



Women's Volleyball League - 2024-25

League Rules & Information

I. Time frames & Schedules

- A. Practice games (Oct. 29 & 30) - Sign up at the meeting for an hour time slot. Tuesday "B, C, & D" divisions will be on Thursday, Oct. 29 and the Wed "A, B Up, B Lo & C" divisions will be on Wed., Oct. 30 (DF Middle)
- B. Regular season schedules will be online on or before Friday, Nov. 1. The regular season will begin on Tuesday, November 5th (B, C, & D leagues) or on Wednesday, November 6th (A, B Up, B Lo & C Leagues).
spanishfork.org/departments/parks_and_recreation/sports/adult_sports.php
- C. Due to gym conflicts or holidays, some weeks may be skipped. Check the schedule carefully.
Tuesday "B, C, & D" Leagues will play Tuesdays at Diamond Fork Middle School - 900 E. Center St.
Wednesday "B Up, B Lo, & C" Leagues will play Wed. at Diamond Fork Middle School - 900 E. Center St.
Wednesday A League will play at Spanish Fork High School – Grey Gym - 158 North 630 West (North Side)

II. Rosters

- A. Review your rosters to see if anyone has been left off. Players are not registered until fees are paid & residency is checked and a current liability waiver form is on file at the recreation office. Players must be added at least 1 day before your scheduled matches to allow time for rosters to be reprinted and taken to the gyms. Team may have up to 2 high school age players. High School girls with varsity volleyball experience may only play in the A or B leagues.
- B. **Last day to add players to your roster is Monday, December 16, 2024.**

III. Rules

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. Any contact from the foot up is considered legal.
- c. If the ball hits the ceiling on your side and comes down on your side ~ Play it.
- d. If the ball hits the ceiling and goes over the net ~ illegal and a point will be awarded.
- e. You CANNOT play the ball off the wall.
- f. If the ball hits the basketball standards directly above the net it will be considered out of bounds. Any other basket hit will be the judgement of official if it could have been played (re-serve) or it is out (point awarded)
- g. One foot may go over the line on serve on side closest to the wall.
- h. A serve that touches the net and goes over is legal.
- i. If a ball comes down on your court from another court, the point interrupted will be replayed.
- j. Substitutions will be made at the time of a new server (side out).

Rally score method will be used. First 2 games - 25 points (Cap at 27), 3rd game (if) - 15 points (Cap at 17)
(Win by two points or first team to reach cap)

District Facility 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 dependent 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.
Do not hang on volleyball nets, adjust height of nets or misuse equipment.
All players should carefully read the Player Code of Conduct.

No unsupervised children allowed! Matches will be going on in various 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.