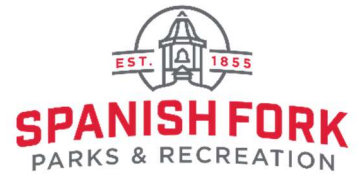


Coed Volleyball League Rules & Information



I. Time frames & Schedules

- A. Regular season schedules will be online on Friday, January 31, 2025.
- B. The regular season will begin on Wednesday, February 5, 2025. Link for schedules:
<https://www.spanishfork.org/departments/parkrec/sports/index.php>
- C. Due to gym conflicts or holidays, some weeks may be skipped or moved to a different night! Check the schedule carefully. League will play Wednesdays at Diamond Fork Middle School - 900 E. Center St.

II. Rosters

- A. Review your rosters to see if anyone has been left off. Players are not registered until team fees are paid, residency is checked and a current liability waiver form is on file at the recreation office. Players may be added at least 1 day before your scheduled matches to allow time for rosters to be reprinted and taken to the gyms. Teams may have up to 2 high school age players. High School girls with varsity volleyball experience may only play in the upper leagues. Players must be added on the Tuesday before they play!
- B. **Last day to add players to your roster is Tuesday, March 4th.**

III. Nebo School District Rules

Nebo School District requires that any organization using their facilities follow certain rules. We are required to hire a supervisor to enforce the school's guidelines. Our use of the facilities is dependent on our observance of the rules. Each participant will be expected to adhere to the rules listed below. Any disregard of these rules could result in expulsion from further play. We appreciate your cooperation.

ATTENTION EVERYONE!

1. No food or drink will be allowed in the gym at any time.
2. Do not hang on volleyball nets, adjust height of nets or misuse equipment.
3. All players should carefully read the Player Code of Conduct.
4. **No unsupervised children allowed!** If you don't bring someone responsible to watch your children while you play, please leave them home! Players cannot play volleyball and tend children at the same time. The Gym Supervisor is not a babysitter.
5. **League Tournament - March 25-27, 2025 (Tue - Thur)**

IV. Game Rules

1. Teams are allowed two (2) high school aged players.
2. Rally score method will be used. First 2 games - 25 points (27 Cap) , 3rd game (if) - 15 points (17 Cap & Sides WILL switch as soon as 1 team reaches 8 points!)
3. There will be no swearing of any kind tolerated. It is offensive to other participants and our program will not condone this behavior. Any player that swears or uses inappropriate language will be ejected from the game.
4. If official gives you a yellow card, you are WARNED. If officials gives you a red card, you must LEAVE THE GYM IMMEDIATELY. See Player Code of Conduct.
5. **USA Volleyball rules will be observed emphasizing the following:**
 - * No attacking or blocking the serve.
 - * Serve can be received with open hands or by a bump. If received with open hands, must be quick with no holding. Ball can spin but must come off the hands quickly. Double hit on hard driven serve **is legal**.
 - * One foot may go over the line on serve on side closest to the wall.
 - * A serve that touches the net and goes over **is legal**.
 - * If basket is hit on serve, re-serve. Any other basket hit will be the judgement of official if it is in or out.
 - * If a ball comes down on your court from another court, the point interrupted will be replayed.
 - * Substitutions can be after the serve or coming to the front row, but must be consistent throughout the match.
 - * If there is more than one touch (hit) on your side of the net, one touch (hit) must be by a woman.
 - * Net height will be at approximately 7'8". (Between Men's and Women's height)
 - * Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of playing the ball includes (among others) take-off, hit (or attempt) and landing. Check with officials for full clarification.
 - The serving order and positions on the court at service must be male and female alternated or vice versa. You can not have more males than females at anytime on the court. You can have more females than males on the court.