



Volleyball Rules

1) Eligibility

- a) Girls ages 8-11 and ages 12-16 as of August 31st (current year) may participate (Exceptions will be made only by League Coordinator)

2) Scoring

- a) Teams will play best 2 out of 3 games. All games will count toward the team's overall record.
- b) Rally scoring will be used for all games. A point is awarded each time the ball is played, regardless of which team served.
- c) Games 1 & 2: First team to 25 points wins the game (must win by 2). Deciding game: First Team to 15 wins game (must win by 2).
- d) After each game, teams will switch sides of the court. If a 3rd game is played, teams will switch sides at 7 points.
- e) **Mercy rule** will be applied anytime a server scores a number of points in a row (**10 for younger girls, 5 for older girls**). The receiving team will rotate to the next server, with no point awards, and continue the game.
- f) Should the referee be unable to make a call, then no points will be awarded to either team and the point will be replayed.

3) Breaks and Timeouts

- a) Teams will have two minutes between each game.
- b) Teams are allowed two (2) timeouts per game, including the "Deciding Game". Timeouts will be 30 seconds each.
- c) Timeouts may only be signaled by Head Coaches (not by Assistant Coaches, etc.) to the Official.

4) Court Dimensions and Equipment

- a) The net will be placed at a height of 7'4".
- b) **Serving Line: Varies based on ability of the individual player. Overhand Serving only (see section 8).**
- c) Before each game, the team listed first on the schedule must present a ball to the Official and the opposing Head Coach for their approval.
 - i) Each gym will keep at least one ball available for league play. This way the official ball is consistent every week. The home team should have a back-up ball on hand if needed.
 - ii) If a team or Association decided not to practice with the volleyballs specified above, these players will be at a disadvantage during the games. If a facility does not have an officially approved ball, the Official will ask for an official ball from one of the participating teams.

5) Lineup Rules

- a) Head Coaches must submit written lineups to the scorer's table prior to each game.
- b) Lineups must include between four and six players.
 - i) There will be a 10 minute grace period for a team who is unable to field at least four players. If no additional players become available during the grace period, the team will forfeit the first game. This team will "borrow" players from another team to form a team of 6 and play the forfeited game (for experience). If no additional players become available prior to the second game, the team will forfeit the match, but continue to play with "borrowed" players (again, for experience).
 - ii) In case of injury, the player will be removed and the rotation will continue. An injured player who leaves the game may not return until the next game.
- c) Lineup must include the # and position of the player starting in each of the positions as well. It is up to the coach to ensure the rotation order is kept. Failure to do so will result in a point awarded to the other team and a loss of serve.

6) Substitution Rules and Libero Rules (12-16 Year Olds Only)

- b) Substitution must comply with the substitution rule.
 - i) With the exception of the Libero, athletes may only return to the game (substitute) for the same player which they were substituted. Once an athlete has substituted into that position for that athlete, they may not be substituted for a different athlete. EXCEPTION: Exceptional Substitution.
 - ii) If a player is replaced by an exceptional substitute (example: injury, leaving game for other reason) that player may not return to play the remainder of the match.
- c) Libero Rules
 - i) The Libero is in the game for defensive purposes and is only allowed to play in the back row.
 - ii) They can replace a player who is in the back row at any dead ball situation.
 - iii) The player the Libero came in for is the only one who is allowed to come back in.
 - iv) Once a Libero is substituted out, they must wait one rally before they can come back into the game.
 - v) The Libero is not allowed to hit the ball over the net if it is above the net (example: spike).
 - vi) Libero must wear a different color uniform shirt (or pinnie) to indicate they are the Libero.
 - vii) Serving – a Libero is allowed to serve, but may only service for 1 (the same) player per game.

7) Prior to Conducting Play

- a) Before the first game, each team will select a Captain who will participate in the coin toss.
- b) The winner of the coin toss may choose either to serve first or to select which side of the court his/her team will start on.
- c) Warm-Up Periods

- i) Prior to a match, the team who will be serving first will have four minutes to use the entire court for warm-ups.
- ii) After this, the opposing team will have four minutes to use the entire court for warm-ups.
- iii) Finally, there will be a shared 2 minutes of serving.
- d) When instructed by the Official, all players must turn their backs towards the scorer's table so the scorer can verify the lineup and each player's starting number.

7) Conducting Play

a) Protocol

- i) Teams will line up on the sidelines closest to the team bench and behind the attack line. The floor captain should be the first person in line.
- ii) The Referee will line up with the team on the left hand side of the net. The referee will direct teams to enter the center of the court and shake hands with the opposing team.
- b) Teams should then line up on the court in their correct (starting) positions.
- c) When instructed by the Referee, all players must turn their backs towards the scorer's table so the scorer can verify the lineup and each player's starting number.
- d) Prior to each serve, the Official will determine that both teams are ready and will blow the whistle, indicating play can begin. At this time, all players, coaches, and spectators must remain quiet.
- e) The player in the #1 position of the serving team (Team A) will begin the game by serving first. She will continue to serve until the opposing team (Team B) is awarded a point.
- f) The player in the #2 position for Team B will continue the game by serving next. She will continue to serve until Team A is awarded a point.
- g) Before Team A serves again, players on the court for Team A will rotate one position.
- h) Before Team B serves again, players on the court for Team B will rotate one position.

