

SYA VOLLEYBALL RULES AND REGULATIONS

All rulings will be in accordance with the IOWA HIGH SCHOOL RULES except for the following.

Rules and Regulations:

General Rules

- All players **MUST** have the opportunity for equal playing time. If a player is unable to play, notify the official before the match. Players will rotate clockwise with six players on the court at a time. Players will rotate in at center back after a side-out.
- The playing time will be 45 minutes long with a 15-minute warm-up time prior to the first game. If a game is in progress at the end of 45 minutes, the final score will be whatever the final score is when time ran out. (Example: Match is scheduled for 5:15. Warm-up time is 5:15 to 5:30 with game time being 5:30 to 6:15.)
- A team may start the game with 4 players, but the 5th must arrive within 10 minutes of start time to avoid a forfeit. There should be 6 players on the court for each team.
- Ceiling – If the ball hits the ceiling and remains on the same side of the court, it is still in play. If it hits the ceiling and bounces to the other side of the court, it is considered out of bounds and a point will be awarded to the other team.
 - a. Lights, rafters, basketball goals and anything attached to the ceiling counts as part of the ceiling.
- Dividers, Bleachers and Walls – All dividers, bleachers, and walls are considered out of play. If a player hits a ball that then hits any of these objects, it will be a side out and a point will be awarded to the other team.

Playing Court and Equipment

- The net height will be 6'6" for 2nd, 3rd/4th & 5th/6th graders and 7' for 7th and 8th graders.
- All age groups play with the full-sized boundaries.
- Coaches and players on the bench must stay at least 5 feet back from the court boundaries.
- Volleyballs – 2nd, 3rd/4th graders will use a "Volley-Lite" ball. It is the same size as regulation, but lighter and softer. 5th/6th, 7th and 8th graders will use a regulation size ball.
- Players are required to wear kneepads.
- All jewelry must be taken off to ensure the safety of the players.
 - a. Please inform the parents and players before the games of this rule.

Game Play

- A coin-flip before the first game will determine which team serves first. The losing team will serve the next game and continue to alternate serves each game.
- All games will be rally-scored, meaning a point will be awarded to one team after each play. The first two games will be played to 21, win by 2. The last game will be played to 15, win by 2.
- If one team wins the first two matches and both coaches would like to play a third match, AND if there is at least thirty minutes left before the next game, a third match may be played. However, the third match may be cut short if it begins to delay the next scheduled game.
- The serve will be from the 20' line for 2nd, 3rd/4th graders, 25' for 5th/6th graders and 30' for 7th and 8th graders.

- A single player will only be allowed to serve up to 5 consecutive points. After the 5 serves in a row, the team will rotate and the next player will serve.
- Each team is entitled to a maximum of 3 hits to return the ball to the opponents.
- **Teams cannot reset rotation after each game.**
- If the ball hits the net on a serve and goes over, the ball is playable and just as good as if had gone over the net and not hit it at all.
- On the serve, a player cannot step on or over the service line until the ball has been hit. A player may use an overhand, underhand, or side arm serve. Throwing the ball is not allowed.
- On volleys the ball may hit the net. Also, the ball can be played out of the net.
- Players cannot touch the net. If they do, it is a dead ball and a point is awarded.
- Players cannot step completely across the centerline under the net a foul-point is awarded.
- Each team is allowed 2 time-outs per game. However, no time outs will be allowed in the last 3 minutes of the final game.

Serving

- Both feet of the serving player must be behind the designated line for each age group.
- Players must wait for the whistle from the referee to serve.
- Players may not block or attack the serve.
- The server may move freely with the service zone.
- In the case of a bad toss during service, the serving player may not touch the ball before it hits the ground.
 - a. If the ball is touched before hitting the ground, it will result in a side out and point for the other team.
 - b. After a service tossing error, the referee must authorize the service again.
 - c. One service tossing error is permitted for each service.

