



RECREATIONAL VOLLEYBALL COACHES PACKET





SPORTS of ALL SORTS



Youth Association

“TEAM PARTY”

Everyone's a winner with a team party at SPORTS OF ALL SORTS.

\$40.00 per team

Includes:

2 large pizzas

3 pitchers of Soft Drinks

100 Tokens

Add 1 game of BOWLING for your team for only \$20 more!

****Additional Pizza can be purchased for \$12 each***

Policy for Complaints on (COACHES)

- A. **Complaints from coaches about a coach/parent** (this lets us know if we have a problematic situation with a particular coach that we need to address)
EXAMPLE: We have had several scenarios in which complaints have been received on what others feel are abusive or unsporting coaches and felt that the issue needed to be addressed with the coach. These issues could be related to his conduct in addressing his players, officials, parents or the other team's coaches, players or parents. This also pertains to showing overall good sportsmanship towards the game itself. All complaints received on a coach will be kept on file for proper tracking.

B. **Complaints from officials about a coach/parent**

Follows the procedures listed below. However, it is expected that if an official has game related mis-conduct from a coach that the rules pertaining to the issuing of a technical foul be given. If a coach receives a technical foul either directly or indirectly then all coaches must remain seated on the bench for the remainder of the game. If any other technicals are issued against the bench then the head coach will receive either a direct or indirect technical foul. If a coach receives 3 indirect or 2 direct or 2 indirect and 1 direct, then the coach is removed from the current game and receives an additional 1 game suspension. This follows the standard rules for all basketball leagues. If a coach is ejected from a game, they must leave the immediate area of the game (out of site and sound of the court).

ANY COACH, PARENT OR PLAYER THAT CONFRONTS AN OFFICIAL, THREATENS AN OFFICIAL OR ANOTHER COACH/PARENT BEFORE, DURING OR AFTER THE GAME WILL BE REMOVED FROM THE FACILITY, AND SUSPENDED. THE NUMBER OF GAMES WILL BE DETERMINED BY THE DIRECTOR AND IF NECESSARY, COULD BE SUSPENDED FROM LEAGUE PLAY FOR THE REST OF THE SEASON.

When complaints are received, the following procedures are used to address the situation. (ALL COMPLAINTS ON COACHES MUST BE SUBMITTED THROUGH THE HEAD COACH OF THE TEAM ISSUING THE COMPLAINT. ALL COMPLAINTS FROM PARENTS WILL BE KEPT ON FILE) this administration WILL NOT communicate with a teams parents individually on these issues, any response from this administration will go to the Head Coach ONLY!

1. If a coach receives a written complaint from another coach then the director will discuss the matter with the coach either verbally or in written form. The complaint will remain on file for the remainder of the current season.
2. If a coach receives a second complaint occurring on a different day/game, then the director will send a written correspondence with details from the written correspondence from the coach issuing the complaint and then allowing them to provide a rebuttal to the statements. I will then share those with the initial coach. A warning will be issued to the coach in question that their conduct must reflect the proper sportsmanship that follows the codes of conduct of this organization as well as AAU or the KHSAA.
3. If a coach receives a third complaint occurring on a different day/game bringing the total complaints during the season to 3, the coach will be suspended for 1 game by this administration for failure to follow the standards of the organization.
4. Further complaints may result in the coach/team being removed from the current league as well as possible future leagues.

Policy for Complaints on (OFFICIALS)

JUDGEMENT CALLS WILL NOT BE ADDRESSED BY THIS ADMINISTRATION

A. Complaints about an official (this lets us know if we have an official that needs more training, or simply should not be used). EXAMPLE: We had an official that started experiencing frequent complaints. After noticing the trend, the assignor talked to this official and discovered that he was having some personal problems that caused him to be a bit uptight. We requested that he take some time off from officiating until his personal life was back in order to avoid the additional stress.

B. Complaints FROM a coach/parent (this lets us know if that complaints are simply from someone whose team may not be doing well, or is simply more proan to complaining.) We have had these scenarios in the past; however, we take into consideration when complaints are filed by this type of coach that we do not hold it against the coach, league or the officials.

When complaints are received, the following procedures are used to address the situation. (ALL COMPLAINTS ON OFFICIALS MUST BE SUBMITTED THROUGH THE HEAD COACH OF THE TEAM ISSUING THE COMPLAINT. ALL COMPLAINTS FROM PARENTS WILL BE KEPT ON FILE) this administration WILL NOT communicate with a teams parents individually on these issues, any response from this administration will go through the Head Coach ONLY!

5. If an official receives a written complaint then the director will discuss the matter with the assignor either verbally or in written form. The complaint will remain on file for the remainder of the current season. The assignor, under his/her discretion, may investigate to determine if any issues are involved or if training is needed.
6. If an official receives a second complaint occurring on a different day/game, then the director will send a written correspondence with details from the written correspondence from the coach issuing the complaint to the assignor. From that point the assignor will handle any correspondence and action needed to resolve any issues if found with the official directly. There will not be any additional information supplied back to the coach unless it pertains to a rules question/issue. The officials, although are individual contractors, are considered a part of this administrations extended staff and therefore, any action taken will be handled on a professional level within the organization.

