

## **REEDLEY COMMUNITY SERVICES DEPARTMENT**

### ***2007 OFFICIAL YOUTH VOLLEYBALL RULES***

These rules and regulations are established to govern play for the City of Reedley's Youth Girls Volleyball Program.

#### **PROGRAM PURPOSE**

The City of Reedley youth girl's volleyball program strives to provide a fun and safe environment where girls grades 5-8 can learn the fundamentals of volleyball, sportsmanship, and teamwork under the guidance of trained volunteer leaders. The program emphasizes participation where everyone plays, physical fitness and building self-esteem.

#### **PRE GAME PROCEDURES**

*Court Set-Up (Taken care of by officials and site staff)*

##### **The Net and Markings**

The height of the net shall be 7 feet, 4 1/8 inches (2.24 meters) for girls. Net antennas shall be attached to the net in line with the outside edge of the sideline and extend upward at least 2 1/2 feet but no more than 3 1/2 feet above the net. The antennas shall be fastened securely to the top and bottom of the net. The antennas shall be fastened securely to the top and bottom of the net. They shall consist of an unbreakable material no more than 3/8 inch in diameter with alternating 4-inch to 6-inch white and red bands.

##### **The Court and Markings**

The court shall be 60 feet (18 meters) long and 30 feet (9 meters) wide, measure to the outer edge.

*Pre-Match*

##### **Conference and Coin Toss**

1. A conference shall be conducted with a coach and the captains from each team prior to the timed warm-ups.

2. During the pre-match conference, a coin toss shall be conducted between the captains and coaches of each team prior to timed warm-ups (at least 15 minutes prior to the first game of the match) and, if necessary, prior to the deciding game of the match. The visiting captain calls the toss. The winner of the toss may choose to take either the first service during the game, or the choice of courts. The loser of the flip then takes whatever choice is remaining. At the beginning of the second game, the team received first in the previous game will get to serve first. Before the third game, the officials will conduct another coin toss with the same options as the first match.

##### **Match**

A match shall consist of the best two-out-of-three games. The first team to win two games shall be the winner of the match. The third game shall not be played unless it is necessary to determine the winner of the match.

*Players-Teams*

##### **Team Players**

1. A team shall consist of six players to begin the match. If a team has fewer than six players to begin the match, a forfeit shall be declared.

##### **The Captain**

1. Each team shall designate a playing captain, and this is the only player who may communicate with officials. If this player is replaced by a substitute, the

coach shall designate another playing captain who shall remain as such until substituted for or until the original playing captain returns to the game.

2. During any dead ball, the playing captain or coach may request the following for his/her team:

- a. Time out
- b. Verification of time-out used
- c. Verification of serving order

The playing captain may request verification of the proper server for the opponent and if a signal is missed, ask the referee to repeat the call.

### **Uniforms**

1. Players shall not wear jewelry with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform.
2. Shoes: Only tennis, court, volleyball or basketball shoes with pliable synthetic or rubber soles may be worn.
3. Uniforms: Team shirts must be tucked in and worn at all competitions.

### Rules of Play

#### **Suspension/Forfeiture of Game**

1. A team has fewer than six players to start the match.

#### **Termination of the game**

1. A team which has scored 15 points and has at least a two-point advantage is the winner. If the leading team does not have a two-point advantage, play shall continue until one team has a two-point advantage.

#### **Player Position**

(In) Right Front, Center Front, Left Front,  
Left Back, Center Back, Right Back (Out)

1. When a side-out is awarded to a team, that team shall rotate clockwise one position.
2. When a side-out is awarded to a team playing with fewer than six players due to illness, injury or disqualification, a side-out shall be awarded to the opponent each time the vacant position is the right back.
3. Clockwise rotation shall be the ONLY rotation allowed. The rotation shall occur following each team completing their first round of serves. This is to ensure that all players receive equal playing time.

#### **\*Penalties for Illegal Positioning**

1. For illegal alignment, point/side-out 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 server, outside the boundaries of the playing area.

\*For an improper server, side-out shall be awarded as soon as the proper server is discovered and verified.

#### **The Serve**

1. A server will make 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 the server releases it. The ball shall be contacted within five seconds after the referee's signal to serve.

