate leagues will have a tournament at the end of the season.

STANDINGS AND SCHEDULES:

Schedules, Standings, and weekly scores will be updated and posted on www.sedaliaparks.com each week. Standings will also be sent out weekly to each captain. If you would like to have copy please contact Tanner.

RECREATION CHAMPIONSHIP WINNERS:

If the winning team of the Rec league is the same team that won the past league then they will be bumped up to Intermediate level for one Season pending if they win at the Intermediate level.

