

WOMEN'S VOLLEYBALL

League Guidelines & Rules - 2011-2012

Jr. High School & High School Rules

Nebo School District requires that any organization using their facilities follow certain rules. We are required to hire a supervisor to enforce the school's guidelines. Our use of the facilities is dependant on our observance of the rules. Each participant will be expected to adhere to the rules listed below. Any disregard of these rules could result in expulsion from further play. We appreciate your cooperation.

→ ATTENTION EVERYONE! ←

- * No food or drink will be allowed in the gym at anytime.
- * There will not be any bleachers to sit on. Please bring chairs if you want a place to sit.
- * Do not hang on volleyball nets, adjust height of nets or misuse equipment.
- * All players should carefully read the Player Code of Conduct at the back of the schedule.
- * **No unsupervised children allowed!** Matches will be going on in both gyms. If you don't bring someone responsible to watch your children while you play, please leave them home! Players cannot play volleyball and tend children at the same time. The Gym Supervisor is not a babysitter.
- * City Tournament, Tuesdays & Wednesdays, January 17,18, 24, 25, 31, Feb.1, 7, 8, 2012.
- * Nebo Invitational Tournament hosted by Payson City Recreation, is tentatively scheduled for February 20 - 24, 2012. Tournament Fee per team is \$45.00 and will be due [either to Payson or SF Parks & Rec office] by Thursday, February 9, 2012. Regular season teams only!

Women's Volleyball League Rules

1. All players must pay their fee and appear on the roster to be eligible to play. Last day to add players will be Tuesday, January 3, 2012.
2. Any teams may have up to 2 high school age players with no varsity volleyball experience. High School girls with varsity high school volleyball experience may play in the "A" or "B" leagues only. Limit 2 per team.
3. Rally score method will be used. First 2 games - 25 points (Cap at 27), 3rd game (if) - 15 points (Cap of 17) (Win by two points)
4. There will be no swearing of any kind tolerated. It is offensive to other participants and our program will not condone this behavior. **Any player that swears or uses inappropriate language will be ejected from the game.**
5. If official gives you a yellow card, you are WARNED. If officials gives you a red card, you must **LEAVE THE GYM IMMEDIATELY**. See Player Code of Conduct.
6. USA Volleyball Rules will be observed emphasizing the following:
 - a. No attacking or blocking the serve.
 - b. Serve can be received with open hands or by a bump. If received with open hands, must be quick with no holding. Ball can spin but must come off the hands quickly. Double hit on hard driven serve or hit **is legal**.
 - c. One foot may go over the line on serve on side closest to the wall.
 - d. A serve that touches the net and goes over **is legal**.
 - e. If basket is hit on serve, re-serve. Any other basket hit will be the judgement of official if it is in or out.
 - f. If a ball comes down on your court from another court, the point interrupted will be replayed.
 - g. Substitutions can be after the serve or coming to the front row, but must be consistent throughout the match.
 - h. Net contact will only be called if it occurs at the top band of the net unless it interferers with the play. The center line fault is called when a foot is completely over the line or any part of the body if it interferes with the play.