SPORTS OF ALL SORTS YOUTH ASSOCIATION

COACH CODE OF CONDUCT

COACHES HAVE A RESPONSIBILITY TO:

- Have knowledge/understand the Laws/Rules of the game and the Spirit of how the Laws/Rules are enforced.
- Develop team respect for the ability of opponents, and for the judgment of referees and opposing coaches.
- Concentrate on coaching rather than on the accuracy of referee's decisions.
- Be a role model of fair play. Set a good example and be generous with your praise when it is deserved.
- Use of alcohol, tobacco products or illegal drugs is strictly prohibited when in the presence of his/her players or any SOASYA sponsored event.
- Be positive; avoid confrontation with any official, coach or parent.
- Refrain from the use of profane, insulting, harassing or otherwise offensive language in the conduct of his/her duties.
- Support and Practice "Everyone plays" and "Positive Coaching" philosophies
- Be reasonable in your demands on the young players' time, energy, enthusiasm and their performance on the field/court.
- Impress on your players that they must abide by the rules/laws of the game at all times.
- Attend coaching classes to learn the most effective ways to conduct practices and to keep informed about sound principles of coaching, growth and development principles relating to your players.
- Give good guidelines to parents.
- Enlist the support of your team's parents in your efforts to instill the proper attitudes and values in the players.
- Ensure that your players' experience is one of fun and enjoyment (winning is only part of it). Players should never be yelled at or ridiculed for making mistakes or losing a game.

COACHES MUST:

- Allow only those players assigned to your team and appear on your team roster to play within the league. If a team is found in violation of this rule prior to the game, the illegal player(s) will not be permitted to play. If a team is found in violation during or after the game, the offending team will forfeit that game(s) in which the illegal player(s) played. Also, the coach will be suspended for one game for violating this rule.
- Discuss with each player the “Player Code of Conduct” **Attached**
- Discuss with each Parent the “Parent Code of Conduct” **Attached**
- Ensure the safety of the players with whom they work.
- Respect athletes dignity; verbal or physical behavior’s that constitute harassment or abuse are unacceptable.
- Never advocate or condone the use of drugs or other banned performance enhancing substances.
- Never provide under age players with alcohol; never encourage its use.
- Coordinate the team pictures as related to your team (when applicable).
ALL coaches must use the same Photographer assigned by Sports Of All Sorts Youth Association
- Keep track of and maintain all equipment and facilities issued to you for your use (when applicable). Insist that players keep facilities clean and litter in garbage cans.
- Collect all equipment issued and return to league officials immediately at season’s end along with an inventory sheet (when applicable).
- Work with officials. Report problems to the SOASYA Administration or head official as quickly as possible.
- You are responsible for controlling the conduct of players, parents, and other spectators.
- Officials have the authority to remove coaches, players or spectators from the game and/or premises due to unsportsmen-like conduct. It is their discretion to define unsportsmen-like conduct.
- You or a team representative are to attend the awards ceremony at the end of the season (when applicable).

Coaches Penalty:

- If a coach is ejected from a game for any reason an additional one game suspension will be automatically enforced. If a coach is found to be in violation of the code of conduct outside the confines of the playing field/game the standard one game suspension will be enforced. Also, the SOASYA Administration may in his/her judgement issue up to an additional 2 game suspension for that violation. The SOASYA Administration in cooperation with the Official(s) has the authority to take control of a game in the event of problems. This may include ejection of a coach, player, or spectator as well as possible termination of the game. The result of such conditions may result in forfeiture of the game by either one or both teams. Repeatedly and/or intentionally violating this code of conduct will result in the coach being removed from his/her position for the remainder of the season.. In cases of illegal conduct the local authorities will be notified and the coach will be removed immediately from his/her position.

SPORTS OF ALL SORTS YOUTH ASSOCIATION

COACH CODE OF CONDUCT

I have read and understand the “Coach Code of Conduct” and agree to conduct myself in a manner that demonstrates the standards established in the “Coach Code of Conduct” and as a representative of the Sports Of All Sorts Youth Association. I also certify that I have never been convicted of a crime of violence or a crime against a child. My signature below gives the SOASYA permission to verify all information listed and complete a background check.

*** Any convictions will be grounds for non-acceptance.

PLEASE PRINT CLEARLY

Name _____ Home Phone _____

Street Address _____ Work Phone _____

City _____ State _____ Cell Phone _____

Zip Code _____ SSN _____ Date of Birth _____

Email Address _____ Fax # _____

*** If at current address less than 1 year, list previous address.

Street Address _____ City _____

State _____ Zip Code _____ Yrs. At this Address _____

Baseball Softball Cheerleading Bowling

Soccer Basketball Volleyball Flag Football

Head Coach **Division Coaching (i.e. U-10 Soccer)** _____

Assistant Coach * **Must list Head Coaches Name** _____

Signature _____ Date _____

*Return to Administration

SOASYA Administration _____ Date Checked _____
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- Concentrate on coaching rather than on the accuracy of referee's decisions.
- Be a role model of fair play. Set a good example and be generous with your praise when it is deserved.
- Use of alcohol, tobacco products or illegal drugs is strictly prohibited when in the presence of his/her players or any SOASYA sponsored event.
- Be positive; avoid confrontation with any official, coach or parent.
- Refrain from the use of profane, insulting, harassing or otherwise offensive language in the conduct of his/her duties.
- Support and Practice "Everyone plays" and "Positive Coaching" philosophies
- Be reasonable in your demands on the young players' time, energy, enthusiasm and their performance on the field/court.
- Impress on your players that they must abide by the rules/laws of the game at all times.
- Attend coaching classes to learn the most effective ways to conduct practices and to keep informed about sound principles of coaching, growth and development principles relating to your players.
- Give good guidelines to parents.
- Enlist the support of your team's parents in your efforts to instill the proper attitudes and values in the players.
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- Collect all equipment issued and return to league officials immediately at season’s end along with an inventory sheet (when applicable).
- Work with officials. Report problems to the SOASYA Administration or head official as quickly as possible.
- You are responsible for controlling the conduct of players, parents, and other spectators.
- Officials have the authority to remove coaches, players or spectators from the game and/or premises due to unsportsmen-like conduct. It is their discretion to define unsportsmen-like conduct.
- You or a team representative are to attend the awards ceremony at the end of the season (when applicable).

