

## 1) Eligibility & Uniforms

- a) Girls and boys entering 7th, 8th or 9th grade may participate.
  - i) Participants may **not** play volleyball for a middle school or high school team for the current season.
- b) 5<sup>th</sup>/6<sup>th</sup> graders are not allowed to “play up” into this league unless an exception is granted by the league chair(s) and director(s).
  - i) Exception: It will be at the league’s discretion whether to allow a 5<sup>th</sup>/6<sup>th</sup> grader to play in the 7<sup>th</sup>-9<sup>th</sup> grade division when there are not enough players to form a team.
- c) Player number must be on both the front and back of the uniform shirt.
- d) **It is recommended that all players have knee pads, but it is not mandatory.**
- e) No jewelry (including earrings, bracelets, rings, watches, etc.) may be worn during games. (Exception: Medical Alert bracelets or recent ear piercing.) In addition, no type of hard cast may be worn during games.

## 2) Court Dimensions and Equipment

- a) The net will be placed at a height of 7’ 4” (7 feet and 4 inches)
- b) The serving line will be the back line (30”).
- c) Before each match, the team listed first on the schedule must present a game ball to the official and opposing coach for their approval. Balls must be high school regulation size and weight for indoor volleyball **such as the Tachikara SV-5WSC, Molten IV58L-N Super Touch, or Wilson I-COR Power Touch**. Game balls should be inflated to within the parameters listed on the ball (**between 9 to 10 ounces**).

## 3) Scoring

- a) Teams will play best 2 out of 3 games to complete a match. All games will count toward the team’s overall record.
- b) Rally scoring will 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 win 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 **8** points.
- e) Mercy rule will be applied anytime a **server scores 8 points in a row**. The serving team will rotate to the next server to continue the game.

f) Should the line judge or the referee be unable to make the call, then no points will be awarded to any team and the serve will be redone.

#### 4) 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.” Timeout will be one minute (60 seconds).
- c) Timeouts may only be signaled by Head Coaches (not by Assistant Coaches, Line Judges, etc.) to the Official.
- d) Timeouts do not carry over from previous set.

#### 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 from the team roster.
  - 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 from the team roster become available during the grace period, the team will forfeit the first game and another 10-minute grace period will begin. If no additional players from the team roster become available during the second grace period, the team will forfeit the remaining games.  
**Note:** A team can borrow players from another team, but the game will be considered a scrimmage and the scheduled team will forfeit the official game. The “borrowed” player(s) must be registered players for one of the LAYAC organizations and must wear their own team uniform during the game.
  - ii) If a player arrives late, he/she may not enter a game in progress, but may be played in new games.
  - iii) In case of injury, the player will be removed and the substitution can occur. 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 as the # of those players not starting each game that will be substituted in.
- d) Teams may opt to use a LIBERO for Game #1, Game #2 and/or Game #3 (not required). Each team can use only one Libero per game.
- e) A lineup sheet will be made available to each coach prior to the season.

#### 6. Substitution Rules and Libero Rules

- a) Teams **must** play all players that have not played in game one in game two. **Ensure fair play time for all participants.**

i. Game #1:

- a. Any combination of 6 players as represented by the lineup submitted.
- b. Standard substitution rules apply as described in Section 6b and standard Libero rules apply as described in Section 6c.

ii. Game #2:

- a. The starting lineup for game #2 must include all players that did not start game #1 (those that were not included on the original line up for game #1) and a new line up presented by the coach.
- b. Standard substitution rules apply as described in Section 6b and standard Libero rules apply as described in Section 6c.

iii. Game #3:

- a. Team lineup is at the discretion of the coach.
- b. Standard substitution rules apply as described in Section 6b and standard Libero rules apply as described in Section 6c.

b) Substitutions **are not counted (i.e. there is no limit on the number of substitutions)** and coaches must comply with the substitution rule as follows:

i. With the exception of the Libero, athletes may only return to the game (substitute) for the same player for which they were substituted – meaning that the two players are “linked together.” 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 (for example: injury, leaving game for other reason) that player may not return until the next game.

c) Libero Rules

i. The Libero must wear a different color uniform shirt (or pinnie) to indicate they are the Libero.

ii. The Libero is in the game for defensive purposes and is only allowed to play in the back-row positions only (positions 1, 5 & 6).

iii. The Libero can enter the game at any dead ball situation.

iv. Only the player the Libero came in for can go back into the game when the Libero comes out.

v. Once a Libero is substituted out, they must wait one rally before they can come back into the game.

vi. The Libero is not allowed to hit the ball over the net if it is above the net (example: spike/pike).

vii. The Libero cannot block or attempt to block.

viii. Serving – the Libero is allowed to serve, but may only serve for 1 (the same) player per game.

## 7) Prior to Conducting Play

a) It is recommended that teams arrive at least 15 minutes prior to match time. If a match ends early, the referee can call the captains for the coin toss 15 minutes prior to the first game of the match.

b) 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) The team who will be serving first will have six minutes to use the entire court for warm-ups.

ii) After this, the opposing team will have six minutes to use the entire court for warm-ups.

iii) After this, both teams will have three minutes to share the court for serving practice.

