

La Vista Recreation Department
8116 Park view Blvd.
La Vista, NE 68128
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www.cityoflavista.org
www.teamsideline.com/lavista

Women's Volleyball Rules

The official rules and regulations for the league, excluding exceptions as published by the La Vista Recreation Department, will be the U.S. Volleyball Association Rules as stated in their rule book.

Referee fee

Each team will pay the official \$10.00 per match for his/her service. This must be paid prior to the start of the match or the team will forfeit. If a team forfeits a match for any reason, it is their responsibility to pay the entire referee fee of \$20.00.

Rosters

Any roster changes must be made prior to the first game. Teams may carry a maximum of 10 players. No new players may be added after this time except due to medical/injury reasons, players relocating or falling below the required 6 players. New players must be added to the roster at least 24 hours prior to playing.

Officiating

The team representative will be the only individual from a team allowed to question the official's decision on a given play. The opposing team's coach/manager may be present, but may not dispute the call. Violation of this rule will result in expulsion from the game or playing area. Any player leaving the bench or her position to dispute a decision will be ejected from the match. All disputes involving rule interpretations and or judgment calls must be settled with the referee immediately following the disagreement. The floor captain is responsible for seeing that the rules and regulations are followed by his/her team members.

League structure

League champion will be determined by standings after the regularly scheduled season.

Rules of play

1. Matches will be played the best 2 out of 3 games. Rally scoring to 25 points for the first 2 games the third game is played to 15 points and a team must win by 2.

2. A coin flip for service and choice of side of court will be conducted by the referee before the start of each match. The team that did not gain control of the first serve will start with the serve the second game. In the event of a third game it will be decided with a flip of a coin with the winning team getting their choice of side of court or serve.
3. If 2 players play the ball at the same time, then either may play the ball again unless the play was on the third contact.
4. Players rotating or subbing into the game must enter into the middle back position for that particular player. This occurs after that player has served and then rotated into the middle back position.
5. A team may play with a minimum of 4 players. A regulation team consists of 6 players. If a team does not have enough players at the scheduled starting time, the first game of the match will be a forfeit. If enough players show up in the first 10 minutes, the match will be continued as usual, however if enough players do not show up after a total of 20 minutes after the scheduled game time, then the team will forfeit, the second game as well, resulting in a loss.
6. A serve may not be blocked by the opponent.
7. The server can start their serve on the service line if the teams are playing on the north to south courts.
8. The court boundaries are the white lines on the gym floor. Legal playing boundaries include the area around the court as well as areas on the ceiling that are directly above your team's side of the court. In the event that the ball comes in contact with the basketball goal or backboard on your side of the court, it is up to the referee whether or not it is deemed playable or unplayable. If the ball is deemed playable, then a re-serve will be called.
9. If the ball contacts the ceiling on the same side of the court no more than once, then it remains in play. If it hits more than once or comes down after hitting the ceiling onto the opponent's court, then it is considered a side out.

Special rules as written by the La Vista Recreation Department.

You may use any part of the body to strike the ball.

Uniforms, matching shirts or shorts, or numbered shirts are not required.

Street shoes are not allowed on the playing area in the gym. Soft soled shoes only are allowed on the gym floor. Players may not play in their stocking feet if they forget their shoes.

There is no smoking, food or drink, chewing gum in the gymnasium.

This is an adult activity. Children who are 12 years of age or older will be allowed to observe from the bleachers only. They are not allowed to use the game room or gym during league play. Children, who are under 12 years of age, will only be allowed to be in the gym/bleachers if they are being supervised by a non playing parent or guardian. Parents should not bring their children if at all possible. Please make sure every one on your team is aware of the rule.