

Pike County YMCA Youth Volleyball

House Rules

Winter 2011 Season

It is important to remember that this is a recreational league with its primary goals being fun, skill development and friendly competition for all its participants. To that end, we have adopted some House Rules to ensure equal participation and lively play.

Dimensions

Court Size: Standard 30 ft. by 60 ft.

Net Height: (All heights are approximate and may vary slightly) 6' 6"

Below are the service lines for each grade level:

1st-4th Grade = 10-foot line (Grey Line)

5th Grade = 20-foot line (Basketball Foul Line)

6th Grade = 25-foot line (Red Line)

Game Preparation and Scoring

- The first two (2) games will be to 20 points using the "Rally Scoring" method (side-outs result in a point for the non-serving team, except as noted in Service Rules for the maximum points per server). The team scoring 20 points in a game and having a two-point advantage wins the game.
- You DO NOT have to "Win on Serve", i.e. you CAN win on a side-out. However, you must still have the final two-point margin to win. The only exception to this rule is if the referee calls the match due to a time limit. The team that is ahead at the time the match is called wins that game and the match is scored appropriately.
- The team that wins 2 out of 3 games wins a match. In case of a split after 2 games, a third game will be played using rally scoring to 15 with no cap. However, time limit in match play applies and could be used during game 3.
- To ensure all matches start on time, matches will be timed (40 minutes). If the time limit is exceeded, the referee will call the match and the team leading is awarded the win.

Player Equipment and Uniforms

- All players on a team shall wear like-colored uniforms issued by the league with numbers on the back. *Kneepads are mandatory and must be worn at all times during match play.*

Player Positions

- Only six (6) players may participate in any point. Four (4) or five (5) may play if no other team members are available. Having less than four (4) players constitutes a forfeit and the match will not begin.
- To ensure equal participation, all players will "rotate in". Insertion of the players "rotating in" must occur only at the left front position.
- Players who miss practice(s), or arrive late to games, may be withheld from a game or match at the discretion of the coach.

General Rules During Play

Court Protocol

At the end of the match, the teams should line up on their respective end lines, and at the referee's whistle proceed counterclockwise to the net and across the net and shake the opponent's hands under the net.

Contacting the Ball

- ✓ Each Team is allowed a maximum of three (3) successive hits to return the ball to the opponent's area.
- ✓ The ball may touch any part of the body above the waist and may contact any number of body parts if it does so simultaneously. A contact with the player's loose hair is not considered a contact.
- ✓ If two (2) teammates physically contact the ball simultaneously, it is considered one touch.
- ✓ When the ball comes to rest momentarily in the hand(s) or arms of a player, it is considered held and therefore a foul.
- ✓ Except for the blocker, "double contact" is when one player hits the ball more than once with no other person touching the ball between these contacts. This too results in a foul.

- ✓ A player may not contact any part of the net including net cables or net antennas. It is not a foul when a player's hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player.
- ✓ Two-hand or two-arm ("tomahawk") attacks on any ball are illegal.

Serve and Service Rules

Service Errors and Forgiveness: The server shall hit the ball with one hand.

The server will be allowed one forgiven service error (double fault) on their first service point. After two unsuccessful attempts, the coach for the non-serving team will throw the ball into the opposing team's side and the opposing team will play the ball like a good serve. If the serving team wins the point, the players will rotate and the next player in the rotation shall serve.

The server will be allowed five (5) seconds to serve following the referees whistle.

Service tosses not hit must be allowed to fall to the floor untouched. If touched, a service attempt will be counted. One re-toss per point will be allowed.

Each server will be allowed a maximum of five (5) points per service rotation. Teams should adhere to the following rules after a server has scored 5 points: the serving team will rotate and the same team will continue serving. Service rotation will continue in subsequent games with the next server in the line-up.

A let serve is a playable live ball. A "let serve" is a ball that when served, hits the net without touching the net antenna and continues across the net into the opponent's court.

Blocking – Net Play

If the first touch is a block at the net, that touch does not count as one of the three (3) hits.

Blocking a served ball is not permitted.

Blocking a ball, which is entirely on the opponent's side of the net, is permitted when the opposing team has had an opportunity to complete its attack.

Player actions

- A player may touch the floor across the centerline with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the centerline.
- A player may cross the vertical plane of the net as long as there is no interference with an opponent.
- The ball remains in play if it touches the legal portion of the net in play.
- "Sets" may not be interfered with. Blockers may reach over the net to block the ball only if the opponents have hit the ball so it will, or must go over the net if not blocked.
- The hands may legally pass over the net after a spike follow-through, so as to not touch the net.
- A player may not spike (attack) the ball until part of the ball is on that player's side of the net.
- Only front line players, as identified by the current rotation, may jump to block or spike the ball at the net (inside the 10 ft. line). Back row players may jump to spike only from behind the 10ft.line, or hit with feet on the ground if in front of the 10 ft. line.
- A player may leave the court to play a ball but may not cross the imaginary extension of the centerline.
- Opponents hits thought to be out must be allowed to touch an out of bounds area and not caught.
- Screening opposing players is not allowed and will result in a side out. A screen is when a group of two or more teammates stand close together, and the ball is served over them.

Conduct

Reminder:

No player, coach and/or team attendant, parent, scorekeeper, referee, or line judge shall act in an unsportsmanlike manner while on or near the court before, during or between games. A referee or commissioner will have the sole discretion to remove any person from the premises.

Replay

A replay is the act of putting the ball in play without awarding a point or side-out and without a rotation for the serve.

A replay may be declared by the umpire when:

- a. An official's mistaken whistle interrupts play;
- b. A player unintentionally serves the ball prior to the referee's signal to serve;
- c. There is a double foul during a live ball;
- d. A player's legitimate effort to legally play the ball, in the judgment of the official, is affected by a ball hitting a basketball goal, a ball rolling onto the court, or a player has been injured. etc.