**Note:** It is the responsibility of the Referees to keep the start of the games on time as much as possible. If the games are running behind schedule, the Referees have the authority to shorten the warm-up period as long as each team has the same amount of warm-up time.

## 8) 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, followed by the Libero then the remaining players in numerical order.

ii) If time allows, the Referee can direct teams to enter the center of the court, turn and wave to the fans.

iii) The Referee will direct the teams to shake hands prior to the start of play.

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. He/she will continue to serve until the opposing team (Team B) is awarded a point.
- f) The player in the #1 position for Team B will continue the game by serving next. He/she will continue to serve until Team A is awarded a point. **Note: The receiving team does not rotate prior to the first serve.**
- g) Before Team A serves again, players on the court for Team A will rotate one position.
- h) Before Team B servers again, players on the court for Team B will rotate one position.
- i) Steps G and H above will be repeated until the game is complete.

## 9) Serving Rules

- a) All serving must be made behind the 30" line.

## 10) Fouls

- a) Fouls will result in a point being awarded to the opposing team. Fouls include:
- Stepping over the serving line prior to serving the ball. (Foot fault);
  - Coming in contact with the opposing player during play;
  - 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);
  - Entering the opposing team's court; (Note: 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.)
  - Playing out of rotation/substitution;
  - Delaying play by taking more than 10 seconds to serve the ball after the whistle is blown.

## 11) Ending Play

- a) At the end of the first game, players will change sides by lining up on the back line, then walking along the right sideline to the other side of the court.
- b) At the end of the second game, players will repeat 11(a) above; unless it's the last game, then see 11(c) below.

c) At the end of the last game, players will line up on the back line then walk along the right sideline and along their side of the net to shake hands with opposing players and coaches.

## **End of Season Standings**

Final scores are maintained each week throughout the season. Final standings are determined prior to playoff games as follows:

- 1) Win/Loss
- 2) Total Points earned in the season
- 3) Sets won
- 4) Head to Head win(s) break tie in the system

## **Responsibilities:**

### **1) Referee & Scorekeeper Responsibilities**

- a) Open & close the gym as assigned by the Referee Coordinators and performing open/closed tasks as required for each gym.
- b) Keep the game on schedule as much as possible by communicating with the head coach about a reduced warm-up period if needed.
- c) Prepare line judges for each match by reviewing the Line Judges responsibilities as outlined in this document. Ensure that the line judge signs form acknowledging that they understand their responsibilities. This form is maintained in the scorekeeper book.
- d) Conduct the coin toss, time the warm-up period, line players up for the pre-game hand shake, and verify line ups per coaches' line up sheets.
- e) Make fair and consistent calls based on the rules described in this document.
- f) If a coach, assistant coach, player, or parent violates the organization's code of conduct or does not follow the responsibilities as outlined in this document, the referee has the authority to issue a GAME PENALTY, which results in a point (loss of rally) to be awarded to the opposing team.

### **2) Head Coaches Responsibilities:**

- a) Maintain proper position on the court:
  - i) Coaches are allowed to approach the court. However, only one coach may approach the court at a time.
  - ii) All coaches must remain on the sideline closest to their team bench.
  - iii) All other coaches must be on the bench or no closer than 1 meter from the court.

- iv) Only the Head Coach may request game interruptions: time outs, substitutions, line up checks etc. Any request made by anyone other than the head coach will result in a TEAM DELAY PENALTY (time out). If a team does not have a time out left, a point (loss of rally) will be awarded to the opposing team.
- b) Exhibit and teach good sportsmanship; **this includes respecting the game officials and refraining from communicating with them in an aggressive and/or disrespectful manner;**
- c) Ensure player safety;
- d) Ensure that players follow gym and school rules during practices, team meetings, and matches;
- e) Coordinate practices, team meetings, and team participation in matches as described in league rules;
- f) Set up equipment / prepare gym as needed before practices and matches;
- g) Take down equipment and remove trash as needed from gym after practices and matches;
- h) Communicate regularly with players and parents/guardians regarding practices, team meetings, matches, and special events;
- i) Communicate with league chairs and directors as needed;
- j) Maintain assigned equipment (i.e. Balls, flags, etc.);
- 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.

### 3) 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:
  - i) Act as Line Judges for games in which his/her team is participating.

## 4) Line Judges (must be in 8th grade or older)

- 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;
  - iv) Must remain impartial;
  - v) Must sign line judge’s paperwork acknowledging that they understand the rules before start of the game.
- b) Line Judges may not:
  - i) Call foot faults. Only the referee will make this call.
  - ii) Argue with the referee. The referee has the right to overrule a line judge’s call;
  - iii) Use electronics (cell phones, i pods, etc) while games are in progress;
  - iv) Coach / cheer for their team;
  - v) Talk or heckle an opposing team;
  - vi) Talk to spectators in the stand/chairs during a game.

## 5) 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 he/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;
- g) Monitor players before, between, and after games to ensure they follow the gym and school rules (this is critical to our relationship with our host schools);
- h) Exhibit and teach good sportsmanship toward players, coaches, and officials at all times.