Women's Indoor Volleyball Rules

Playing Time

1 A match will consist of the best of 3 games. The team that has scored 25 points and is at least 2 points ahead of the other team wins the game. The third (deciding) game is played to 15.
2 Speed scoring will be used in all games.
3 A team must be ready to play at game time or they forfeit the first game (Teams must have at least 4 players. After 10 minutes, the team forfeits the entire match. Any amount of the 10-minute grace period before a forfeit that is used by either team will be subtracted from the one-hour playing time.
4 Matches will be declared complete (if they are not already) at the next game time. The next two teams will have 10 minutes to warm-up. There is no time limit during playoffs.

League Rules

1 The rules stated in the official FIVB rulebook govern play unless noted.
2 Teams must choose and use one of the following rotation methods during the game:

- Continuous rotation, where players enter the game in a standard position
- Incoming substitutes enter the game in the serving position and take the position and place in the serving order of the player being substituted for. A re-entering player must take his/her original position relative to teammates and retain his/her original serving number. No changes are allowed in the order of rotation. Each player may enter the game no more than 3 times (counting the starting line-up) in this system.

Playoffs

1 Playoff seeding is based on the standings from regular season games.
2 In the case of two teams having the same record, the following tie breaking criteria will be used:

- Who beat whom in head to head competition
- If the teams split, who won in fewer games between the two teams
- Which team gave up the least amount of points defensively throughout the season

3 In the case of *three* teams having the same record, the following tie-breaking criteria will be used:

- Which team beat both other teams
- Which team has the best record between the three teams involved
- Which team won in fewer games between the teams
- Which team gave up the least amount of points defensively in the games with the teams involved
- Which team gave up the least amount of points all season

Gym Rules

1 No food or drink allowed in gym.
2 No alcohol or cigarettes on school grounds.
3 Court shoes are mandatory for use on the gym floor.
4 Please deposit all litter and recycling in appropriate bins.

Player Conduct

1 All players are required to have valid identification with them at the games, and may be asked to present it at any time.
2 Players are required to conform to the S.A.N.C.R.A. Player Code of Conduct. Should these or other guidelines be violated, the player/team may be subject to suspension and/or probation. Any player/team suspended in Capitola will automatically be suspended in other area recreation leagues.

Additional Players

1 All players should be on the roster by the third week of the season (including regular subs).
2 A team may use a sub (from the Free Agent List) during the regular season.
3 All players must have played in at least three regular season matches to be eligible to play during playoffs.

Miscellaneous

1 The team manager will be the official representative of her team unless she designates one of the players to be team captain prior to the match.
2 Normally, one official will be present to officiate each game. If the official does not show, the game will be rescheduled.
3 Player eligibility protests may be submitted up to 24 hours or by the end of the first full working day following a match. Please refer to the Capitola Recreation Athletic Code for complete procedures.