



## **2020 JTAA Indoor Recreational Volleyball Rules (rev. 2/19/19)**

### **Section 1: Facilities and Equipment**

All matches will be played at Jupiter Community Center (JCC) and Independence Middle School unless indicated otherwise.

Net height will be 6 feet 6 inches for Grades 2-4; 7 feet 2 inches for Grades 5-6 Girls; 7 feet 4 inches Grades 7-8 Girls; 7 feet 4 inches Grades 5-8 Boys; 7 feet 6 inches for the High School Coed.

Grades 2-4 Coed: the court size will be 30 feet wide x 50 feet long (30ft x 25ft per side)

All other age groups: the court size will be 30 feet wide by 60 feet long (30ft x 30ft per side)

The game ball will be provided by JTAA.

Five Divisions: Grades 2-4 Coed, Grades 5-6 Girls, Grades 7-8 Girls, Grades 5-8 Boys, High School Coed.

Coaches will be responsible for the set-up and takedown of equipment at the beginning and end of practices and at evening games at IMS. The Town will be responsible for set-up and takedown of equipment on game day at JCC.

### **Section 2: Court Etiquette**

Coaches and players shall not purposely distract opposing team servers with noises or by action. This infraction will constitute a penalty and the point will be awarded to the serving team. Cheering for your own team is acceptable during the serve.

Ball must be rolled under the net to opposing teams during games and practice scrimmages.

### **Section 3: Team Rules**

No jewelry of any kind will be allowed. This includes watches, rings, earrings, metal hair clips and any other thing that could, in the view of the referee, cause injury.

Kneepads are required for practice and games. Athletes will be barred from game play without them.

Team jerseys should be worn at all games. Shorts style and color should be consistent per team.

Players, coaches, and assistant coaches are the only ones allowed on the bench. **Only 2 coaches per team are permitted on the bench during games.** Only registered coaches, board members, or committee members are allowed on the bench. The coaches may stand on the sideline with the benches behind the 10' line with the rest of their team and give instructions to players, but cannot distract, disturb, delay the game, or enter the court. A coach who purposely delays the game to gain an advantage will be issued a warning or penalty.

**\*\*The designated team captain is the only player allowed to talk with the referee during the game. If a coach desires an interpretation or explanation of a call made by the referee, the team captain, as the coach's representative, must talk with the referee.**

**No coaches or players on the bench are allowed to stand between the 10' line and the net. This area is reserved for the down referee (R2) only. Coaches may not speak to the R2 referee during play. All questions should be directed to the upper referee (R1) via the team captain.**

**Any person who is not a coach or player that enters the court during play is subject to immediate ejection from the gym or sand court area.**

## **Section 4: Team Formation**

Teams are to be comprised of seven to ten players, with six players on the court at once.

For the high school age group, three players on each team are required to start and continue a match. For all other age groups, four players on each team are required to start and continue a match.

If a team has less than the required number of players, then it must forfeit the match. The match will still be played as practice with one of the following two options:

(1) Players from another JTAA rec team in the same age group not currently playing a match may play for the team that is short on players.

(2) The two teams scheduled to play will divide the players equally. For example, Team A has 7 players and Team B has 3 players, for a total of 10 players. Each team will be assigned 5 players.

Players arriving late may be added to the line-up during a current, ongoing game or may wait until the next game. This will be at the Coaches discretion.

To be eligible to participate in the playoffs, a player must play in at least half of the regular season games.

## **Section 5: Match Format and Information**

Every regular season match will consist of three games. If the third game is not needed to break a tie, it can be played for practice only if time permits. Game won-lost records will be used to determine standings and seeding for playoffs. Match play consisting of two out of three games will be used in the post-season tournament.

Every team must provide two parent volunteers for every match. Each match requires a work team consisting of a score keeper, a manual scorebook entry person, and two end-line judges working with the official on the stand. One parent from each team will share the score keeping duties. The other parent from each team will serve as linesperson and call the end and sidelines, on the opposing team's side. The match referee reserves the right to overturn any call made by the linespersons.

Matches will begin at scheduled times as posted and total time per match is one hour or less. Teams should arrive at the playing site at least fifteen minutes prior to scheduled match times.

