

Nephi Recreation Women Volleyball League



1. A League: High School aged youth can play if not playing on High School Team.
2. B League can only have up to 3 High School aged youth per team, not playing on High School team. All other participants must be out of High School.
3. No current "Collegiate Volleyball" players will be allowed in the league.
4. Will play 6 x 6. Rosters will have 12 players maximum.
5. All players MUST be listed on the roster and have signed the waiver by second week of play. Rosters shall be kept current at all times. (Director will need to approve exceptions due to mid-season injuries)
6. All players wishing to play in the league tournament MUST have played in at **least HALF** of the regular season games. Make sure that you are listed on the match sheet when you play.
7. No uniforms or numbers are required. Shoes must be worn on gym floor.
8. Arrive at least 10 minutes before the game. Each team will have 5 minute warm up. If the previous game ends late, teams will still be allowed 5 minutes to warm up. If a team arrives at their start time or within 5 minutes after start time, no warm up time will be allowed. **The referee will declare a forfeit after 5 minutes of "designated game time"** if no team shows up or not enough players are present. Must have at least 2 players to not forfeit. If a player ends late, she may enter the game.
9. Substitutions allowed in the center back position only. Unlimited substitutions per player.
10. No attacking the ball on the serve across the net. Must be hit "underhand" if directly returning the serve across the net. Exception: Shielding face is okay.
11. Rally scoring. Two games to 25. (Third game to 15 if needed).
12. If the volleyball hits the ceiling while crossing the net or crosses the net and hits the opposing team basket hoop, it is a point for the opposing team.
13. On the serve, if the volleyball hits the basket on your own side, it is a re-serve. You only get one re-serve, if you hit the basket on the second serve it is a point for the other team.
14. Hitting the net while blocking or crossing under the net while blocking/hitting will result in a point for the opposing team.
15. If the volleyball hits your own basket during your 3 hits, the ball is still live.
16. No playing the ball off of the curtain or the walls.
17. No use of tobacco, alcohol, illegal drugs or illegal use of drugs allowed. If caught with these items in the gym, Site Supervisor may ask individuals to not play games and leave the site.
18. No foul language towards other teams, officials or site supervisor will be allowed.
19. Please provide supervision for your children as you are able in the building.
20. Have a fun season!