

Vestavia Hills

Youth Girls Volleyball

League Rules

Vestavia Hills Parks and Recreation Department

Vestavia Hills Girls Volleyball League By-Laws

ARTICLE 1- MANAGEMENT

Section 1. The management of the Volleyball League shall be vested in the Volleyball Board. The Volleyball Board is made up of the Officers and League Directors.

Section 2. The Volleyball Board is an arm of the Park Board.

Section 3. The Volleyball Board shall advise recommend and decide as to the rules, regulations and general affairs of the league, and shall oversee all such activities.

Section 4. All registrations shall be conducted by the Volleyball Board.

Section 5. All purchasing shall be by and through the Volleyball Board.

Section 6. The Volleyball Board shall comply with the Alabama Open Meetings Act by posting announcements of board meetings open to the public no later than two weeks in advance.

ARTICLE II- OFFICERS AND LEAGUE DIRECTORS

Section 1. Election of Officers: There will be a President, Vice-President, Secretary, Treasurer, Book Keeper and League Directors. The High School Volleyball coach will serve as a non-voting consultant to the Board. A person or persons may serve in multiple capacities (i.e. treasurer and league director).

Section 2. All officers of the Volleyball Board shall assume their duties August 1st and serve until July 31st.

Section 3. The President of the Volleyball Board shall reside within the City Limits of Vestavia Hills or own or operate a business within the City of Vestavia Hills or be employed in the city limits of Vestavia Hills.

Section 4. The Volleyball Board Officers will appoint each year the League Directors for each division.

Section 5. All vacancies occurring during the year by resignation or otherwise shall be filled for the unexpired term by the president.

ARTICLE III- DUTIES OF THE VOLLEYBALL BOARD AND OFFICERS

Section 1. The President shall preside at all meetings of the Volleyball Board.

Section 2. Officer's terms shall be 1 year. However, members can be re-elected to serve multiple years.

Section 3. The Volleyball Board shall meet on or before July 31st to nominate the next year's Volleyball

Board, including Officers and League Directors. This meeting shall be open to the public with notice given. Nominations for Officers and Directors will be accepted at that time.

Section 4. A general meeting shall be held in July at the Rec. Center for the purpose of elections. Final ballot will consist of those individuals nominated at the July meeting. This meeting will be open to public with notice given. All individuals present, reside within the City Limits of Vestavia Hills, own or operate a business within the City of Vestavia Hills, are employed in the city limits of Vestavia Hills. or has a child playing in the Vestavia Girls Volleyball League, are eligible to vote.

Section 5. All Board meetings are open to the public. Notice of such meetings will be posted on the web site. Notice of the July and August meetings, along with notice of taking nominations and voting will be provided to the families of all players who just completed the previous season.

Section 6. The Volleyball Board shall make all administrative recommendations and decisions not specifically addressed in these By-Laws.

Section 7. The Volleyball Board shall meet every other month unless more meetings are needed as desired by the Board. The date, time, and location of all meetings will be sent in writing too all board members at least ten (10) days prior to said meeting.

Section 8. Quorum for the Volleyball Board shall be fifty-one percent (51%) of its members. A majority vote of active members is required for board approval.

ARTICLE IV- DUTIES OF LEAGUE DIRECTORS

Section 1. League Directors with the assistance of the Board shall review registration forms to estimate how many coaches will be needed for the season. They will then review registration forms for potential coaches and submit slate of coaches to the Volleyball Board for approval before appointment.

Section 2. League Directors shall maintain proper conduct among teams and spectators at all times.

Section 3. League Directors shall be responsible for and be present at all player evaluations and drafts under the direction of the Volleyball Board.

Section 4. League Directors shall serve for a one (1) year term. It is however approved that they may serve multiple years to create consistency in their grade level.

ARTICLE V- PARK REGULATIONS

Section 1. Absolutely no alcoholic beverages shall be permitted in all league facilities.

Section 2. No firearms will be permitted on the premises

Section 3. Any member of the Volleyball League or member of his family who deliberately or willfully destroys, defaces, vandalizes or misappropriates any property of the park shall be expelled by action of the Park Board.

ARTICLE VI- SPECIAL VOLLEYBALL RULES

Section 1. Except where otherwise specifically set forth in these rules, the rules will be determined by the Board.

Section 2. Rules specific for Vestavia Hills Volleyball League.

