

Cane Creek Gymnasium

2024 Spring Women's Volleyball League Rules

Eligibility:

Participants must not be actively participating in intercollegiate or professional competition. Participants must be 16 years old or older to compete.

All players must play in at least one regular season game to be eligible to play in the post season tournament.

Season:

The season will consist of six weeks of regular play, followed by a post season single elimination tournament. Each team will have 12 games, there will be several double headers for each team. Matches/games will be played on Mondays starting at 5:30pm, beginning April 8th.

Matches:

The court will be available beginning at 4:30pm for practice/warm-up. The first 5 minutes of the game period, after the first game, will be used as a warmup period.

Game time is 5 minutes after the scheduled start time of the game (ex: game scheduled at 7:15, game starts at 7:20) and that will be considered forfeit time. Any team that forfeits twice will lose playoff seeding.

Matches will be a best 2 out of 3 sets, within a 45-minute time limit. Rally scoring will be in effect for all matches. Sets 1 and 2 will be played to 25pts. Set 3 will be played to 15pts. If the time limit has been reached on the third set, the team ahead will be determined to be the winner. A team must win by 2 pts.

Each team will have (1) one minute time out per game. Unused time outs do not carry over.

Each team will be represented by one team captain. This captain will be the only one to address the official.

Officials will provide the game ball.

Rules:

The net height will be placed at the women's height of 7'4 1/8".

Six players will constitute a team. There must be 4 players present to start a game. Teams can have up to 12 players on their roster if desired. If a player becomes injured or must leave the game (other than ejection) THE GAME SHALL CONTINUE UNTIL the Supervisor deems it to be a farce. Any player that arrives late can substitute in when change of service occurs.

Substitutions – Teams may substitute player for player only. Subs must be recognized by the score keeper. If the substitution is not completed promptly, the referee shall charge a timeout to the offending team.

Players must rotate positions on the court.

Teams playing with only 4 players will lose the serve when the empty position(s) or "hole" rotated into the service position (back right). The opposing team will be awarded a point.

Prior to the beginning of the match, the team captains will participate in a coin toss to determine the choice of first service or court positioning. At the end of each game, the service will change, but courts will not. If extended to a third game, another coin toss will be held to determine choice of serve or court side.

Serves may be underhand, overhead or participants may attempt to jump serve. Serves may be taken from anywhere along the end line, regardless of where the other back row players are standing. Players may not bump or kick the ball over as a serve.

If the serve touches the net, inside the antennas (sidelines), IT IS LIVE and must be played. The ball will be deemed out of play if it hits a post, net support, or the net outside of the court boundary. A player cannot attack or block a serve.

Players may cross the centerline if they are OUT of bounds and do not interfere with the other team (if they do interfere, a centerline violation shall be called) Any players foot, hand, or other body part, that COMPLETELY crosses the centerline inside of the court will be called for a violation.

Double hits should not be called on a hard hit or a serve, however, a lift may be called as judged by the official.

Players may contact the ball with their feet only if the foot is in contact with the floor. No kicking motion will be allowed.

UNSPORTSMANLIKE CONDUCT is a violation and could result in ejection from the game. The referee shall have the power to warn, declare side-out/point, and/or disqualify from the game/match anyone (player, coach, or spectator) who commits any violation of good sportsmanship. Teams will be rated on their sportsmanship. If a team is determined to be an unsportsmanlike team they may not be allowed back to play in other leagues.

We are adding the option to use a Libero. The rules for this position are:

- A. A libero position must be turned in with the first set lineup and be wearing a designated libero jersey. No libero positions can be added once the first set lineup has been submitted.
- B. Any team using the libero position must provide a libero tracker seated at the score table.
- C. If the libero designated on the lineup is a starter, he/she will stand on the sideline of the court until the referee has checked the starting lineup on the court and motioned to make their replacement on the back court.
- D. A libero replacement shall take place between the attack line and the endline in front of that team's bench.
- E. The libero position designated on the lineup for that set is allowed to replace any player in a back row position. The libero may serve in one position in the serve order.
- F. The libero may only be replaced by the player whom the libero replaced.
- G. One libero replacement may be exercised per dead ball/rally unless the libero is replacing the player.
- H. Libero replacements do not count as substitutions and are unlimited.
- I. A libero replacement shall be completed during a dead ball prior to the whistle and signal for serve.

Libero Actions - A libero shall not:

1. Complete an attack from anywhere if, at the moment of contact, the ball is entirely above the height of the net.
2. Set the ball using overhead finger action while on or in front of the attack line extended, resulting in a completed attack above the height of the net;
3. Block or attempt to block; 4. Rotate to the front row

Rules not covered by these by-laws should be in accordance with the USVAB Indoor Rulebook.

<https://usavolleyball.org/wp-content/uploads/2023/03/2023-2025-USAV-Indoor-Rules-Book.pdf>

Equipment/Uniforms:

Teams are responsible for their own uniforms. These uniforms must match in color and have a number on the back and a smaller one on the front. No shirts with cut off sleeves will be allowed. Shorts must be appropriate length. No taped numbers will be allowed.

Gym shoes must be worn. Black-soled shoes, sandals, bare feet, and boots are strictly prohibited.

Hats, including baseball caps, may not be worn during play.