Coaches Penalty:

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Assistant Coach * **Must list Head Coaches Name** _____

Signature _____ Date _____

*Return to Administration

SOASYA Administration _____ Date Checked _____
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SPORTS OF ALL SORTS YOUTH ASSOCIATION

PLAYER CODE OF CONDUCT

- Have knowledge/understand the Rules/Laws of the game. Help fellow players do the same.
- Show respect to officials, players, coaches, parents and spectators before, during and after any game or practice.
- Play for the fun of it, not just to please your parents or coach.
- Be positive; avoid confrontation with any official, coach or parent before, during or after any game or practice.
- Refrain from criticism of other players, coaches or officials before, during or after any game or practice.
- Control your temper and most of all, resist the temptation to retaliate when you feel you have been wronged.
- Use of alcohol, tobacco products, or illegal drugs is strictly prohibited when involved Sports of All Sorts Youth Association functions.
- Stay calm when confronted with emotional reactions from officials, players, coaches and parents.
- Support good sportsmanship.
- Show courage and confidence; avoid arrogance.
- There will be no name calling, taunting, foul language, or arguing

PLAYERS PENALTY:

- If a player is ejected from a game for any reason, that player will return to his/her bench and become the coach's responsibility. If further misconduct occurs, that player will be removed from the area of the playing field and turned over to a parent or guardian if one is present. If none are present then that player(s) will be turned over to the administration until either that game is over or the parent or guardian is contacted and arrangements made for pickup. Also, an automatic one game suspension will be enforced. In cases of fighting the offender(s) will be suspended for the rest of the season and NO REFUNDS / CREDITS will be given.
- If a player is ejected while being a spectator, they must leave the immediate area of the playing field immediately

(i.e. indoor – they must leave the building, outdoor – they must go to the parking lot). If a parent or guardian is present, that player/spectator will be released to them and will assume full responsibility. If none are present then that player(s) will be turned over to the administration until either that game is over or the parent or guardian is contacted and arrangements made for pickup. Also, an automatic one game suspension will be enforced. In cases of fighting the offender(s) will be suspended for the rest of the season and NO REFUNDS / CREDITS will be given.

This Code of Conduct remains in force at all times. Repeatedly and intentionally violating this code of conduct will result in suspension from league play for the remainder of the current season and NO REFUNDS / CREDITS will be given. Also, further action could result in a one-year to permanent suspension. In cases of illegal conduct the local authorities will be notified.

SPORTS OF ALL SORTS YOUTH ASSOCIATION

PARENT/SPECTATOR CODE OF CONDUCT

CODE

As a parent/spectator, you play a special role in contributing to the needs and development of youngsters. Through your encouragement and good example, you can help assure that all the boys and girls learn good sportsmanship and self-discipline. In Sports of All Sorts Youth Association, young people learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with defeat - all while becoming physically fit and healthy. *Best of all, they have fun.*

Parents/Spectators are subject to the same laws of conduct and good sportsmanship as the coaches. No vulgar language, heated discussions, use of alcohol, any controlled substance, physical abuse (contact) or any other acts detrimental to the purpose of the organization will be tolerated.

SUPPORT YOUR CHILD

Supporting your child by giving encouragement and showing interest in their team is very important. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory - *that way your child will always be a winner despite the outcome of the game!*

ALWAYS BE POSITIVE

Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sports activities. Avoid confrontation and criticism of/with any official, coach, parent or player. Use of alcohol or illegal drugs is strictly prohibited when involved in Sports of All Sorts Youth Association functions.

REMEMBER: YOUR CHILD WANTS TO HAVE FUN

Remember that your *child* is the one playing, not you. It's very important to let children establish their own goals - to play the game for themselves. Take care not to impose your own standards and goals on them. Don't put too heavy a burden on your child to win games. Surveys reveal that **72% of children would rather play for a losing team than ride the bench for a winning team.** Children play for the fun of playing.

REINFORCE POSITIVE BEHAVIOR

Positive reinforcement is the best way to help your child achieve their goals and their natural fear of failure. Nobody likes to make mistakes.

If your child does make one, remember it's all part of learning, so encourage your child's efforts and point out the good things your child accomplished.

DON'T BE A SIDELINE COACH OR OFFICIAL

Coaches and Officials are usually parents or children. They work hard to do the best job they can do and to help make your child's athletic experience a positive one. They need your support too. That means refraining from coaching or officiating from the sidelines.

