



League Rules

Facility Rules

1. No outside food or drinks are to be brought in.
2. Any children, whether siblings of the players, coach's children, or spectators, are asked to remain with an adult at all times, and are not allowed to run in the gym or throughout the building.
3. Parents and visitors are to treat all league officials, managers, coaches, and volunteers with respect.
4. **ANY** negative social media remarks or posts about the league, coaches, players, any volunteers, parents, or officials are grounds for immediate removal of the program. No exceptions.

Teams

All teams will consist of six players to begin the first set of the match. If there are not six players present at the start of the game, a team may play shorthanded. Each team must have at least four players to begin the match, but the game will be considered a forfeit. A team with only five players must play, but cannot pick up a sixth player from another team. If your player is late and the game has already started, the player must sit out the FIRST set, then may play for the next set(s).

Coaches Responsibilities

1. Make sure each parent is initially contacted by you to introduce yourself and the team.
2. Notify each parent of games, practices, times, and any cancellations that may occur.
3. Respect game officials and other coaches, and refrain from communicating with them in an abusive manner.
4. Assist game officials in maintaining control of spectators during games.
5. You will be responsible for the practice volleyballs checked out to you, and will be subject to reimbursing Springtown Lions Club at the end of the season for each volleyball missing.

Game Attire

1. All girls must wear their jersey provided from Springtown Lions Club in order to play in the game.
2. Any player with casts, braces, and any supports containing hard material that is worn on a knee, leg, ankle, finger, hand, wrist, or forearm MAY NOT play even if it is padded.
3. Girls can NOT have jewelry on while playing.
4. NO gum on the floor or the court at any time.
5. **KNEE PADS ARE MANDATORY!** There is NO exceptions, if the player does not have knee pads, they will NOT be allowed to be on the court at any time.
6. Tennis shoes are mandatory. To play you must be equipped with the right attire or a player will be asked to sit out the game. NO CONVERSE.

Benching

Coaches have the option of not starting a player, and can bench a player who has missed practice or games, is being disrespectful to the coach, officials, or players, and for attitude.

Games

1. The first team listed on the schedule will be home and the second team is away.
2. A coin toss will determine who serves first, and will be done by the referee and selected captains.
3. Matches will be scored with the “rally score” system. The first two games will be to 25 points, winning by 2 points, or capping at 30. The second game will be the first to 15 points, winning by 2 points, or capping at 20.
4. A request for a time out can only be made **twice** during each set for 45 seconds each.
5. If players are out of rotation, the other team will get the ball and get a point.
6. Only 2 coaches are allowed on the court or sidelines during games.
7. If games are running ahead, we will play ahead. Arrive 30 mins early!
8. Any player who is bleeding or has an open wound, must leave the game for appropriate treatment.
9. Line judges and referee calls are **FINAL**. Book keeper and score keeper will score the game based on their calls, **NOT** a coach’s call.
 - a. A coach may stand during the play to instruct players in a non-disruptive manner, and may stand and move around to speak to the team members and players. Acts deemed disruptive by the referee will be sanctioned. First warning will be a yellow card and the second offense will be a red card. In the case of a red card, the coach or assistant coach in violation will be asked to leave the gym. Examples:
 - Loud abusive language
 - Comments to opposing team
 - Comments officials and line judges
 - Throwing objects
 - Displaying disgust in an overt manner
 - Interfering with the proper officiating of the match

⇒ If a coach has a question about a call, the captain of the team ask the referee about the call. At no time will a coach, assistant coach, or spectator be allowed to be confrontational with the referee.

Live and Dead Balls

A live ball is in play from the moment the ball is legally contacted by the correct server until the ball becomes dead. In all grades, a team may play/hit the ball three times in a volley. Blocking a *served* ball is not prohibited. Spiking of the ball is not permitted in the 3/4th grade league. Violations such as lifting, carrying, and spiking are judgement calls of the referee and are not protest able. Any contact below the waist, whether it is intentional or not, is not allowed.

Serving

1. Servers may serve either side arm, over hand, or underhand.
2. All spiking must be done with an open hand.
3. Serves that hit the net are still playable.
4. All over hand serves must be open hand.

Out of Bounds

A ball striking the ceiling and landing on the same side as the team that played it last is still in play. If it lands on the opposite side, it is considered a dead ball, and the other team will be awarded a point. A ball touching the net antenna above or within the net, or does not pass over the net entirely between the antennas, is out. If a ball lands on the line, is considered to be “in”.