

# Saratoga Springs Recreation

## WOMEN'S VOLLEYBALL LEAGUE RULES

Captains, please review all rules with your team before the first game.

### TEAM RULES

- 1. TEAM DISCIPLINE:** Playing coaches and/or captains are responsible for discipline and proper conduct of their team members. Please refer to the player code of conduct for specific information.
- 2. TEAM SPOKESMAN:** The playing captain is the only player who may address the referee and shall be the spokesman for that team. One of the six players shall be designated as the playing captain. When replaced, the coach or playing captain must designate another player to assume playing captain duties. The designated non-playing captain may address the referee only for the purpose of requesting a time out, substitution, or line-up check.
- 3. TIME OUT REQUESTS:** Requests for time outs may be made by the designated coaches while at the team bench, and/or the playing captain when the ball is out of play. Each team is allowed two 30-second time outs per set. Teams must return to the court upon notification by the referee. In the first and second set, the clock will not stop if a time out is called. If a match goes to three sets, any time outs taken by a team in the third set will stop the clock.
- 4. JEWELRY, HATS, ETC.:** Jewelry and any type of hat or bandana are not permitted while playing. These restrictions are for your safety. If the match is stopped in order to remove jewelry, a time out will be assessed.
- 5. SUBSTITUTIONS:** Only the coaches and/or playing captain on the court may ask the referee for permission to make a substitution. Except for replacing an injured player, substitutions may occur for the server before the service has taken place.
- 6. FORFEITS: Match time is forfeit time.** All teams must have four players to play. The opposing team will receive the win for the first set but not the match if the other team has only three players to start. If after fifteen minutes the team still doesn't have a fourth player, the match will be declared a forfeit. **NO EXCEPTION. Match time will be determined by the official.**
- 7. TEAM ROSTERS:** Players must be registered before they are allowed to play. Each player can be on one team only. NO player can be added to a roster after the third week. Each team may carry a maximum of 15 names on their roster. Only 10 awards will be given to the 1<sup>st</sup> and 2<sup>nd</sup> placed teams. Players must be 16 years old or older by the first scheduled match in order to participate.

### RULES OF PLAY

Play will be governed by Utah High School Rules

- 1. TIME RESTRICTIONS:** Match time is forfeit time. A five minute grace period will occur, if needed, for the first set of the evening only. Please be warmed up and ready to play at match time. Matches will be played best of 3 sets. The first two sets will be played to 25 points with a cap of 27 points using the rally scoring system, or to 45 minutes. The last set will be to 15 points with a cap of 17 points. The official will call the match at the end of the third set or at 45 minutes.
- 2. PARENTS ARE TO SUPERVISE CHILDREN:** A parent or responsible person, other than a player, must supervise children at all times. Saratoga Springs Recreation staff will not be responsible to supervise children.
- 3. TOURNAMENT PLAY:** All teams will participate in tournament play. Tournament seeding will be determined by regular season standing. Awards will be awarded to the first and second place teams. Players need to play in at least 3 regular season matches to be eligible to play in the tournament. For the tournament matches no clock will be used.



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