

## 2023 RULES

### The AJAA Volleyball Program strives to:

- Teach our players important volleyball skills while building a passion for the sport
- Place importance on teamwork and how to work well with others
- Master fundamental skills of volleyball and see improvement from the beginning to the end of the season
- **ALWAYS HAVE FUN!!**

### Games and Tournaments

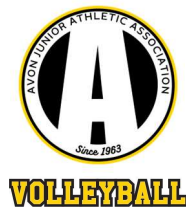
- Every effort will be made to keep teams to the maximum of 10 players and minimum of 8.
- Each team will be allowed 2 timeouts per game, 6 per match.
- Volleyball will conclude with an end of the season tournament. Teams will be seeded according to regular season records. Regular season rules will apply.

### Referees, Umpires and Line Judges

- It will be necessary for coaches and assistants to referee a game. Two line judges will be supplied by the officiating team and will change sides of the court after each game.
- Coaches are not allowed to referee their own games.
- Maximum of 2 coaches on the bench at a time.

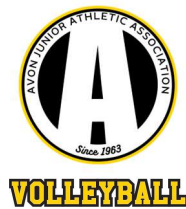
### Rule Enforcement

- Coaches, at the beginning of the season, speak with your parents and ask them to utilize the 24-hour rule if they have a complaint. The best way to explain this to your parents is that if they have a complaint or concern, take some time to decide if it's just your emotions talking or if you have a valid complaint. Please wait 24 hours to discuss a game, play, or strategy with a coach that may have been of concern.
- Failure of players to follow rules may result in punitive action. Said action may include, but not limited to, the following:
  - Warning from Volleyball Commissioner
  - Reprimand from Volleyball Commissioner
  - Suspension of Coach, Parent, or Player
  - Termination of Coach



## Specifics

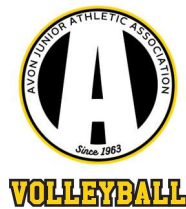
- **Net Height**
  - 80" for 3<sup>rd</sup> & 4<sup>th</sup> Grade Division
  - 84" for 5<sup>th</sup> & 6<sup>th</sup> Grade Division
  - 88" for 7<sup>th</sup>- 12<sup>th</sup> Grade Division
- **Ball**
  - The ball shall be regulation size and construction. The NFHS authenticating mark is not required. 3<sup>rd</sup> -6<sup>th</sup> Grade teams will use the VB lite balls. All other grades will use a regular weighted ball.
- **Make-Up Games**
  - Cancelled games may be rescheduled by the Volleyball Commissioner
  - Family members and players
    - All siblings and friends of players must stay seated during games. Siblings and friends are not permitted on the team bench nor can they sit at the score table. Spectators and players are expected to respect school property and facilities. Failure to do so will result in being asked to leave the premises. Only AJAA players and coaches should handle AJAA issued volleyballs and equipment.
- **Age Divisions**
  - Athletes will not be able to "play up" in the league. Each player must play with their current age group. No exceptions.
- **Player Attire and Jewelry**
  - All players are required to wear the AJAA issued team uniform. There will be no alternation of the team uniform allowed. The only exception to this rule is that names may be placed on the back of the jersey or another symbol, wording, etc. paying respect to a player / family member. Uniforms which have been altered must be replaced at the athlete's expense prior to the player participating in an AJAA game.
  - For the safety of the athletes, jewelry is NOT permitted.
  - This includes but not limited to:
    - Earrings
    - Bracelets
    - Metal hair pins



- Metal barrettes
  - Religious or medical alert jewelry is allowed, and this must be taped to the body.
- **Coach's Refusal to play a player; Late & Leaving Players**
    - Any coach who wishes to refuse a player the right to play in a game must notify the Commissioner at least 48 hours prior to the scheduled start of the game. The coach must have tried all possible methods of resolving the problem before contacting the Commissioner.
    - If a player leaves prior to the end of the game, the coach will inform the other team's coach of the player that has left the game and she will be skipped in the serving order. Players may not enter a game if they were not present for the start, but may play in a subsequent game.

