

# ADULT (18 <) WOMEN'S VOLLEYBALL—league rules

1. USA Volleyball rules will apply. High School rules on line under Net. (portion of foot or hand may have contact with some portion of the center line but can't wholly go over the line)
2. TIME OUT REQUEST: Request for time-outs may be made when the ball is out of play. Each team is allowed two (2)-30 second time-outs per set
3. JEWELRY, HATS, etc... Players shall not wear anything dangerous to themselves or other players, such as watches, rings, hats, earrings, casts, etc. Wrapping of casts is not acceptable.
4. SUBSTITUTIONS: Free substitution is allowed. However, if you are rotating in at a certain position, all players must rotate out...INCLUDING the setter at the same position (WE HAVE NO "GHOST" RULE).
5. FORFEITS: Game time. Games can be played with a minimum of three players. If a team does not have the minimum number to start on the court 15 minutes after the stated game time in Quickscores, then the team will forfeit the first set of the match. If the team is still not ready to play in 20 minutes after the scheduled start time the team will forfeit the match.
6. MATCHES will be played the best 2 out of 3 sets. The first two sets to 25 (cap at 27) points, using the rally scoring system. If a third set is needed it will be played using rally scoring to 15 (cap at 17). **The caps will apply to season sets and tournament sets except for the championship "IF" set (NO CAP) which is 1 set to 15.**
7. TOSS OF THE COIN: The winner of the toss chooses: to serve, receive service, or side of court.
8. TEAM ROSTERS must be filled out completely and signed by playing team members. Rosters are available at the front table at the beginning of each game. Any player listed on the roster who desires to play in the tournament must have played in a minimum of two (2) regular season matches. Names can be added to the roster throughout the season. Names and signatures are required prior to play. Ask that each player dates the roster of the first two matches played on the same day of play. The roster also serves as the waiver. This is an ADULT LEAGUE and all players must be 18 years of age to play. A player that is NOT rostered on a team but has subbed for another team can sub for second team in the same league. They must play two games to play in the tournament for the same team and can only play for one team in the tournament.
9. No player can roster for more than one (1) team in the same league. Would prefer that a player 'Not' be rostered in both women's leagues. There may be a conflict in the schedule when it comes to tournament play. An "A" level player should never be playing down in the "B/C" league.
10. A ball that hits the curtain or walls is considered "out". A ball that hits the ceiling or basketball hoops, etc. can be played if on the same side. If it comes down on the opponents side it will be a "side-out"
11. CHILDREN MUST BE SUPERVISED during league play. Children should **not be** unsupervised and **not be** allowed to roam the gymnasium. All "fans" should be in the stands. Children that are over the age of 8 are allowed access for basketball play in the center gym but ONLY IF THEIR ENTRANCE FEE IS PAID. PLAY ON THE COURTS REQUIRE AN ENTRANCE FEE IF NOT IN THE LEAGUE. THIS APPLIES TO EVERYONE.
12. SPORTSMANSHIP IS A MUST AND WILL BE REQUIRED FROM ALL PLAYERS AND SPECTATORS
13. Games will be played at a net height of – 7'4".
14. We ask that if your match is completed before the hour is up than please stay and play some additional games FOR FUN. Mix it up and use the duration of your hour.

DIRECT QUESTIONS TO LINDA WEEKS/ GYM MANAGER AND VOLLEYBALL COORDINATOR.

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