Officials, Line Judges and Score Keepers

- League officials will be provided by SYA.
- Line Judges and Score Keepers will be provided by parents of the participating teams.

Sportsmanship

Team members, coaches, and spectators shall exhibit appropriate behavior towards other players, officials, and spectators. Unsportsmanlike conduct from team members and/or associates including spectators will result in being carded accordingly and action taken such as:

- Player or coach ejection from the game.
- Player or coach ejection from the league.
- Player or coach suspension.
- Forfeit of game.

* An official should not directly interact with a fan that is being unsportsmanlike. Every effort to control the fan should go through that team's head coach. If cooperation does not take place from that head coach, then the site supervisor may take action such as head coach ejection and then if the fan continues, a forfeit of the game is well within the rules. During the game, the officials will contact the site supervisors who do have the authority to eject players or coaches. The site supervisor has the final authority on determining the duration of the suspension or other penalty. Any player or coach ejected from the game must leave the playing area. Failure to do so may result in forfeiture of the game.

ADDITIONAL 2nd – 4th Grade Rules

If the **FIRST** serve is missed, a player will be allowed a second serve, either overhand, side arm or underhand.

ADDITIONAL 5th – 8th Grade Rules

If the **FIRST** overhand serve is missed, a player will be allowed a second serve, either overhand, side arm or underhand. If the first underhand or side arm serve is missed, it will be a side-out, not allowing a second try.

These are optional rules, they are not required.

Libero Player... Playing with a libero player is optional. Teams do not have to have a libero player. The libero (lee-bah-ro) is intended to be a player who specializes in defense and serve reception. When the libero enters the match, the entry is not considered one of the allowed team substitutions. When a libero replaces a back row player, it is called a "replacement" rather than a substitution. The number of replacements is unlimited. The libero can replace any back row player (then must be replaced by that same player). The libero can replace any number of teammates in the same game.

THE SPECIFIC RULES FOR THE *LIBERO PLAYER* ARE AS FOLLOWS...

The libero must wear a uniform shirt or jersey that is in distinct COLOR contrast to shirts worn by other members of the team and must be recognized from all angles as being in clear contrast to and distinct from the other members of the team. The style and trim of the libero's shirt or jersey may differ from her teammates.

The libero can be a different player each game. A libero may not start the match. The libero is restricted to performing as a back row player and is not allowed to complete an attack hit from anywhere (including playing court and free zone) if, at the moment of contact, the ball is entirely above the top of the net. (illegal back row attack – point/loss of rally)

The libero cannot block or attempt to block. (illegal block – point/loss of rally)

Libero cannot rotate to the front row (illegal alignment)

SUBSTITUTIONS:

Subs will check in with official at the stand and not in the middle back position.

5th- 8th Grade Division...

ALL players **MUST** play in each game of the match. TEAMS must both agree before the match as to which form of substitution they will be using. TEAMS may use either center back or positional substitutions. Positional substitutions will be recorded at the officials stand. If both teams cannot agree... then the center back substitution will be used. Reminder...Not all teams will be familiar with positional substitution.

Each team must use the same substitution pattern throughout that game.

There will be unlimited substitutions.

Teams CAN NOT reset rotation after each game.

BUILDING RULES:

- Practice Balls can be brought into the facility. SYA will provide the game balls for the teams.
- Gates will be opened 15 minutes before the first scheduled game of the day and there will be a \$2.00 admission charge for spectators. Coaches tell your players and parents not to come before this time.

Only coaches, players, and officials are allowed on the playing area before and after your game.

REMINDER TO SYA TEAMS AND FANS ...

SYA IS RESPONSIBLE FOR ANY DAMAGE IN THE FACILITY. PARENTS SHOULD SUPERVISE THEIR CHILDREN WHILE THEY ARE IN THE FACILITY AND COACHES, PLEASE BE RESPONSIBLE FOR YOUR PLAYERS