

WOMEN'S SPRING VOLLEYBALL LEAGUE RULES



LEAGUE RULES

1. USA Volleyball rules will apply.
2. USA Rules on Net, High School rules on line under net!
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 game.
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:** Game time is forfeit time. Please be warmed up and ready to play at game time. Games can be played with a minimum of four players. If a team does not have the minimum number to start on the court at game time, the team will forfeit the first game of the match. If the team is still not ready to play in ten minutes, the team will forfeit the match.
7. **MATCHES** will be played the best 2 out of 3 games. The first two games to 25 (cap at 27) points, using the rally scoring system. If a third game is needed it will be played using rally scoring 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 service, or team area for the first game. The loser of the toss receives the remaining option(s).
9. **TEAM ROSTERS** must be filled out completely and signed by all team members. Rosters must be turned in at the coaches meeting or 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.
10. Teams may wear matching team shirts or shirts similar in color. Numbers are not required.
11. **PLEASE NO UNSUPERVISED CHILDREN!** Children cannot be running around the facility. If you plan on working out before/after a game please check in at the front desk by paying 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 the Recreation Department at 785-6172**

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