PARENT/SPECTATOR PENALTY:

If a Parent/Spectator is ejected from a game for any reason they will be required to immediately leave the area of the playing field and/or facilities. If situations allow, A **WARNING** may be issued for UN-sportsmanlike conduct and any infraction of the stated program rules. If a second **WARNING** becomes necessary for any infraction, there will be an automatic ejection from the current game. The offender has two (2) minutes to leave the confines of the playing field (Outdoor = parking lot, Indoor = building). If the offender refuses to leave or returns prior to fifteen (15) minutes after completion of the game, the local authorities will be called. Additional action may be taken by the League Administration and/or Board of Directors in determining if further disciplinary action should occur. Repeated violations of this code of conduct would be subject up to a one-year suspension or further action as deemed necessary by Sports of All Sorts Management. In cases of illegal conduct the local authorities will be notified.

ADMINISTRATIVE

➤ Division Structure

9 & Under	(7 – 9 years old, not 9 before 09/01)
11 & Under	(10 - 11 years old, not 11 before 09/01)
13 & Under	(12 - 13 years old, not 13 before 09/01)
15 & Under	(14 - 15 years old, not 15 before 09/01)
18 & Under	(16 – 18 years old, not 19 before 09/01)

**NOTE: All players move up in the FALL

➤ Exceptions

A player may move up to the next age division at the request of the parent(s), **BUT** only if they are within one (1) year of that division. SOASYA League Director reserves the right to adjust age groups and/or participants based upon abilities and/or total number of participants.

➤ Participation and Eligibility within Sports of All Sorts Youth Association (SOASYA)

Participation of a player or manager in SOASYA programs will not be permitted if they or their family have any outstanding obligations to the organization.

Violation of any Codes of Conduct or rules pertaining to participation and or suspension will result in a player or manager being declared ineligible.

➤ Player Registrations

Player registrations contain player waivers and are for the current season which starts when the parent signs the agreement and ends when the player's team finishes its regular playing season and is determined not to participate in any post season tournaments representing the SOASYA.

Each player's parent or guardian must have signed this waiver before a player participates in a regular season game.

➤ Age Verification

Must have access to a birth certificate. It is recommended that all players have a physical examination and have a Doctor's permission to participate in SOASYA Activities

➤ Team Formation (Legal Team)

** Teams will be formed as registrations are received. If requesting a coach or player all requests will be received on a first come basis with returning players being honored first from the previous session. Once a team has reached the maximum number of players, any additional players requesting a coach or a player that plays for a team that is full will be placed in the draft and assigned to a team. The Administration reserves the right to establish a standard number of players per team based upon number of participants.

**ONLY those players assigned to a team and appear on the teams roster are permitted to play. If a team is found in violation of this rule prior to the game then that player will not be permitted to play during that game. If a team is found in violation during or after the game in question then the offending team will forfeit the game. Also, the coach will be suspended for one game for violation of this rule.

➤ Season Duration

➤ Regular playing season will consist of a minimum of a 7 game schedule and maximum of 10 game schedule.

➤ Equipment / Uniform

The standard uniform consists of a numbered shirt (SOASYA provides); shorts, socks, and gym shoes (parents provide).

- **NO JEWELRY** of any kind is permitted as well as any item of clothing that the Referee determines unsafe.
- Mouth guards may be used by anyone and are recommended for players wearing braces
- Kneepads are allowed for female participants only. An Ace bandage type knee brace is allowed with the exception that no clips, tapes, wrapping be used (one piece).
- **NO** loose fitting clothing. (identified as anything that someone could trip, or get caught on and cause injury, i.e.hooded sweatshirts)

- Players who wear prescription glasses must wear elastic bands or sports goggles.
- Players with long hair must use elastic hair bands when tying hair up. **NO** metal of any kind is to be worn on the hair bands. This would prevent injury when heading the ball or players bumping heads during play.

➤ **Restricted Areas**

NO one is permitted to coach from the spectator sidelines.

Coaches **MUST** stay within the confines of their designated coaching area..

➤ **Award Presentations**

Awards will be handed out during the last regular season game.

➤ **SOASYA Director / Assistant Director**

The Administration has the authority to suspend any manager, coach, or player for additional games if situation warrants.

All ejection's and forfeitures will be reported to the Administration by the referee. All ejection's and forfeitures will be reviewed by the Administration to determine if additional action is necessary. Once the first game of the season has been played, no games will be rescheduled.

➤ **Discipline –**

If a player is a problem, doesn't come to practice on a regular basis, mouths or taunts during games, etc. you can withhold one match of playing time (first offense) and two matches (second or more offenses) You MUST notify the league director prior to each set when these conditions arise.

If a player arrives after the start of a match the following playing time rules can be enforced by the coach:

- Arrival during the first match, they still play in all 3 matches.***
- Arrival during second match, they only play one match, coaches choice of 2nd or 3rd match.***
- Arrival after second match, the coach does not have to play them at all.***

Coaching Staff -

REFER to Code of Conduct

Players -

REFER to Code of Conduct

Spectators -

REFER to Code of Conduct

Sportsmanship -

REFER to Codes of Conduct

➤ **EJECTION FROM GAME**

A player or coach ejected in (or after) a game by a referee will automatically be suspended from current game plus the next game in the season.

Additional Offenses

A player accumulating three ejection's over a one-year period will be **BANNED** from further participation in any Sports of All Sorts Youth Association sponsored events.

FIGHTING – will not be tolerated on or off the court. Any person ejected for fighting will be banned from the league.

“Jumping-in”: A player jumping from the player bench to the court to break up or participate in a fight will automatically be ejected from the game.

A player or coach/manager ejected for “assaulting an official” will automatically be suspended from any further activities sponsored by the Sports of All Sorts Youth Association.