8) Serving Rules

- a) All serving must be done behind the 30' line. (12-14 Year Old Division)
- b) The only exception is any 8-11 year old playing in this division can serve at the 20' line.
 - 8-11 year olds may start out by serving at the 10' line. If a player serves two consecutive balls beyond the 10' line of the opponent, the referee will move the player back to his/her 20' line. Once the player is moved to the 20' line, they will serve from the 20' line for the remainder of the game (not match). If the player serves two consecutive balls over from the 20' line, the referee will move the player back to the end line. Once the player is moved to the end line, they will serve from the end line for the remainder of the game (not match).
 - 12-16 year olds may choose where they start out serving (anywhere from behind the 15' line to behind the end line). If a player chooses to serve behind the endline, they cannot foot-fault by stepping on the line. If a player chooses to serve at the 15' line and serves two consecutive balls beyond the 10' line of the opponent, the referee will move the player back

to his/her 20' line. Once the player is moved to the 20' line, they will serve from the 20' line for the remainder of the game (not match). If the player serves two consecutive balls over from the 20' line, the referee will move the player back to the end line. Once the player is moved to the end line, they will serve from the end line for the remainder of the game (not match).

9) Fouls

- a) Fouls will result in a point being awarded to the opposing team. Fouls include:
 - i) Stepping over the serving line prior to serving the ball. (Foot fault will only be called once a player serves from behind the end-line);
 - ii) Coming in contact with the opposing player during play;
 - iii) Touching the top band of the net during play (Note: touching the net is not a foul unless it interferes with the opposing team's play);
 - iv) Entering the opposing team's court;
 - v) Playing out of rotation/substitution;
 - vi) Delaying play by taking more than 8 seconds to serve the ball after the whistle is blown.
- b) It is permitted to penetrate (cross over) into the opponent's space under the net as long as it does not interfere with the opponent's play.

10) Ending Play

- a) At the end of the first game, players will change sides by lining up on the end line, then jogging along the right sideline to the other side of the court;
- b) At the end of the second game, there will be a coin toss to decide which side each team will play on
- c) At the end of the match, players will line up on the end line, then jogging along sideline to middle – shaking hands with other team along the net.

Responsibilities:

1) Head Coaches

- a) Exhibit and teach good sportsmanship;
- b) Ensure player safety;
- c) Ensure that players follow gym and school rules during practices, team meetings, and matches;
- d) Coordinate practices, team meetings, and team participation in matches as described in league rules;
- e) Set up equipment, prepare gym as needed before practices and matches;
- f) Take down equipment and remove trash as needed from gym after practices and matches;
- g) Communicate regularly with players and parents/guardians regarding practices, team meetings, matches, and special events;
- h) Communicate with league chairs and directors as needed;
- i) Maintain assigned equipment.
- j) Select and prepare Line Judges for each match by reviewing the Line Judges responsibilities outlined. A line judge's form must be signed acknowledging that the line judge has read the rules. This form will be given to the scorekeeper.
- k) Address any spectators associated with the team who become disruptive or abusive;
- l) Work with other coaches and officials to resolve issues as they arise.

2) Assistant Coaches

- a) Support coaches during practices by directing drills, teaching basic skills, and generally focusing and motivating players;
- b) Support coaches during matches by conducting warm-up drills, encouraging players, and monitoring scoring;
- c) Assume coaching responsibilities as outlined above if the assigned coach is unavailable;
- d) Assistant Coaches may not act as Line Judges for games in which his/her team is participating;

3) Line Judges

- a) Positioned at the back left corner of the court (on the opposite side from the team with which he/she is associated), advise the official on shots which fall on or near the sideline and the back line by indicating:
 - i) Whether the ball falls in or out of bounds (on the line is considered "in");
 - ii) Whether a ball passed inside or outside the out-of-bounds "antenna" on the net;
 - iii) Whether the ball was "tipped" or touched by a player before falling out of bounds;

4) Parents/Guardians

- a) Attend the parent orientation session;
- b) Drop off and pick up players on time from practices, team meetings, and games;
- c) Maintain communication with coaches and provide feedback as necessary;
- d) Notify the coach if a player will be unable to attend a practice, meeting, or match or if she will be more than a few minutes late;
- e) Participate as a Line Judge, Team Parent, and/or snack provider;
- f) Voice concerns to coaches at appropriate times only; not before or during matches
- g) Monitor players to ensure they follow the gym and school rules
- h) Exhibit and teach good sportsmanship toward players, coaches, and officials at all times.