

## Thomas Township Parks & Recreation Women's Volleyball Rules & Information

1. Players must be 17 years old or a high school graduate to play in this league.
2. Each team must have a completed roster turned in to the Parks & Recreation Office before their second week of play. A maximum of 12 participants are allowed on each roster. Players may be added through the third week of play. **Anyone subbing on your team MUST be on your roster and paid before they play.** Using subs that are not legally registered on your roster will result in automatic forfeit of games played.
3. Matches will be played at Swan Valley High/Middle School. A match will consist of 3 games. Power games will be rally scoring to 23 with a cap of 25. Recreational league will be regular scoring to 15 and the third game may start at 4 points when the referee determines time is running out.
4. Individuals may only play on one team in a division.
5. All games are played under USVBA rules except where modified here.
6. A team must have 4 players to start a game. Forfeit time is 5 minutes after the scheduled game time for the 1<sup>st</sup> game; 10 minutes after for the 2<sup>nd</sup> game and 15 minutes after for the 3<sup>rd</sup> game and entire match.
7. Players must wear soft-soled athletic shoes. No one may play with a cast or splint of any type. Tape may be used.
8. **No jewelry or hats** are allowed during games.
9. Teams flip a coin to determine 1) serving first or 2) choice of sides. Teams switch ends at the conclusion of each game. Losing team will then serve first for the second game.
10. All teams and/or players must adhere to the honor system when the referee cannot see the play. This means telling what the outcome of the play is. If an agreement cannot be made, the ball is re-served.
11. Each team is allowed **two** 30 second time-outs per game.
12. All players present and able-bodied must participate.
13. When the receiving team has gained the right to serve, its players **must** rotate one position clockwise.
14. Let serves are allowed in power league.

15. Overhand serves **ARE NOT** allowed in recreational league once again. We tried to reinstate them after some complains, but it didn't work out and they are no longer allowed.
16. When serving only one toss of the ball to execute the serve is allowed. When the ball falls to the floor whether it's been touched or not it will result in an illegal service and loss of the rally.
17. Characteristics of the hit include: the ball may touch any part of the body; the ball must be hit, not caught or thrown (the direction it rebounds doesn't matter); and the ball is allowed to touch various parts of the body only when the contact happens simultaneously.
18. T-shirts will be given to individuals on the winning team in each division.
19. Any ties for the first place will be broken by a best two out of three games (15 points win by 2) for the playoff match.
20. Players must show good sportsmanship before, during and after matches. Abusive language will not be tolerated. Threats and acts of misconduct **will** result in suspension and/or expulsion from the league. Ejection is an automatic two-week suspension. Drinking on school grounds **is not allowed**.
21. Final decision on **all** matters will be dealt with by the Thomas Township Parks and Recreation Department.