AN “ASSAULT ON AN OFFICIAL” SHALL BE DEFINED AS A BATTERY OR AN ATTEMPT TO COMMIT A BATTERY UPON AN OFFICIAL; AND AN ACT WHICH IS CLOSE TO ACCOMPLISHMENT SHALL BE SUFFICIENT TO CONSTITUTE AN ASSAULT UPON AN OFFICIAL, ANY ASSAULT ON AN OFFICIAL SHALL RESULT IN A PERMANENT BAN FROM SPORTS OF ALL SORTS YOUTH ASSOCIATION AND ITS FACILITIES IN WHICH IT OPERATES ITS LEAGUES. LOCAL AUTHORITIES WILL ALSO BE NOTIFIED.

- **SPORTSMANSHIP** All teams should promote good sportsmanship.
- **PROPER DRESS ATTIRE** Managers, Coaches & players are expected to wear appropriate clothes at all times..
- **PROTESTS** - There are no protests within the Youth Volleyball league.
- **Weather Hotline**
Coaches and players may contact Sports of All Sorts at 371-5511 to see if any game has been canceled due to weather conditions. The Administration in the interest of safety reserves the right to cancel games when weather conditions may place parents, coaches and players at risk when in route to or from the facility.
- **PLAYER DIVISION PARTICIPATION**

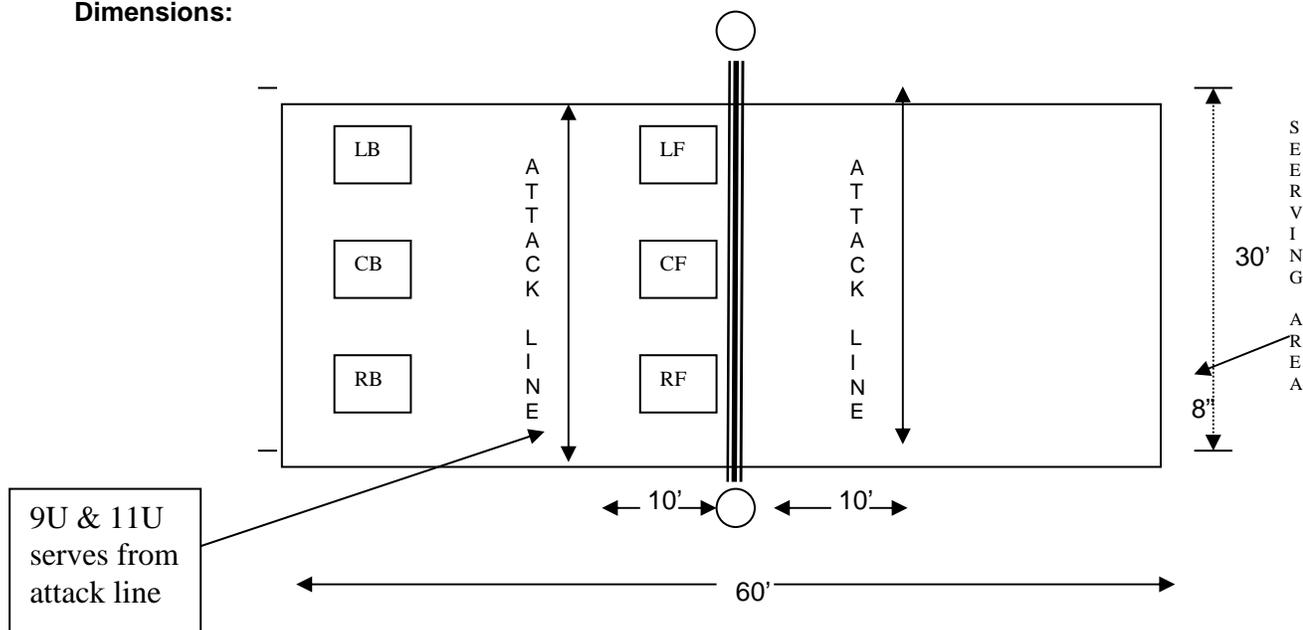
Players may only be on only one roster in a given league. However, players may substitute for another team when additional players are needed. No player is permitted to sub more than 4 times for the same team during the session.

- **ALCOHOL CONSUMPTION**

NO Player, Coach or Official is permitted to drink any alcohol prior to playing their game. If anyone does drink alcohol prior to their game they will not be permitted to step onto the playing field at anytime. If a player is found in violation of this rule: while on the field, first offense will be removal from the field, second offense will result in removal and one game suspension, third offense will result in suspension for the remaining session. Once the game is over, you may drink and socialize at your own risk. Remember; when drinking do so responsibly.

Law 1-The Court:

Dimensions:



*NET Height will be 7 feet 4 1/8 inches for 15U & 13U divisions

*NET Height will be 6 feet 6 inches for 11U & 9U divisions

Rule 1. The Game

DEFINITION:

Volleyball is a game played by two teams of six players: each with an inflated ball on a rectangular court separated into two areas by a net. One team serves the ball over the net, trying to make it land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area.

MATCH:

- A match shall consist of two (2) out of three (3) games.
- The first team to win two of the three games shall be the winner of the match. However, *All 3 games will be played in order to allow the players to obtain as much game experience as possible but when a team wins the first two games, the third game will not count. In cases where a third and deciding match is necessary then the team with two wins will be considered the winner of the game.
- All games shall be 25 points (no cap) **EXCEPTION: SEE BELOW.
- If a third game is necessary, a coin toss will be conducted to determine who will serve first.
- A match shall include let server.
- A match shall include two time-outs per game.

