

# Bryant Parks Volleyball League

## 3<sup>rd</sup>-6<sup>th</sup> Grade Girls Youth Volleyball League Rules

### Guiding Principles

The goal of this league is to provide a fun and educational volleyball experience and the point of the game is to score more points than your opponent. However, the manner in which coaches go about that should be done by considering the ideals we have discussed in the coaches meetings. This league is a beginner level program and should create an environment that encourages all the players to want to continue playing volleyball and enjoy the game.

- Matches will consist of three (3) games to twenty-five (25) points of rally scoring. There is no game clock or timing system involved, as games will begin at scheduled time.
- Teams must win by two (2) points in a game.
- Teams will be allowed one (1) time-out per game, officials may award time-outs as they deem necessary.
- Games will start with the home team having the ball first and then alternating possession for the rest of the game.
- Teams and coaches will always show good sportsmanship and create a positive atmosphere for the players.
- Any rules not discussed will be at the discretion of the referees as interpreted by the league supervisor or the Recreation Superintendent.

### Court

The game will be played on a regulation indoor volleyball court (60ftX30ft), yet will feature a few accommodations for the players. These will include:

- A serve-line of twenty (20) feet from the net.
- Nets will be set at seven (7) feet.
- A two (2) meter step-in will be allowed from the serve-line (official's discretion).
- Use of Volley Lite youth volleyballs.

### Teams

- Each team shall consist of at least six (6) players with no more than ten (10) players on a roster. A minimum of five (5) players is required to start a game in the event of a hardship.

- Each player must play at least fifteen (15) points every game and must start at least one (1) game per match. If there is an issue with playing time the league supervisor or the Recreation Superintendent will enforce this playing time. There are circumstances where this could vary due to injury or other reasons.
- Players will only be allowed five (5) consecutive service points before possession will turn over to the opposing team.
- All three (3) games will be played in a match during the regular season.
- Substitutions will occur via rotation when a team wins a side out, or gets possession of the serve. When this occurs, the new serving team rotates clockwise. Each player rotates one spot -- the left front rotates to the middle front position, the middle front rotates to the right front position, the right front rotates to the right back position and so on. The new right back serves the ball.

### **The Serve**

- A legal serve is contact with the ball to initiate play in which the ball is hit by one (1) hand, fist, or arm of the server while the ball is held, or after it has been tossed up in the air by the server. The ball must be contacted within five (5) seconds after the referee's signal to serve (official's discretion). A bad toss that is caught or drops to the floor will be a re-serve.
- Serves may be made anywhere along the back-end line. The first server of the game is the player in the Right Back position. THEREAFTER, when a team is awarded a side-out, the player in the Right Front position rotates to the serving area (or to bench if applicable).
- If a team is playing short, the team rotates with the number of players that they have. There is no need to rotate a "hole" position, e.g. You may use three (3) front line players even though you are short players. Players that come late may be added to the scorecard and may then enter the court after a rotation.
- Each member of a team shall serve in turn. Serving out of order causes a side-out and loss of points served by that person, if discovered before the opposing team serves.
- All players must be within the playing area at the time of the serve. Players shall be in correct serving order with no overlapping of adjacent player's front-to-back or side-to-side when the ball is contacted for the serve. Overlapping is judged by the position of any part of the body touching the floor. After the ball is contacted for the serve, players may move anywhere on the court.

- A “let”, or ball that hits the net and goes over on a serve, is allowed in this league.

### Game Play Fouls

- Back Line Players - A back line player shall not:
  - Participate in the block on an attempt to block.
  - Hit or spike the ball higher than the net, in front of the 10ft-line.
- Center Line – No player may step completely across the centerline. A player may cross the centerline with his/her foot or **hand** as long as a part of the foot/**hand** is on or above the centerline and the player does not interfere with the play of an opponent. A player may legally break the centerline extension outside the net.
- Legal Hit - A legal hit is contact with the ball by a player's body above and including the waist that does not allow the ball to visibly come to rest even momentarily. (It may not be lifted, pushed, or thrown.)
- Player Contact:
  - If a player goes up to block and the ball falls on his/her side of the net, the player may play the ball again. It counts as the 1st contact for his/her side.
    - When simultaneous contact of the ball is made by opponents, the player on whose side the ball falls may play the ball again and it counts as the 1st contact for his/her side.
  - Successive contacts by one player shall not be permitted.
  - Simultaneous contacts of the ball by teammates shall be permitted and considered as one (1) play and either player involved may participate in the next play.

### Net Play Fouls

- Reaching over the net is permitted during:
  - The follow through of a hit made on the player's own side.
  - An attempt to hit or fake a hit.
  - A block or an attempt to block.
  - Blocking a Ball
    - Blocking a ball that is entirely on the opponent's side of the net, is permitted when the opposing team had an opportunity to complete its attack. The attack is considered complete when:
      - The attacking team has the opportunity to spike or directs the ball into the opponents' court.
      - The attacking team has completed its 3 hits
- A ball is considered to have crossed the net when
  - Any part has passed over the net.
  - It is contacted by a blocker.
- Net Foul - Contacting the net or any part of it, including the net supports, while ball is in play is prohibited, except by a player's hair, or unless the force of the

ball by an opponent pushes the net or its support into a player.

**CONDUCT**

- The referee shall have the power to warn, declare side-out or point, or disqualify from the game or match, any player, substitute or coach who commits any of the following violations:
  - Persistently addresses the official with regard to decision.
  - Makes derogatory remarks about or to the officials
  - Commits acts derogatory to the official or tending to influence his/her decisions
  - Makes personal and derogatory remarks about or to opponents
  - A player, substitute, or coach shall not delay the game unnecessarily. When the referee indicates readiness to play by blowing the whistle, play shall continue immediately.
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