The referees will be the official timekeepers and are responsible to see that the matches start and end on time.

## **Section 6: Start of Game**

The referee will call a captain's meeting at least five minutes before the scheduled start time of each match. The two team captains and coaches will meet with the referee for instructions and to conduct a coin toss or rock, paper, scissors.

The winning team will get the choice of either first serve or the side of the net to defend in the first game. Teams will switch sides and first possession in the second game. In the case of a third game, another coin toss will occur.

The referee will instruct all work team volunteers on their responsibilities prior to the start of the match.

Teams will share the court during warm up time, including hitting. Prior to the start of the first game, the players will stand on the baseline of their court, then proceed to shake hands at the net. The referee will summon them onto the court. At the start of games two and three, the players go directly to their positions on the court without directions from the referee.

At the conclusion of games one and two, the players on the court will be signaled by the referee to their bench, with the team on the left of the referee moving behind the referee and then directly to their bench. The team on the right side of the referee will go directly to their new bench. Teams will not change sides at the midpoint of game three.

At the end of the match (third game) the teams will be signaled to the base line by the referee. Subsequently, the referee will signal the teams forward to shake hands at the net. All players on the benches and the coaches are expected to participate.

Breaks between games during a match will not exceed two minutes.

Each team will be allowed two time-outs, 30 seconds each, per game.

## **Section 7: Scoring**

JTAA Recreational Volleyball will use rally point scoring. In rally point scoring, every play results in a point being awarded. A serve into the net or out-of-bounds is a point for the other team.

### Regular Season

A match will consist of two games to 25 points. Winner must win by 2 points, with a cap of 27 points. The first team to 27 points with or without a 2 point lead is declared the winner. A third game to 15 points will be played to break a tie, with a cap of 17 points. The first team to reach 17 points with or without a 2 point lead is declared the winner. If the third game is not needed to break a tie, it can be played for practice if time permits.

### Playoffs

A match will consist of two games to 25 points. Winner must win by 2 points; there is no cap. A third game to 15 points will be played only to break a tie; there is no cap.

## **Section 8: Substitutions/Rotations**

All divisions: Each team must rotate the next player in from the bench into the server position to keep playing time equal, provided there are enough players on the team to have a bench.

Rotation/substitution is circular clockwise in pattern and occurs upon every server side-out of the competing team. **Note this includes the first side out of the game (i.e. the team that does not serve first still rotates and their first server is therefore the first player coming off the bench).**

The player rotation for games 1 and 2 must remain the same. At the start of game 2, the rotation must start where it left off at the end of game 1 (i.e. the server at the end of game 1 starts out in the serving position at the start of game 2).

At the start of game 3, the player rotation can be reset to any order.

If there are bench players for the match, each player must rotate into the game in order without skipping a player. If there are no bench players dressed out for a game, the players must rotate in a circular clockwise pattern on the court upon every server side out of competing team. JTAA is a recreational level sport and promotes all members

playing equal time. A player can be benched legally when it is due to disciplinary actions as determined by the team coach and/or ref.

Teams can only consist of the official JTAA paid roster team members. Absolutely no friends, family or other substitutions will be tolerated. Any deviation from this rule will substantiate a forfeit by the offending team.

## **Section 9: The Game**

Each team is entitled to a maximum of three touches to return the ball to their opponents, with only one exception. If the ball comes off the player's hand during a block, it can be touched four times on that side.

A ball may NOT be caught, thrown, held, or lifted.

A player may not contact the ball twice in succession. However, a "double" on serve-receive or first ball over the net is **not** a fault. It may hit the player's chest and bounce off the arms or platform. They may not pass the ball up in the air and then touch it again in succession.

A player may NOT touch the net while making a play on the ball or immediately thereafter. A brush of the net with the hair or ponytail is incidental contact and IS allowed.

If an opponent sends the ball into the net, forcing the net to contact a defensive player, the contact does NOT constitute the net violation.

A ball driven into the net may be recovered within the limits of the three team hits, so long as the contact with the net is within the antennae.