* When 3rd game is being played but not necessary to determine the winner of the match, it will be played for fun, Score will be played to 15 so that the next game does not start behind schedule.

SCORING POINTS:

- A point shall be scored by the opponent each time a team commits a fault.
- If the serving team wins the rally, it scores a point and continues to serve.
- If the receiving team wins the rally, it scores a point and gains the serve. Each time a team gains the serve, it must rotate one position clockwise before serving.

Rule 2. The Court

SPIKING LINE: The spiking line (10 foot line) will not be used.

See court diagram above.

PLAYABLE OVERHEAD OBSTRUCTIONS:

- A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

OUT OF BOUNDS:

A ball is out of bounds and becomes dead when it:

- Touches a wall, objects mounted flush with a wall, or objects on the floor outside the court without interfering with a player's legitimate effort to play the ball.
- Touches the floor completely outside the court's boundary lines.
- Touches the net antennas above or within the net or does not pass over the net entirely between the net antennas.
- Touches the net cables or net not completely inside the antenna, net supports or referee's platform.
- Touches a non-player who is not interfering with a player's legitimate effort to play the ball.
- Touches the ceiling or overhead obstructions beyond the vertical plane of the net and its out-of-bounds extension.
- Touches or enters (from the direction of the court) a non-playable area beyond the legal reach of a player, or adjacent courts scheduled for play.
- Touches any part of a backboard or its supports hanging in a vertical position, over a playable area if it is a served ball or, in the judgment of the official, the ball would not have remained in play if the backboard had not been there.

Penalty for out of bounds: Point/Loss of rally is awarded to the opponent.

RESTRICTED PLAY

The official shall stop play when;

- A wall, floor obstacle, non-playable area or non-player interferes with a player's legitimate effort to play the ball.
- A player gains an illegal advantage by contacting any floor obstacle (i.e. team benches, officials' table, bleachers, etc.) wall or another player.
- It is necessary to prevent player injury from contact with obstacles or walls.
- The ball contacts any part of a backboard or its supports which is hanging in a vertical position over a playable area. Supports are considered part of a backboard.
- A player may play a ball over a non-playable area if the player has a body part in contact with a playable area at the time the ball is contacted, and may enter the non-playable area after playing the ball.

Penalties for Restricted Play;

- When a wall, floor obstacle or non-playable area that is less than 6 feet from a boundary line, or a non-player causes the interference, a replay is declared provided the player had a legitimate play on the ball.
- When, in the judgment of the official, the ball would have remained in play had the vertical backboard not been over the playable area, a replay is granted.
- In all other situations, a point/loss of rally is awarded to the opponent.

Rule 3. Game Equipment

See court diagram for basic information

Rule 4. Player Equipment

- A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance, even though padded, is not permitted on the finger, hand, wrist or forearm.
- Supports/braces are permitted on other parts of the body (an elbow brace shall not extend more than halfway down the forearm) if in the judgment of the referee, they are not considered dangerous. The referee shall, however, require a support/brace to be covered or padded if a sharp edge or point is exposed.

Rule 5. Officials: Responsibilities and Positions

- Will Follow National Federation High School Codes of Conduct and game mechanics.

Rule 6. The Team: Composition and Positions

TEAM PLAYERS:

- A team shall consist of a minimum of 4 players and a maximum of six players (6 females) to begin the first game of the match.
- If a team has fewer than four players to begin the match then the match will be forfeited.
- If a team has fewer than six eligible players due to illness, injury or disqualification after the start of a match, it shall continue play. However, if a team has fewer than 6 players then a Ghost Server will be used when that open spot comes into rotation resulting in a loss of serve and a point issued to the opposing team.
- Ghost Server is defined as the open position in Middle front and Middle Back. This rule applies for the 13U and 15U divisions ONLY!

PLAYER POSITIONS:

- The position of players in order of the serve shall be Right Back, Right Front, Center Front, Left Front, Left Back and Center Back.
- At the moment of serve:
 - All players, except the server, shall be within the team's playing area and may be in contact with the boundary lines or center line, but may not have any part of the body touching the floor outside those lines.
 - All players shall be in correct serving order. Each right-side player shall have at least part of one foot touching the floor closer to the right sideline than both feet of the center player in the corresponding row (except the server and the center back of the serving team). Each left side player shall have at least part of one foot touching the floor closer to the left sideline than both feet of the center player in the corresponding row. Each front-row player shall have at least part of one foot touching the floor closer to the center line than both feet of the corresponding back-row player.
 - After the ball is contacted for the serve, players may move from their respective positions.
- When a loss of rally occurs, the team preparing to serve shall rotate clockwise one position. A point is awarded as this team rotates. This applies to all services once the initial match begins.
- When a team plays with fewer than six players due to illness, injury or disqualification which occurred after the start of the game, a loss of rally shall be awarded to the opponent each time the vacant position is the right back position.

PENALTIES FOR ILLEGAL POSITIONING:

1. For illegal alignment, point/loss of rally is awarded to the opponent for:
 - a. Overlapping by players other than the server at the moment a legal serve occurs;
 - b. Positioning, at the moment of a legal serve, of any player, other than the server, outside the boundaries of the playing area.
2. For an improper server, loss of rally shall be awarded as soon as the improper server is discovered and verified
 - a. When an improper server is discovered prior to the contact of the first serve by the opposing team, all points earned by the improper server shall be canceled.
 - b. When an improper server is not discovered until after the serve has alternated and the first serve has been contacted, there shall be no cancellation of points, and no penalty is assessed.
 - c. Proper serving order as written in the score book shall be regained immediately.