1. Coaches

a. A "team" can only consist of one Head Coach and one Assistant Coach prior to the league draft. The League Director will submit a list of recommended coaches to the Board. The Board will vote to approve each coach. All coaches must take and pass all requirements (concussion protocol, background check, etc.) as designated by the Vestavia Parks & Rec Department and/or the Board.

b. Coaches are expected to conduct themselves as examples for our children.

c. Coaches are responsible for controlling the behavior of his/her team as well as parents of the players. Failure to do so may result in a technical foul, but also suspension of the parents, players, and/or coaches.

d. One Head Coach and one Assistant Coach are permitted on each team's bench during games. Coaches are to remain behind the 10-foot line.

e. Any complaints about officials should be taken up with the league director and the Volleyball Board.

f. The Volleyball Board has the authority to suspend or expel any Coach due to misconduct or blatant violations of these rules.

g. All coaches must agree and sign the Coaches Code of Conduct provided by the Board.

2. Game Rules

a. Teams are limited to (ONE HOUR) practice per week and one game per week. Those teams practicing more than one hour are allowed to play with approval but cannot participate in tournaments, nor be credited with a win.

b. Any violation of the participation requirements will result in a forfeiture of the game.

c. Each player must have the proper equipment: gym shoes and kneepads. No jewelry is allowed during play. If earrings cannot be removed, they must be covered with athletic tape. Hair control devices should be functional only, not decoration. They should be soft, elastic material not secured by buckles. • Each team will play on court with a maximum of 6 players, each team. •

d. A maximum of 10 players will be allowed on a roster, to allow for maximum playtime. NO Ghost Rule: Teams with fewer than (6) players may play without getting penalized in points, nor serves. • Teams need minimum of (4) players for an official game. Less than (4) players will result in a forfeit in the standings. However, a scrimmage game maybe played for player enjoyment and teams may blend players to better balance the scrimmage. •

e. PLAYER ROTATION For 4th and 5th Grade League All player rotation is performed in a Clock-wise direction. The lineup at the beginning of the game determines the service order

throughout the game. Players of both teams must be in their correct rotational order at the time of the service by either team. The correct position of each player is described as follows: In the front line, the middle-front player must be between the right-front and left-front players and in front of the middle-back player. In the back line, the middle-back player must be between the right and left-back players and behind the middle-front player. The right-front player must be in front of the right-back player, and the left-front player must be in front of the left-back player.

- f. **PLAYER ROTATION** For 6th, 7th and 8th Grade League Any player can play any position. Notation: At the start of game, all players on the roster must rotate in a clockwise direction (indicated on the 4th and 5th Grade League) to allow for each and every player on the roster to serves at least ONE time. After each player on the roster has served one time, then open substitution is allowed. Coaches, keep in mind, out of fairness to all players, efforts must be made to play all players equally and strive to allow all players to learn all positions on the court.
- g. **TIME-OUTS** In a six-a-side game, each team is allowed two time-outs per game. Time outs last 30 seconds. When a time out is called all players are to return to their original positions for 4th and 5th Grade league. For the 6th, 7th, and 8th Grade league, open substitution is allowed providing that all players have served at least one time.
- h. **SERVING** The first serve of game 1 is decided by a coin toss; games 2 and 3 will be started with a serve by the team that did not serve first in the previous game. Players must follow the service order. When the serving team wins the volley, the player who served on that point serves again. When the receiving team wins the volley, it gains a point and the right to serve and rotate clockwise. The server may move freely in the service zone, which runs the entire width of the court, and must be completely in the service zone and not touching the serve line or the playing surface outside the zone at the moment of contact or takeoff for a jump serve. When the official blows a whistle for the serve, a player has 8 seconds to serve the ball. A server may serve overhand or underhand.
- i. **Serving:** There is a (5) serve mercy rule. Under-skilled players may elect to serve underhand only, (5ft) closer to the net, measured from the regulation base line, as their ability requires. The style of serve must be underhand from this shortened line. As players develop, they may serve underhand or overhand from the regulation (30ft) base-line. 4th and 5th grade league may serve from the 10 foot line. A player has 3 attempts to serve over the net on their first serve of the game. After their first serve they will only get 1 attempt.
- j. **Serving errors:** Serve faults happen when the ball:
- a. Touches a player of the serving team
 - b. Fails to pass over the net or makes contact with the net more than once on the serve
 - c. Lands out of bounds or touches and object out of bounds
 - d. Passes over a screen (A screen occurs when one or more players waves arms, jumps, or moves sideways, hiding the server as the ball is being served)
 - e. Ball hits the antenna
 - f. Player touches or steps past the serving line •

