

SOUTH VALLEY ATHLETICS 2021 VOLLEYBALL RULES

GENERAL POLICIES FOR VOLLEYBALL



A. Official Schedule

1. League games will be played as scheduled.
2. All schedule changes must be approved by a Program Director

B. Game Times

1. All game times are scheduled for Saturday's at Lincoln Middle School.

C. Team Arrival

1. Ten minutes prior to a scheduled game, coaches will meet with officials for pre-game conference and coin flip. The minimum number of four players must be present prior to the scheduled match starting time. If a team does not have the required minimum number of players, they will forfeit the match and the opposing team will be credited with a win.

D. Home Team and Visiting Team

1. The home team is always the team on the right side of the game schedule. The visiting team is the team on the left side of the game schedule.
2. South Valley Athletics will provide officials for each game played and each team will provide one middle school or older volunteer line judge.

E. Equipment

1. All players must wear the team jersey and shorts/sweats.
2. All players must wear non-marking gym or tennis shoes.
3. All players **must** wear knee pads in **all** practices **and** games.
4. All players must remove all jewelry.
 - i) If ears have been pierced within 6 weeks, they may be taped rather than removed at the discretion of the player and parent.
5. Hair devices must be made of soft material.
6. Players with casts or splints may not participate in practices or games. Supportive braces such as knee braces must not have any exposed metal parts.

F. Starting Time

1. Games must start on the exact scheduled starting time according to the official schedule published by South Valley Athletics.

G. Disputed Calls and Protests

1. Disputed calls must be resolved on the court. The official's decision is final.

H. The Match

1. Regular season match will consist of the best two out of three games.

I. Scoring

1. Rally scoring will be used. All games require a two-point margin of victory. The first two games to 25 points, capped at 28, the third game is played to 15 points, capped at 18.

J. Time Limits

1. There is a one hour time limit for all games with a 15 minute break in between matches. If time limit is reached, finish the point if in the middle of play. Regardless of score of game, the match is over. If a team has already won two games, teams will continue to play until they've reached the time limit. (This modification is to encourage practice/skill building. No score will be kept for the 3rd game).

K. Time Outs

1. Each team will have two time outs per game. Each time out will not exceed 30 seconds.

L. The Server/Serving Line

1. The service line shall be 15 feet from the net for 3/4 grade serving underhand and 25 feet for 3/4 grade serving overhand; for 5/6 grade, underhand servers must be behind the 25 ft mark and overhand servers behind the 30 foot line/court boundary. No foot faults will be allowed.
2. The underhand serve is allowed; the server is allowed to hang onto the ball while serving if he/she chooses. If the server does not like the toss, he/she can let the ball drop to the ground and re-serve only one time during a serving term.
3. Only one serve is allowed; no second tries.
4. If the team scores a point, the server is allowed to serve again, up to five points. Serving team will rotate and the next server in line will become the server.
5. The ball is allowed to hit the net on a serve. All other boundaries apply.

M. Court

1. The court dimensions are 60' x 30'.

N. Net

1. The net will be standard height consistent with middle school play.

O. Ball

1. Will use a regulation volleyball for 5/6 grade; 3/4 grade will use Volleyleite.

P. Team Composition

1. All players MUST be registered with the South Valley Athletics office and be on the team roster prior to playing.
2. There shall be six players on the court at one time. At least four players must be present to start a game. A team can play with as few as four players on the court.
3. If a player shows up after a game has begun, he/she should be inserted into the rotation and becomes part of the lineup.
4. Only registered players and coaches/helpers can be on the bench during the game.

Q. Line-Up Cards

1. Prior to each game, each head coach is required to fill out an official South Valley Athletics line-up card. The line-up card must include all players listed on the team roster filed with the South Valley Athletics office.

R. Playing Requirements

1. All players on the team roster must be listed on the line-up card. All players present play in every game. Players follow the rotation assigned by the coach prior to the game. The only substitutions or changes allowed will be due to an injured player.
2. Failure to play players the required amount shall result in a forfeit of the match.
3. Coach must clear with the SVA Board of Directors if a player does not play required minimum playing time due to disciplinary reasons. This must be cleared prior to the game. Coaches should be clear with all players and parents at the beginning of the season as to expectations for attendance and conduct. Any potential consequences that will be enforced against players for absences, etc should be detailed at the start of the season.

S. Injuries

1. If an injury occurs which stops game play, the injured player will be taken out of the game, evaluated and cannot return to the game until the next dead ball.

T. Coaches

1. There can be no more than three coaches, assistant coaches or helpers on the bench during games.
2. Coaches who are also referees cannot officiate any games in their own age group. If there is an emergency and the scheduled referee cannot make it to the game, SVA will make a decision who will officiate the game. SVA staff has the authority to change this rule if necessary.