

Women's Volleyball Rules

1. Rally scoring is used. Matches will consist of 3 games to 25 points with “no cap” (you must win by 2 points). Matches will last a maximum of 50 minutes. The team that is winning at the end of 45 minutes will be declared the winner.
2. This is a 6-player league. A team may start or finish the game with 5 players. Having only 4 players results in a forfeit.
3. The home team (or team that wins the coin toss) may elect to serve, serve receive, or side.
4. The server has 5 seconds to serve, or the team loses serve.
5. Substitutions may occur anytime the ball is dead. Time-outs are not required for substitutions.
6. You cannot block a serve. This will result in a point for the serving team.
7. Players may interchange positions to pass or block, only after the serve.
8. All passes must be clearly hit, and not lifted or thrown.
9. A back line player may spike providing that they jump and remain behind the 10-foot line.
10. No player may reach over or touch the net, or step over the centerline (a player's foot may land on the centerline provided it is not entirely over the line). Also, while playing the ball in his/her court, a player is allowed to reach under the net, but must not touch the floor over the centerline.
11. Successive contacts may only be made after blocking a spike attempt.
12. Opponents simultaneously hitting the ball directly over the net may play the ball again if it falls into their court.
13. Each team is allowed one 30-second time out per game.
14. Each team is allowed only 2 current women's club volleyball player on the roster.
15. All referees' calls are final.