- g. Ball hits the ceiling or any other object hanging above the court
- h. Serving errors result in a point to the other team and loss of serve

k. CONTACTING THE BALL DURING PLAY

- a. Each team may have three successive contacts to return the ball to the opponent's area. If the first touch is on a block, the team may have three additional contacts to return the ball.
- b. The ball may contact any part of the body and any number of body parts as long as it does so simultaneously. When the ball comes to rest momentarily in the hands or arms of a player, it is considered held. This is a violation.
- c. Double contact occurs when a player hits the ball more than once with no other player touching it between these contacts. However, a player who blocks the ball may touch it a second time without an intervening touch by another player.
- d. If the ball is held simultaneously by two opposing players, it is a double fault and results in a play-over.
- e. Back row players may not jump in front of the 10-foot line (attack line) on an attack.
- f. If two players on the same team contact the ball simultaneously, this is considered as being two contacts for their team.
- g. A player who places any part of the body above the height of the net is considered to have the intention to block; only front-line players may block.
- h. If two players contact the ball on a block, it is considered only one hit.
- i. Blockers may reach over the net to block the ball as long as the opponents have hit the ball in such a manner that the ball would clearly cross the net if not touched by a defending player.
- j. Only front-line players are allowed to spike or return the ball with their hands in a position higher than the top of the net from in front of the attack line.
- k. Back-line players may not block and may spike only when they take off from behind the attack line.
- l. A ball that contacts the ceiling during play is still able to be played unless the offensive team hits the ceiling and the ball passes over the net. If a team has not contacted the ball three times and hits the ceiling they are allowed to continue play of the ball until three hits.
- m. If a ball touches the wall, stands, or curtain during play it is a dead ball.
- n. Players may not block a serve.

l. NET PLAY Several rules govern play near the net and at the centerline:

- a. The ball must pass from one side of the net to the other over the legal portion of the net.
- b. The ball remains in play if it touches the legal portion of the net in play.
- c. A player may not touch the net during play; except for insignificant contact by a player not in the act of playing the ball. Teams that contact the net, will result in a opposing team point and serve.
- d. If the ball is driven into the net with such force that it contacts an opponent, this is not a net fault.
- e. The hands may legally pass over the net after a spike on the follow-through.
- f. The only parts of the body allowed to touch the opponent's court are the feet; however, some part of the foot or feet must remain on or above the centerline at the time of contact.

g. Players can cross the vertical plane to hit or defend (an imaginary continuation of the net above and below its actual limits) as long as they don't interfere with an opponent, nor contact the net.

h. A player may not spike the ball until part of the ball is on that player's side of the net.

5. Significant rules

a. Anyone participating in organized school Volleyball sports cannot register or participate in recreational Volleyball leagues. This refers to organized sports in season.

b. In the event of any schedule changes, Parks & Recreation shall inform the league director as soon as possible.

6. Protests

a. Written protest shall be submitted to the League Director within Twenty-four (24) hours after the completion of the game

b. The League Director shall submit the written protest at a specially called meeting of the Volleyball Board. This meeting shall be called as promptly as possible.

c. The League Director and the head coach of the team (or teams) involved shall make a presentation to the Volleyball Board.

d. The Volleyball Board shall rule on the protest and the decision is then final.

Section 3 Referees

The Volleyball Board will determine which association shall be used prior to the season.

Section 4 Parks & Recreation

The Vestavia Hills Department of Parks & Rec shall assume the following responsibilities:

Refer to Vestavia Hills Department of Parks & Rec Bylaws.

Section 5 Oversight

a. The Volleyball Board will decide the penalties and suspensions upon orderly conduct of the league.

b. The Volleyball Board has the authority to make final decisions on all By-Laws interpretations and any matters concerning the league.

c. The Volleyball Board may decide that a coach be suspended for blatant infraction of the rules of conduct. Any coach under consideration for suspension shall have the right to a hearing at a special meeting of the Volleyball Board. This meeting shall be called as promptly as possible and the decision of the Volleyball Board is final.

Section 6 Insurance

Players participating in the Recreation Department Leagues should have accident insurance coverage. It is the responsibility of the parties. The Department of Parks and Recreation DOES NOT PROVIDE INSURANCE in case of injuries for the players or coaches.

