Women's Recreation Volleyball Rules 2016

Anyone 14 or older may play in the women’s league.

Children under 14 years of age may be brought to the gym, provided that they are not playing in the high school hallways and they are not running around the gym or playing basketball. There will be other matches going on at the same time and we do not want children interfering with other players and/or teams.

Only players who are on the roster will be allowed to play. You must play in at least 2 matches to be eligible to play in the league tournament. Substitutes are NOT allowed to play unless they are on the roster.

Bottom line - NO substitute players!

You must have 2 players by game time to start ~ Forfeit time is 10 min after game time (example: 7:30pm game means forfeit time is 7:40pm). If a team does not have 4 players after 20 min of the scheduled game time the match is forfeited.

Best 2 out of 3 games will decide winner. First 2 games will go to 25 points, have to win by 2 points. 3rd game will go to 15 points, still have to win by 2 points.

**Serving**

A. Player may serve overhand or underhand

B. You CANNOT attack a serve (Spike) or (Block) ~ You can bump it or set it.

C. DO NOT catch a bad toss on the serve. Let it hit the ground and serve again.

**SCORING**

A. Rally scoring will be used.
B. There will be a point scored on every serve of the ball.
C. Offense will score on a defensive miss or out of bounds hit.
D. Defense scores on an offensive miss, out of bounds hit, or serve into the net.

E. Games played to 25 points on Games 1 & 2 ~ Game 3 played to 15 points.
F. Must win by 2 points. In game 3 only you must win on your serve.
G. Games will be over at the end of 40 minutes.

**PLAYING THE GAME**

A. Maximum of three hits per side.
B. A block is NOT considered a hit.
C. Ball may be played off the net during a volley and on serve.
D. A ball touching a boundary line is GOOD.
E. Multiple Contacts (Double Hit) on the first hit over the net is considered legal.

F. Anything from the foot up is considered legal.
G. If the ball hits ceiling on your side and comes down on your side ~ PLAY IT. H. If the ball hits ceiling and goes over net ~ illegal and a point will be awarded. I. You CANNOT play the ball off the wall.
J. If the ball hits the basketball standards above the net, it is out of bounds.

K. You are allowed two 30 second time-outs per game.

**ROTATION**

A. Team will rotate each time they win the serve.

B. Players shall rotate in a clockwise manner.
C. There shall be 2 - 6 players on each side.
D. Rotate IN/OUT to serve.

**BASIC VIOLATIONS**

A. Failure to serve the ball over the net successfully.
B. Hitting the ball illegally (Carrying, Palming, Throwing, etc.).
C. It is illegal to touch the net with any part of the body.
D. Failure to serve in the correct order.
E. Crossing over the center line ~ You can step on it, but NOT over it.

**FOR YOUR INFORMATION**

REST ROOMS and the Drinking Fountain are just outside the gym door.

You CANNOT warm up in the school hall. NO BALLS in the hallways.
If you bring anything in the gym (food/drinks) PLEASE put trash in garbage cans. If YOU spill anything (Water, Gatorade, Soda, etc.) YOU need to clean it up.

**Reffing**

Teams will ref other games.

Teams will be assigned to ref games on the schedule

By doing this it will keep the cost of playing down.