

City of Fort Worth Adult Sports Women's Volleyball League Rules & Regulations

Rosters and Player/Team Eligibility

- Rosters must be submitted electronically using the TeamSideline online account by the specified due date.
- Failure to submit a roster will result in forfeiture of any game played after the due date.
- Players not on the roster will result in team forfeiture.
- Rosters limited to 15 players including playing manager.
- All players must sign waiver and be on official roster.
- Players may be added/deleted by contacting Adult Sports Coordinator.
- Deleted players may join another team before last game of season.
- Only the coach/captain may delete a player.
- Players on professional, semi-pro, college, or high school teams are ineligible.
- Players may not play on more than one team per division per season.
- Athletes/Guest sit in 2nd row of bleachers
- All divisions must use City of Fort Worth stamped and approved balls.

Playing Shorthanded

- Teams may start with as few as four (4) players.
- Teams playing with five must declare 2 or 3 players on front row.
- When playing with four, use diamond rotation.
- Empty rotation spot remains vacant until another player arrives.
- Late players may only enter if listed on roster/line-up card.
- Teams may borrow a player from another team only if on active roster, regular season only.

Playing Rules

- Net Height: Women's Volleyball: 7'4 1/8".
- Matches consist of 3 games: two rally scoring to 23 (25 cap), third game to 15 straight.
- All 3 games count toward overall scoring.

- Playoffs/Championships are best of three; third only if necessary.

Substitutions

- Substitutions only on dead balls.
- Must substitute player-for-player.
- Must report substitutions to official or results in out-of-rotation penalty and point for opposing team.

Net Play

- Attacking over net illegal unless ball broken plane or offense completed attack.
- Back-line players cannot attack ball above net in front of spiking line.
- Serves hitting net remain in play unless antennas are hit.
- Servers allowed one attempt, no more than two tosses.
- Muffing the serve not allowed.
- Blocking a serve is illegal.
- A block does not count as one of three hits.
- Blocks must occur with ball above net and within arm's length.

Faults

- Touches on net are faults.
- Crossing centerline and touching opposite court is a fault.
- Contacting net, supports, posts, cables is a fault.

Out of Bounds

- Ceiling contact legal if another play possible on same side.
- Balls contacting backboard or movable wall/screen are out of bounds.

Timeouts

- Each team allowed 1 × 30-second timeout per set.