

WOMEN'S SPRING VOLLEYBALL LEAGUE RULES

LEAGUE RULES

1. **USA Volleyball rules** will apply.
2. USA rules on net, High School rules (NFHS) on the line under net
 - a. USA rules on net: net violation occurs if a player contacts the net while in the action of playing the ball
 - b. NFHS rules on the line under net: players cannot completely cross the center line with any part of the body. A player's foot may touch or land on the line but not go entirely over it. *This will be called at the refs' discretion
3. **TIME OUT REQUEST:** Request for time outs may be made when the ball is out of play. Each team is allowed **two 30-second** time outs per set.
4. **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.
5. **SUBSTITUTIONS:** Free substitution is allowed. However, if you are rotating in at a certain position, all players must rotate out...**INCLUDING** the setter.
6. **FORFEITS:** Please be warmed up and ready to play **at** game time. Games can be played with a minimum of four players. Teams will have a 5-minute grace period, but if your team still does not have the minimum number to start on the court, you will forfeit the first game of the match. If the team is *still* not ready to play in 15 minutes, the team will forfeit the whole game.
7. **MATCHES:** Will be played the best 2 out of 3 games. The first two games to 25 (cap at 27) points, rally scoring. If a third game is needed it will be played to 15 (cap at 17). The caps will apply to season games and tournament games except for the championship game.
8. **TOSS OF THE COIN:** The winner of the toss chooses to serve, receive, or side of the court.
9. **TEAM ROSTERS:** Must be filled out completely and signed by the actual player. Rosters must be turned in to the coordinator or supervisor no later than the first game. Any player listed on the roster, who desires to play in the tournament, must play in a minimum of **two (2)** regular season **matches**. This is an **ADULT LEAGUE** and all players must be 18 years of age to play. A rostered player cannot play on another team in the same league. A sub can play for multiple teams but not in the same league. Subs will have to choose the teams they wish to play for in the tournament. A player rostered in a higher league can't sub into a lower league.
10. **PLEASE NO UNSUPERVISED CHILDREN!** Children cannot be running around the facility during games. Spectators need to stay sitting in the stands. If you plan on working out before/after a game please check in at the front desk by paying the daily fee or if you have a membership card, make sure you swipe it prior to using the facility.

Thanks for playing in our league, please have fun and remember **SPORTSMANSHIP IS A MUST!!**
Any questions can be directed to Gabby. gusevitch@pgcityutah.gov