SCREENING

1. Players on the serving team shall not take action to prevent receivers from seeing the contact of the serve or the path of the served ball. Potential screens exist, but are not limited to:
 - a. When a player(s) on the serving team waves arms, jumps, moves sideways or stands close to the server, and the ball is served over the player(s)
 - b. When a group of two or more teammates stand close together, and the ball is served directly over them.

PENALTY FOR SCREENING:

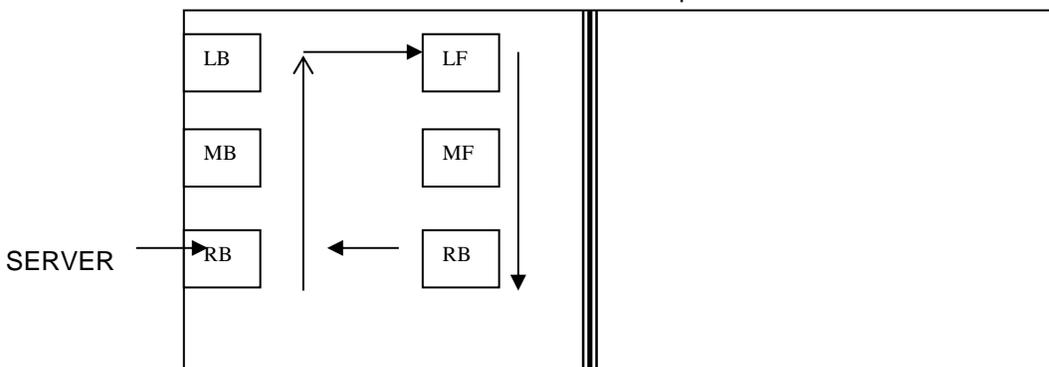
1. A point/loss of rally is awarded to the opponent.

Rule 7. Roster and Lineup

All Players must appear on the coaches roster. No official roster needs to be turned in prior to each match.

Rule 8. The Serve

SERVER ROTATION: In all leagues the serving team shall rotate each time a server serves 5 consecutive points in a game. The rotation must be done in a counter clock wise motion. For example



Serving Lines: 9U may move up to the attack line.

*NOTE: For this division, if a player serves from the attack line overhand and can serve consistently over, they **MUST** step back 3 feet and serve from that position,

11U may move up to the attack line **EXCEPT** for anyone serving overhand. All overhand service must be from the free throw line of the basketball court back to the normal service line.

*When divisions are combined, we will follow the 11U rules

13U may move into the court 5 feet. **(both under hand and over hand)**

***EXCEPT WHEN MERGED WITH 15U. WE WILL THEN FOLLOW SCHOOL RULES WHERE ALL SERVES MUST BE FROM BEHIND THE END LINE REGARDLESS OF SERVES UNDER HAND OR OVER HAND. IF BOTH COACHES AGREE TO ALLOW PLAYERS THAT ARE 13 OR YOUNGER AND STRUGGLE TO GET THE BALL OVER THE NET ON A SERVE, CAN FOLLOW THE 5 FEET ONTO THE COURT RULE.**

*NOTE: If a player can consistently serve overhand from stepping 5 feet onto the court, your challenge by mid season is to have them serving overhand from the regulation (back) line.

15U must serve from behind the line. **(both under hand and over hand)**

- BALL TYPE
9U – 11U – Volley Lite
13U, 16U, 19U - Regulation
- A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, fist or arm while the ball is held, or after it is released by the server. The ball shall be contacted within five seconds after the referee's signal to serve.
- The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from within the serving area.
- A team's term of service begins when a player assumes the right back position as the server and ends when a loss of rally is awarded.
- A player's term of service begins when the player assumes the right back position as the server and ends when a loss of rally is awarded or a substitution for the player is made prior to the end of the team's term of service. Each player may have only one re-serve during a team's term of service.
- A re-serve shall be called when the server releases the ball of service, then catches it or drops it to the floor.
- The referee shall cancel the serve and direct a second and last attempt at serve. The server is allowed a new five seconds for the re-serve. A re-serve is considered to be a part of a single attempt to serve. Therefore, after the referee's signal for service, no requests (i.e. time-out, service order, lineup, substitution, etc.) may be recognized until after the ball has been served.
- The first server of the game is the right back position. Thereafter, when a team is awarded a loss of rally, the player in the right front position rotates to the serving area.
- A team continues serving until it loses the rally or the game ends.
- The server alternates when the serving team loses the rally.
- The team not serving first in the previous game of a match shall serve first in the next game.

ILLEGAL SERVE

A serve is illegal and the ball remains dead if the server;

- a. Hits the ball illegally
- b. Is touching the end line or the floor outside the serving area when the ball is contacted
- c. Does not contact the ball to serve within five seconds
- d. Is out of serving order or is from the wrong team
- e. Deliberately serves before the referee's signal to begin the serve
- f. Releases the ball for service then catches it or drops it to the floor more than once during one term of service.

SERVICE FAULT

A served ball is a service fault and becomes dead when the ball:

- Does not legally cross the net, such as when the ball
 1. Passes under the net
 2. Touches one of the server's teammates
 3. Touches the floor on the server's side of the net
 4. Crosses the net not entirely between the net antennas, or lands out of bounds
 5. Touches the ceiling or any obstruction

Rule 9. During Play

LIVE AND DEAD BALLS

- A live ball is in play, from the moment the ball is legally contacted by the correct server until a dead ball occurs.
- A dead ball is declared by an official for any decision temporarily suspending play until the ball is legally contacted again for the serve.

