

# SAGINAW TOWNSHIP RECREATION

## WOMEN'S RECREATIONAL

### RULES

#### TEAM

**Recreational:** Minimum Four (4) - Maximum six (6) players are to be playing at a time.

#### FORFEIT

Teams must have at least 4 players on the court 5 minutes after game time or a forfeit results. Five minutes thereafter for each game.

ALL PLAYERS MUST BE ON THE TEAM ROSTER AND ENTRY FEES PAID BEFORE PARTICIPATING.

All players are required to have a driver's license at all games in case there is a question about a player(s) eligibility. All questions concerning ineligible players need to be brought to the referee's attention to determine proper eligibility. All questionable players will be asked for I.D. and sign their name on the back of the official scoresheet.

#### FEE REFUND POLICY:

Team registration fees will be refunded in full provided request for refund is filed at least **one week prior** to the official closing date of registration. Request for refund filed in the **last week of registration** will result in forfeiture of 25% of team fee. Requests for refund filed **after schedules are drawn or league season begins** will result in 100% forfeiture of team fee.

#### PLAYER ELIGIBILITY

Players must be at least 18 years of age by the first game of the season to be eligible. Only eligible players may play. Players on high school or college teams are not eligible.

#### PLAYING RULES

All games will be played under the official rules as adopted by the U.S.V.B.A. except where modified.

#### SCORING

Win and Loss records will be kept by matches. There will be 3 games per match if time permits (45 minutes). The first two games will be rally scoring to 21 points (win by two) cap at 23 points. The third game will be rally to 15 points (cap at 17). **Rally Scoring:** is where the team winning the rally scores a point, regardless of who served.

### **BLOCKING OR ATTACKING THE SERVE**

No player may block or attack a served ball while the ball is above the height of the net. Such contact causes the ball to become dead immediately and a point is awarded. You can attack a served ball only after some part of the ball is below the top of the net.

### **HONOR SYSTEM**

Teams and/or players are to adhere to the honor system when referee cannot see play. This means telling what the outcome of play is. I.E. net violations, holding the ball, double hits, and whether the ball was in or out. If an agreement cannot be made, ball is reserved.

### **EQUIPMENT AND UNIFORM**

Players must wear soft-soled shoes. No gloves are allowed. Tape may be used to protect an injury. Not metal splints, even if padded. Uniform dress is suggested but not required.

### **TIME-OUTS**

Each team is allowed one 30 second time-out per game.

### **FLIP OF COIN**

Teams flip coin before first game for choice of (1) serving first, or (2) choice of court. Teams switch sides of court after every game.

### **PLAYING THE BALL**

Ball must not come to rest, even momentarily. It may not be pushed or thrown. Contact with the ball with any part of the body is legal. Ball may be contacted no more than 3 times by a team before it is sent back over the net.

If 2 or more players from opposing teams contact the ball at the same time above the net, any of the players involved are eligible to participate in the next play. This is considered the first hit of 3 for a team.

If 2 or more players of the same team contact the ball at the same time, it is considered one hit. Players involved may participate in the next play.

### **PLAYING THE BALL - CONT.**

If one or more players is/are attempting to block and contacts the ball, player or players are eligible to participate in the next play.

Ceiling: A ball other than a serve may hit the ceiling and be played by the team that caused the ball to hit the ceiling as long as the ball remained entirely on their side of the floor, and they have not used their three hits.

If any players on the receiving team commits any of the following acts, 1 point is scored to serving team. If any player of the serving team commits any of the following acts, it shall be "side out", with serve going to the opposing team:

1. **Serves the ball illegally**

- a. Commits a foot fault by stepping on or over the line by server.
- b. Fails to cause some part of the ball to pass over the net within the outside edges of the sidelines of the court.
- c. Causes the ball to land outside the playing court, or an object outside or above the court.
- d. Only one toss of the ball to execute the serve is allowed. Allowing the ball to fall to the floor or catching it will result in loss of rally.

2. **Plays the ball illegally**

- a. Fails to return the ball within opponent's court.
- b. Fails to cause some part of the ball to pass over the net within outside edges of the sidelines.
- c. Hits the ball illegally - carries or catches ball.
- d. Contacts the ball twice in succession
- e. Causes a 4th hit or contact by team.

3. **Plays the ball illegally at the net**

- a. Touches the net while ball is in play. If the ball is driven into the net with such force it causes the net to contact player on other team, no foul will be called.
- b. Reaches over the net. A follow-through on a hit where a hand goes over the net is not considered a foul.

4. **Power Spikes**

Any spikes with significant force given shall be called illegal in recreational play. Tipping and blocking are allowed.

5. **Double Foul**

Shall be called when players on opposing sides commit fouls at the same time. Play is repeated.

Final decisions on all matters concerning the volleyball league shall be made by Saginaw Township Parks and Recreation.