## **GAME PLAY**

- **Match and Game Definition**
  - A match shall consist of the best two-out-of-three games. The first team to win two games shall be declared the winner of the match. The third game shall not be played unless it's necessary to determine the winner of the match. If a third game is necessary, a coin toss shall be conducted prior to the game. The first two games shall be 25 points (no cap) and a team must win by 2. The third and deciding game shall be 15 points no cap and a team must win by 2. Rally scoring will be used for all grades.
  - Line judges will be put on opposite corners of the court. Any ball landing on or inside the lines is considered IN. Balls landing completely outside the line or outside the antenna are considered OUT. The referee at the net reserves the right at any time to overrule a line judge's call if they feel like it was an incorrect call.
  - The ball will enter into play from position 1 by the player serving the ball. The ball can touch the net as it travels to the opposite court. Servers will be allowed one re-toss per serving turn. Players need to be aware that they are not to touch the ball and need to let it drop if they are not attempting that serve. Any part of the foot touching the end line during the serve will result in a foot fault and an automatic side-out.
  - Substitutions will be made across the sideline inside of 10' line. Players will stand across from each other at the out of bounds line and wait until it has been noted by referee/adult keeping the book. These substitution rules are according to standard IHSAA guidelines.



## LINE-UP EXAMPLES

- Draw a line up so players can see where they are to start on the court and who they are going to be substituting with.

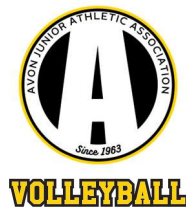
4	3	2
5	6	1

Left front	Middle front	Right front
Left Back	Middle Back	Right Back

- **League Line-ups**
  - Players will sub in always at position 6 and every time you switch servers, players will rotate and a new player will come in giving every player equal playing time. For example: after the player at position 1 serves, the next time they rotate, that player goes to bench and the next player comes in at position 6.

## FUNDAMENTAL SKILLS

- **SERVING**
  - **Serving Line**
    - During regular season play for the 3<sup>rd</sup> & 4<sup>th</sup> grade Division, there will be an alternate boundary line of 8' from the normal back court.
    - For 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>-12th Grade Divisions, they will use the regular boundary line.
  - **5 Points In a Row**
    - For 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>-12th Grade Divisions, once a player has served 5 points in row, the team will rotate, retain the serve, and the next player can get up to 5 serves for points until a side-out.



- **Goals**

- 3<sup>rd</sup>/4<sup>th</sup> Grade
  - Serve over hand
  - In game play, players must attempt an overhand serve first try.
  - If they do not get the ball over, the second attempt can be under hand.
  - Player will attempt 2 serves. Upon completion of the players 2 attempts to serve, the serve then rotates to the other team (alternating turns at serving) regardless if the point is awarded or not.
- 5<sup>th</sup>/6<sup>th</sup> Grade
  - Serve from the end line over the net.
  - Players get 2 attempts at a serve (the first one should be overhand).
- 7<sup>th</sup>-12<sup>th</sup> Grade: Players should start to recognize zones and make an effort to serve to them. Players get 2 attempts at a serve (the first one should be overhand).
- All Divisions
  - When serving, if they have a bad toss, let it drop to the ground without touching it so it doesn't count as an attempt.

## **PASSING**

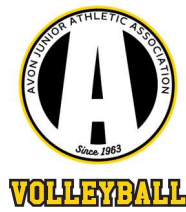
- **Goals**

- 3<sup>rd</sup>/4<sup>th</sup> Grade Division
  - Hand position and contacting ball on platform
- 5<sup>th</sup>/6<sup>th</sup> Grade Division
  - Move to the ball and angle platform to the target
- 7<sup>th</sup>-12<sup>th</sup> Grade Division
  - Move freely from base
  - Serve receive and defense
  - Pass consistently to target/setter

## **SETTING**

- **Goals**

- 3<sup>rd</sup>/4<sup>th</sup> Grade Division
  - Set the ball to hitting position with coach tossing



- 5<sup>th</sup>/6<sup>th</sup> Grade Division
  - Set the ball from live pass
  - Work towards utilizing a set in live play
- 7<sup>th</sup>-12<sup>th</sup> Grade Division
  - Utilize set in live play
  - Introduce jump set and back set

### **HITTING (5<sup>th</sup>-12<sup>th</sup> Grades only)**

- **Footwork**
  - 3 step approach into the ball. Left, right/left (right hand dominant players)
  - Arms should swing forward with first step, then backwards to maximize jump height
  - Arms should open into “trophy stance” at the top of the players jump
  - Locate ball with non-dominant hand, and then swing through ball with dominant hand toward the ground.
  - Teach players how to tip

### **BLOCKING (7<sup>th</sup>-12<sup>th</sup> Grade Division ONLY)**

- **Goals**
  - Understand drop step and moving along net
  - Be able to block an overpass
  - Set double blocks

### **DEFENSE**

- **Goals**
  - Position and stance when defending ball from opponent
  - Free ball defense
    - Getting players to move into free ball position when passed from opponent
  - Move from base to defensive position

### **IHSAA RULES**

- All situations will be governed by IHSAA Volleyball Rules.