In blocking, a player may touch the ball beyond the net provided that he or she does not interfere with an opponent's play. Blocking is defined as the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net, regardless of the height of the ball contact. At the moment of the contact with the ball, a part of the body must be higher than the top of the net.

A blocking contact is NOT counted as a team hit. The blocking team may have three more hits after a blocking contact. The first hit after the block may be executed by any player, including the one who has touched the ball during the block.

A player's feet are allowed to be on the centerline, but NOT across the centerline without touching it with some part of the the foot.

For the High School division only, the 10-foot line rule is in effect. A player in one of the three back row starting positions, when the ball is served, may only spike or attach a

ball when behind the 10-foot line. The attaching player's entire foot must remain behind the line.

## **Section 10: The Playing Area**

The lines on the court are considered part of the playing area. If any portion of the ball falls on any portion of the line, that ball is IN.

A ball hitting off the walls or divider curtain of the gym is out-of-bounds.

A ball hitting the bleachers is out-of-bounds.

If, during a volley, the ball hits the ductwork, ceiling/rafters basketball hoops, etc., and comes back to the team that hit it, they may continue to play it as long as they are still within their three hit maximum. If the ball hits the ductwork, ceiling/rafters basketball hoops, etc., and goes over the net to the other team, it is a dead ball and the other team is awarded a point.

## **Section 11: The Serve**

The team on the receiving side (serve-receive team) of a serve shall not block or attack (spike) the service ball. It may be hand passed, bump passed, or bumped back over the net (commonly referred to as a "fee ball"), but no contact with the ball above the plane of the net is allowed on serve-receive. The goal is to teach players how to make a serve-receive pass to the target (normally a setter). A let serve, where the serviced ball contacts the top of the net and rolls or continues over, is playable and in play.

All divisions: A server who completes five consecutive service points must forfeit the next serve or service series to the next in line server on the same team (does constitute a rotation and or substitution, but no loss of point). This "run on points" by one server is similar to other JTAA sports and is designed to minimize large scoring differentials and let other members of the team serve as well.

The server must always wait for the referee to signal for serve with the whistle and hand gesture prior to serving. If a serve is executed before the signal to serve, the referee will signal a re-serve.

The server is allowed eight seconds to serve the ball once the official has signaled for the serve.

Servers must always be positioned behind the end line prior to contacting the ball. The entire width of the court is available to the server. A foot on the line at the time the ball is contacted is a foot fault violation and will result in loss of serve and a point for the opposing team. Jump serving is allowed. If a player jump serves he or she can land on or inside the line after the ball has been contacted.

If the ball, after having been tossed or released by the server, lands on the floor without touching the player, the server is allowed to re-serve. This is called a service error. The server is allowed one service error per serve.

A team serving out of rotation will forfeit the serve and result in a point being awarded the opposing team. The rotation must be corrected at this time.

## **Section 12: Grades 5-6 Division Short Server Rule**

Each team in the Grades 5-6 division will be allowed to designate two short servers per match.

Each designated short server will be required to check in and declare themselves as a short server with the referee prior to the match beginning. Failure to do this will prevent the team from using short servers for the entire match.

Each short server will be allowed to take one giant step in front of the end line and serve from there. Note this step should be no more than approximately 3 feet. There will be no line to call a foot fault for short servers. Gross abuse of this will be called a fault by the referee and a point awarded to the other team.

If a short server makes two serves over consecutively during any game they are no longer allowed the benefit of the short server rule for the duration of the match. The short server rule is for underhanded serves only. No player will be allowed to serve over handed and benefit from the short server rule. If they attempt this, a point will be awarded to the other team.

After the end of the regular season (for the playoffs) the number of short servers each team will be able to declare will be reduced to one. If at any time during the season a team chooses not to use a short server they do not have to.

Any questions on this should be discussed with the opposing coach and referee prior to the match beginning.

## **Section 13: Grades 2-4 Division Server Rule**

The court dimensions per side are 30 feet wide by 25 feet long. There is also an additional 21-foot line for underhand serving.

Any player may underhand serve from the 21-foot line. No foot faults will be called as long as the player starts the serving motion from behind the line.

All overhand serves must be from behind the 25-foot line. Foot faults will be called for overhand serves.