A live ball becomes dead when:

- The ball touches the net antennas or does not pass entirely between the net antennas and passes beyond the plane of the center line extension;
- The ball lands out of bounds
- The ball contacts the ceiling or an overhead obstruction after the third hit
- The ball contacts a wall or ceiling obstruction which is over a non-playable area.
- The ball becomes motionless in the net or on an overhead obstruction
- The ball touches the floor
- The ball passes completely under the net
- The ball contacts a non-player in a playable area
- A ball from the direction of the court breaks the plane of a nonplayable area and goes beyond the legal reach of a player
- An official's Whistle sounds
- In the official's judgement, a timer's audio signal interrupts play.

CONTACTING THE BALL

- A contact is any touch of the ball by a player (excluding the player's loose hair)
- A hit is a contact/touch of the ball which is counted as one of the team's three allowable plays before the ball is returned to the opponent's side of the court
- A team shall not have more than three contacts before the ball crosses the net into the opponent's playing area or is touched by the opponent. When the team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first hit.
- A ball is considered to have crossed the net when:
 - It has passed completely beyond the vertical plane of the net
 - It is partially over the net and is contacted by an opponent;
 - No part of the ball has crossed the net, and it is legally blocked
- Legal contact is a touch of the ball by a player's body above and including the waist which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body
- Simultaneous contact is more than one contact of the ball made at the same instant
 - When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
 - When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block which does not count as a hit). Any player may make the next hit.
 - A "joust" occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A "joust" is not a foul, and play continues as if the contact was instantaneous.

- When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
- Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not have successive contacts of the ball unless there is:
 - Simultaneous contact by teammates
 - Simultaneous contact by opposing players
 - Successive contacts by a player whose first contact is a block, then the second contact shall count as the first hit by the player's team.

Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:

- When the first ball over the net rebounds from one part of the player's body to one or more other legal parts in one attempt to block;
- On any first team hit, whether or not the ball is touched by the block.

PENALTIES FOR ILLEGAL CONTACT:

Point/loss of rally is awarded to the opponent when:

- A team has more than three hits
- There is any illegal contact, illegal successive contacts and / or illegal multiple contacts of the ball.

PLAYER ACTIONS

Definitions

- Pass – A play in which the ball is hit into the air so another player can get into position to contact the ball
 - Forearm pass – a controlled skill, generally used as a team's first hit, in which the ball rebounds from the forearms of the receiver to a teammate
 - Overhead pass (setting action) – two-hand finger action directing the ball.
 - Set – two (or one) hand finger action directing the ball to an attacker.
 - Dig – an underhand or overhead defensive saving skill in which the ball is contacted by the forearms, first or hands.
- Attack – Any action other than a block or a serve that directs the ball toward the opponent's court. A team's third hit is always considered an attack. A completed attack occurs the instant the ball completely crosses the vertical plane of the net, or is legally blocked.
 - Spike – an attack play in which the ball is forcibly hit into the opponent's court with a one-hand overhead motion.
 - Tip – a fingertip attack on the ball which directs the ball into the opponent's court
 - Dump – a fingertip attack most commonly used by a setter on the second hit to direct the ball into the opponent's court.
 - Overhead pass – two-hand finger action directing the ball over the net.
 - Block – A play approximately arm's length from at or near the net in which a player(s) whose hand(s) is raised above the head, contacts the ball near the top of the net in an action that would:
 - Prevent the ball from crossing the net
 - Return the ball immediately
 - Deflect the motion of the ball
 - A Block may involve wrist action provided there is no prolonged contact.

Front row players may contact the ball from any position inside or outside the court provided the ball has not completely crossed the vertical plane of the net or the net extended

Back row players, while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.

Play continues when a back row player (on or in front of the attack line), contacts the ball, which is completely above the height of the net on the team's first or second contact, directing the flight of the ball toward a teammate, and the opponent legally contacts the ball that breaks the vertical plane of the net. If the ball is hit back into a back row player, it is ruled as the team's first hit/contact. It is a back row player foul if the flight of the ball is toward the opponent's court and not toward a teammate and is legally touched by an opponent above the net, or completely crosses the net.

A Back row player shall not

- participate in a block or an attempt to block
- Attack a ball which is complete above the height of the net while positioned on or in front of the attack line or its out-of-bounds extension;
- In the air, having left the floor on or in front of the attack line or its out of bounds extension.

NOTE: An illegal back row attack shall not be called until the ball has completely crossed the net or is legally blocked by the opponent

A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.

A player may cross the extension of the center line outside the court at any time provided he/she does not interfere with play by the opposing team.

While across the center line extension outside the court, any player may play a ball that has not completely crossed the vertical plane of the net extended.

PENALTIES FOR ILLEGAL PLAYER ACTION: Point/loss of rally is awarded to the opponent for an illegal hit, center-line violation or back-row player foul.

NET PLAY

A ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas. A serve contacting and crossing the net shall remain in play provided that the ball is entirely within the net antennas. Recovering a ball hit into the net shall be permitted.

THIS LEAGUE IS INTENDED TO PROVIDE YOU WITH THREE VERY IMPORTANT ITEMS,

FUN, FITNESS AND FELLOWSHIP