

Adult (18+) Women's Volleyball League Rules

1. General Play

Governing Rules: USA Volleyball rules apply, with High School rules governing the center line. A portion of a foot or hand may contact the center line, but it cannot cross the line entirely.

Net Height: Matches will be played at a net height of **7 feet, 4 inches**. (3/4" discrepancy is acceptable)

Court Boundaries & Equipment:

Balls hitting curtains or walls are **out**. Curtains and walls are not to be used as warm-up backboards.

Balls hitting the ceiling or basketball hoops on your own side remain **in play**. If a ball hits overhead objects and crosses onto the opponent's side, it results in a **side-out**.

2. Match Format & Scoring

Format: Matches are the **best 2 out of 3 sets**.

Scoring & Caps:

Regular Sets (1 & 2): Rally scoring to 25 points, with a cap at 27.

Third Set: Rally scoring to 15 points, with a cap at 17.

Tournament & Championship Sets: Standard caps apply to all tournament sets, EXCEPT for the championship "**IF**" set, which is a single set to 25 points with **no cap**.

Coin Toss: The winner of the coin toss chooses to serve, receive service, or side of the court.

Extra Play: If your match finishes with time remaining in your court hour, teams are encouraged to stay, mix up teams, and play additional games for fun. There is a hard-fast end at 10pm.

3. Team Rosters & Player Eligibility

Age Requirement: This is an adult league; all players must be at least **18 years of age**.

Roster Submission & Waivers: Team rosters must be completely filled out, signed, and dated for the first two matches played by each player and prior to their play. Rosters serve as the team waiver and are available at the beginning of play at the scores table on game day.

Single Team Rule: No player may roster for more than one team in the same league. Players are discouraged from rostering in multiple women's leagues due to potential tournament schedule conflicts.

Skill Divisions: "A" level players must not play down in "B/C" leagues.

Substitutes & Tournament Eligibility:

Un-rostered players may sub for up to two teams in the same league but not on the same night.

To play in the tournament, a player must have participated in a minimum of **two (2) regular season matches** for that specific team, and can only represent one team during tournament play.

League Advancement: Teams that win both regular league play and the tournament should move up to the next skill level (e.g., Rec to Comp B2, Comp B2 to Comp B1, Comp B1 to Open) unless:

The roster retains less than 75% of its core players from the prior season (evaluated on a case-by-case basis).

Major health-related issues affect the core team, requiring a discussion with the director.

4. Substitutions & Time-Outs

Substitutions: Free substitution is allowed. However, all players must rotate out in order (including the setter) at the designated position. **No "ghost" rule is permitted.**

Time-Outs: Requests can be made only when the ball is out of play. Each team is allowed **two (2) 30-second time-outs per set**.

5. Forfeits & Match Timing

Start Time: Game time is forfeit time. Games may begin with a minimum of **3 players**.

Penalty Timeline:

15 Minutes Late: If a team lacks the minimum number of players 15 minutes past the scheduled start time (listed on Quickscores), they forfeit the **first set**.

20 Minutes Late: If the team is still not ready 20 minutes past the scheduled start time, they forfeit the **entire match**.

6. Player Safety & Conduct

Jewelry & Gear: Players shall not wear items dangerous to themselves or others, including watches, rings, hats, earrings, or casts. **Wrapping casts is not permitted.**

Sportsmanship: Excellent sportsmanship is mandatory and expected from all players and spectators at all times.

7. Facility & Guest Policies

Child Supervision: Children must be supervised at all times and are not permitted to roam the gymnasium. All spectators must remain in the stands.

Facility Fees:

Children over 8 years old may access the center gym for basketball play **only if their entrance fee is paid**.

Anyone not in the league who wishes to use the courts must pay the required entrance fee. Our women's league typically takes all 5 courts and there are rarely any open courts for open play.

Direct any questions or concerns to the Gym Manager and Volleyball Coordinator.

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