



LEHI RECREATION

WOMEN'S VOLLEYBALL 2014 LEAGUE RULES

Captains, please review all rules with your team before the first game.

TEAM RULES

- 1. TEAM DISCIPLINE:** Playing coaches and/or captains are responsible for discipline and proper conduct of their team members. Please refer to the player code of conduct for specific information.
- 2. TEAM SPOKESMAN:** The playing captain is the only player who may address the referee and shall be the spokesman for that team. One of the six players shall be designated as the playing captain. When replaced, the coach or playing captain must designate another player to assume playing captain duties. The designated non-playing captain may address the referee only for the purpose of requesting a time out, substitution, or line-up check.
- 3. TIME OUT REQUESTS:** Requests for time outs may be made by the designated coaches while at the team bench, and/or the playing captain when the ball is out of play. Each team is allowed two 30-second time outs per match. Teams must return to the court upon notification by the referee. If a match goes to three games, any time outs taken by a team in the third game will stop the clock.
- 4. JEWELRY, HATS, ETC.:** Jewelry and any type of hat or bandana are not permitted while playing. These restrictions are for your safety. If the game is stopped in order to remove jewelry, a time out will be assessed.
- 5. SUBSTITUTIONS:** Only the coaches and/or playing captain on the court may ask the referee for permission to make a substitution. Except for replacing an injured player, substitutions may occur for the server before the service has taken place.
- 6. FORFEITS: Game time is forfeit time.** The opposing team will receive the win for the first game but not the match. If after fifteen minutes the team still doesn't have a fifth player, the match will be declared a forfeit. **NO EXCEPTION. Game time will be determined by the official.**
- 7. TEAM ROSTERS:** 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. Each player can be on one team only. NO player can be added to a roster after the third (3rd) game. Each team may carry a maximum of 15 names on their roster. Players must be 18 years old or older by the first scheduled game in order to participate.

RULES OF PLAY

Play will be governed by USA Volleyball Rules (www.usavolleyball.org)

- 1. TIME RESTRICTIONS:** Game time is forfeit time. A five minute grace period will occur, if needed, for the first game of the evening only. Please be warmed up and ready to play at game time. Matches will be played best of 3 games. The first two games will be played to 25 points with a cap of 27 points using the rally scoring system, or to 50 minutes. The last game will be to 15 points with a cap of 17 points. The game official will call an end to the match at the end of the third game or at 50 minutes of match time.
- 2. PARENTS ARE TO SUPERVISE CHILDREN:** A parent or responsible person, other than a player, must supervise children at all times. No children are allowed in the gym during the game, they must watch from upstairs. Legacy Center staff will not be responsible to supervise children.
- 3. TEAMS:** At game time, a 6-member team may begin with four players, **but first game is still a forfeit.** As other team members arrive, they may enter the game only on the following side out when their team regains service.
- 4. TOURNAMENT PLAY:** All teams will participate in tournament play. Tournament seeding will be determined by regular season standing. T-shirts will be awarded to the first and second place teams. Players need to play in at least 2 regular season games to be able to play in the tournament. For the semi-final matches and the championship match no clock will be used.