

**POCATELLO PARKS & RECREATION
2025 WOMEN'S VOLLEYBALL RULES**

All matches will be governed by Idaho High School Rules with the following amendments.

1. NUMBER OF PLAYERS

- A. Each team is required to have a minimum of six players per roster.
- B. Teams may begin and finish matches with five players.
- C. A sixth player arriving late to any match may enter the game at the proper time based upon the substitution rules for our league.

2. POSITIONS

- A. The positions shall be known by their proper names as defined by Idaho High School Rules.
- B. The right back player of the serving team will be the first server of the game. Thereafter the player rotating from the right front will be the server.
- C. All players must be on their own court during the serve. The server is the only player allowed outside the court boundary during the serve.
 - 1. Each player must be in the correct serving order on her respective front or back line. No overlapping may occur during the serve.
- D. After the ball is contacted on the serve players may move from their set positions.

3. SUBSTITUTIONS

- A. Teams will designate who will be playing each game to the referee before the game begins. A late arriving sixth player is the only exception to this rule.
 - 1. The incoming substitute may only replace the player leaving the game without changing the designated serving order.
 - 2. When playing with five players the incoming player must take the position of center back position.

4. DEFINITIONS

- A. Foot Fault: Server stepping on or beyond the service line the end line while contacting the serve.
- B. Illegal Hit: Ball that comes to a momentary rest on any part of the body.
- C. Legal Hit: Ball that is given immediate contact with any part of the body..
- D. Spike: An attack play in which the ball is forcibly hit into the opponent's court with a one-hand overhead motion.
- E. Block: A play approximately arm's length from the net in which a player, whose hand is raised above the head, contacts the ball near the top of the net in an attempt to 1) Prevent the ball from crossing the net; 2) Return the ball immediately; or 3) Deflect the motion of the ball. A block may involve wrist action provided there is no prolonged contact.

5. PLAYING THE MATCH

- A. **The match** consists of a maximum of three, 25-point rally scoring games. The first team that wins two games wins the match. A game is completed when one team scores a total of 25 points. The winning team must have a two point lead to win a game. Play will continue until one team wins by a two point margin.
- B. **Time limit** for the match will be 55 minutes (not including a 5 minute warm-up period) on all matches. A five minute warm-up period is allowed for both teams before each match. If both teams agree to start before the warm-up period had expired they may begin the match at that time and the 55 minute time limit begins at that point.
 - 1. Captains will meet with the referee at the beginning of the match and prior to the beginning of the third game to determine the choice of serve or the choice of court.
- C. **Maximum number of hits** on the ball is three, before the ball must go over the net. A block does not count as a hit.
- D. **The ball** must be given immediate and abrupt contact at all times. No catching or throwing of the ball will ever be considered as legal contact (award: point).
- E. **Body Contact** with any part of the net is illegal at any time during a live ball (award: point).
 - 1. Any ball striking the net is in play until it strikes the floor or is not returned properly.
 - 2. When two or more players from opposing teams contact the ball simultaneously above the net, they are all eligible to participate in the next play. The next play on the ball would be counted as the first hit.
 - 3. After making a legal block that player may participate in the next contact because a block is not a hit. The next hit would be counted as the first hit.
- F. **Lines** A ball contacting a boundary line is good.
- G. **Breaks** There will be a two minute break between sets. Teams need to be ready to play at the end of the break period.
- H. **Forfeited Match / Court Priority** When a match is over or a match is forfeited; the next scheduled teams have priority to the court 5 minutes before their scheduled match time.
- J. **Forfeits / Grace Period** A team will forfeit any match that they do not have a minimum of five players on the court. There is a 10 minute grace period from the designated starting time before the match can be forfeited. The ten minute grace period (or any time used less than ten minutes) is applied to the 55 minute total match time.
- K. **Time Outs** Teams will receive two, one minute time outs per match.
- L. **Net Height** will be set at 8 feet.
- M. **Replays** will occur when there is a double foul during a live ball or simultaneous fouls on the same play. The ball will be re-served by the serving team.

5. PLAYING THE MATCH (Continued)

- N. **Blocking or spiking a serve** is illegal. (Violation = point)
- O. **Scoring is Legal On Serves Contacting The Net** if the ball goes over the net and lands within the receiving team's playing court area.

6. UNSPORTSMANLIKE CONDUCT

- A. Unsportsmanlike behavior is not condoned by the Parks and Recreation Department. Unsportsmanlike behavior, including inappropriate language, will not be tolerated by the referees. The referee has the power to penalize teams for unsportsmanlike behavior as follows:
 - 1. First Offense: Award a point to the other team.
 - 2. Second Offense: Disqualification from the match.
 - a. Any player ejected for unsportsmanlike conduct is out for the remainder of that match and may be out next scheduled match.
 - b. Any team ejected for unsportsmanlike conduct loses that game and the first previously scheduled game they won. The previous win would be reversed in the standings.

7. ROSTER AND PLAYER DEADLINES:

- A. All rosters must be turned into the Recreation Office 144 Wilson, by the scheduled deadline given. **Team fee must be paid before a team will be scheduled.** The team fee covers 10 players to be on the roster. Any player added after 10 will pay a \$40.00 per player fee. All players must be signed on team roster before playing in any match.

8. PLAYER ELIGIBILITY REQUIREMENTS:

- A. All players must be at least 16 years of age in order to participate in this league. **NO EXCEPTIONS!** Current NCAA or NJCAA students playing under volleyball scholarships are also ineligible to play during the term of their scholarship agreement.

9. MISCELLANEOUS:

- A. Music is welcome as long as it is appropriate for all in attendance and speakers are behind the benches and out of the way.