

*The rules covered below are modifications for the Rexburg Recreation League. Any rules not covered below can be referred back to the high school rules specifically for the IDHSAA.*

## Rule 1: Players

### 1.1 Teams

Each team shall consist of six (6) players on the court. A team may begin with a minimum of four (4) players, but if more players are present they must be on the court. If during the game there are less than four players due to injury or ejection, the referee will decide if the match should continue based upon competitiveness, safety, and timing.

Coed leagues must have a minimum of two (2) players of each gender on the court at all times. If due to ejection or injury a team cannot keep the coed rule the referee and opposing captain will decide if the match should continue based off competitiveness and safety.

### 1.2 Equipment

Teams do not have to wear matching uniforms, but if they wish to play with a libero then the libero must wear something that distinguishes them from their team.

A standard volleyball will be used.

Nets will be set between women's and men's height for coed.

### 1.3 Rosters

Rosters can only be up to the league specified amount. All players must be on the official roster before they can play.

## Rule 2: Gameplay

### 2.1 Start of Game and Substitutions

Before play begins, a coin is tossed and the team that wins the toss will have the choice to serve or receive. The other team decides which side they wish to start on. Before the game starts teams will decide what kind of substitutions they would like to do. Teams can either rotate out from the side or make normal substitutions. Under normal substitutions, players that sub in can only be subbed out by the player they subbed in for or for another player who has not played in any other position in the rotation. Teams must wait for a dead ball and signal the referee to make a substitution.

### 2.2 Time and Forfeits

The duration of the game shall be best 2 out of 3 sets with sets to 25, third set to 15. Rally score will be used no caps. Each match will be given an hour for completion. If the match is not over by the hour mark then the team that is in the lead will be declared the winner.

Games will begin on time. If a team does not have enough players to start by 5 minutes past the scheduled start time the game will be forfeited.

## *2.3 Scoring*

Rally scoring is used where a point is awarded after each rally.

## *2.4 The Court of Play*

Due to the spacing at The Zone, any ball that would have been playable if not for an obvious physical obstruction, a replay will be called. This is up to the judgement of the referee. If the referee judges the ball to not have been playable despite the obstruction they will make the appropriate call.

## *2.5 Faults*

The referee will call all faults. In adult leagues they will call all faults that currently govern high school volleyball.