Section 8 End of Season Playoffs

a. Season Champion for each league will be determined by the regular season record.

1. Tie breaking scenario: Head to head competition if two teams have a tie for the regular season record.

b. Time and place to be determined by the President & Parks and Rec.

Article VII- EVALUATIONS

Section 1. Player evaluations will be held at the beginning of the season according to the rules set forth below or adjusted as approved by the Board.

a. The League Director will conduct player evaluations as soon as possible following registration at a date and time determined by the Board.

b. All coaches must attend evaluations to help rate the players.

c. Each child will be seen in terms of passing, setting, serving, hitting, speed, and vertical jump skills. Players may also be put through game situations to help evaluate their level of play. Player information including DOB, Height, school grade and aggressiveness may also be include in the evaluation information provided to coaches.

d. The coaches shall rank each skill from 1-5. Additional points may be awarded according to the evaluation process. Point totals will position players for the draft.

e. The League director is responsible for adding up the totals and ranking each player for draft purposes.

Article VIII- DRAFT

(In lieu of a traditional draft, Head Coaches, by a majority vote, may decide to predetermine all league teams so that teams are of equal talent. Once teams are determined, the coaches would then draw, at random, a team from a blind draw. The coach and the daughter of the coach would then be assigned to that team. Coaches may trade teams after all teams are assigned. The evaluation grade of the coach's daughter will determine draft order. Lowest to highest. Daughters of assistant coaches should be placed on a team prior to the blind draw)

Section 1. A draft will be held to determine teams as soon as possible after the tryouts according to the following regulations:

a. The goal of the League is to distribute player talent as equally as is practical. The draft of participating teams will be an open draft, meaning that players may be selected without regard to the team, league or division in which they played during the previous year.(If it is determined to have a draft,) All players

MUST be drafted. No player may be assigned to a team by request. 8U League players may be exempt from this rule by a majority vote of the 8U coaches.

b. Prior to the draft, the coaches will rank players for such rounds of each age group as may be appropriate. The League Director and coaches must approve the rankings and the number of rounds ranked prior to the draft. At a minimum, coaches must rank first and second rounds in their age groups. Coaches' daughters must be designated to a round prior to the beginning of the draft.

c. Teams will be determined as Vestavia and Liberty Park for practice purposes. Both leagues will draft separately but should be in the same room for the draft for transparency.

d. During registration, players will choose Vestavia, Liberty Park, or no preference to decide where they would like to play. Players who choose "no preference" will be pre-assigned either Vestavia or Liberty Park for the purpose of equal number of player per team before the draft.

e. The order will proceed in serpentine in which the last pick of the first round goes 1st in the second round and so forth.

f. A coach must choose his daughter in the round in which she is placed during the player rankings before the draft occurs.

g. When there are an insufficient number of players to complete the last round, the final round will be conducted as the 1st round so that the teams that picked first in the 1st round will pick first in the last round. The object is to have more players on the teams that picked first.

h. At the conclusion of the draft, each coach will draw to determine the order in which he chooses a team name and color of jerseys.

i. Coaches will be given a copy of the player's registration forms at the end of the draft. Coaches are required to submit to the Board on a form given out at the draft of their team name, players, shirt sizes and colors for the procurement of jerseys. This will be due to the Board by Friday at the end of the draft week. Coaches will also be assigned practice times when these sheets are presented to the Parks & Recreation and not any sooner.

j. Only Head Coaches, approved Assistant Coaches, and league directors shall be present at the draft.

k. Players will play with their grade level. Exceptions can be made for players with specials needs.

l. Players may request to be placed on a team with friends. During the draft leagues should consider these requests in the following manner: 4th and 5th grade coaches should attempt to honor friend requests during the draft. 6th, 7th, and 8th grade coaches may allow one friend request per team.

m. Players desiring to "play up" during league play must demonstrate a high level of play and be approved by The Board prior to the draft.

n. Any other disputes or questions relating to the draft shall be resolved by the League Directors with the advice of the coaches and the approval of the Volleyball Board.

ARTICLE IX- MEETING AND AMENDMENTS

Section 1. The President can call special meetings in his or her discretion.

Section 2. Notice of the time and place of each meeting shall be sent to Volleyball Board members fourteen (14) days prior to said meeting.

Section 3. A quorum for Board meetings shall be a minimum of one half (1/2) of the Volleyball Board.

Section 4. Any change in these By-Laws must have a fifty-one percent (51%) majority of Active Members.