2. 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 boundary 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.
3. A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The referee shall cancel the serve and direct a second and last attempt at the serve. The server is allowed a new five seconds for the re-serve.
4. Only the serving team may score. A point is rewarded to the serving team if the receiving team fails to return the ball legally.
5. Players must be in correct serving order when the ball is served.
6. Each server will continue to serve until the referee calls a "side out"
7. A server must receive signal from the referee before serving. When the referee gives the signal, the server has five seconds to serve the ball.
8. If a player serves out of turn, side out will be called and any points made on the service will be cancelled. The correct serving order will be arranged immediately following the incident.
9. 5<sup>th</sup> graders may serve at tape-line by informing referee of grade by holding up one hand (5 fingers).

#### **Playable Overhead Obstructions**

1. 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 that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

#### **Restricted Play**

The official should stop play when:

1. A wall, floor obstacle, non-playable area or non-player interferes with a player's legitimate effort to play the ball;
2. A player breaks the plane of a non-player area (i.e.; team benches, official's table, bleachers etc.) wall or another player.
3. A player gains an advantage by contacting any floor obstacle (i.e.; team benches, official's table, bleachers etc.) wall or another player.
4. It is necessary to prevent player injury by contact with obstacles or wall;
5. The ball contacts any part of a backboard, which is hanging in a vertical position playable area. Supports are considered part of a backboard.

#### ***\*Penalties for Restricted Play***

1. When, on a 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 or side-out is awarded to the opponent.

#### **Out of Bounds**

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

1. Touches a wall, object 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;
2. Touches the floor completely outside the court's boundary lines;

3. Touches the net antennas or does not pass over the net entirely between the net antennas;
4. Touches the net cables or net completely outside the antenna, net supports or referee's platform;
5. Touches or enters (from direction of the court) a non playable area such as adjacent courts scheduled for play, bleachers, benches, official's table, etc;
6. Touches a non-player who is not interfering with a player's legitimate effort to play the ball;
7. Touches any part of a backboard, which is hanging in a vertical position, over a playable area if it is a served ball or, in judgment of the official, the ball would not have remained in play if the backboard had not been there. Supports are considered part of a backboard.

### **Screening**

1. Players on the serving team shall not take action to prevent receivers from screening the contact of the server and/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 stands close together, and the ball is served over them.

### **\*Penalty for Screening**

1. A side-out is awarded to the opponent.

### **General**

1. The first server of the game is the right back position. Thereafter, when a team is awarded a side-out, the player in the right front position rotates to the serving area.
2. A team continues serving until a side-out is awarded or the serving team scores at least 15 points with a two-point advantage to end the game.
3. The serve alternates when a side-out is awarded to the opponent.
4. A serve is illegal and the ball remains dead if the server:
  - c. Hits the ball illegally;
  - d. Is touching the end line or the floor outside the serving area when the ball is contacted;
  - e. Does not contact the ball to serve within five seconds;
  - f. Is out of serving order or is from the wrong team;
  - g. Deliberately serves before the referee's signal to begin the serve.
5. A served ball is service fault and becomes dead when the ball...
  - i. Passes under the net;
  - ii. One of the server's teammates;
  - iii. The floor on the server's side of the net;
  - b. Crosses the net not entirely between the net antennas, or land out of bounds;
  - c. Touches the ceiling or an obstruction.

### **During Play**

1. All non-playing team members, including coaches and other team personnel, shall be seated on the designated bench during the game.

### **Court Protocol**

1. For game two in a three-game match, teams shall change playing areas and benches immediately when directed by the referee.
2. For each game, teams shall line up on their respective end lines.
  - a. When directed by the referee to change courts, the non-playing team members proceed immediately to their new team benches, and the players proceed counterclockwise along the sidelines past the standard to their new team benches.
  - b. When directed to do so by the referee, the teams proceed immediately to the respective team benches.
3. For game three, a second coin toss is conducted with the same sanctions as the coin toss before the first game.

### **Live and Dead Balls**

1. A live ball is in play; from the moment the correct server legally contacts the ball until a dead ball occurs.
2. A dead ball is declared, by an official, for any decision temporally suspending play until the ball is legally contacted again for the serve.
3. A live ball becomes dead when:
  - a. The ball lands out of bounds;
  - b. The ball touches the floor;
  - c. The ball passes completely under the net;
  - d. The ball contacts a non-player in the play area.

### **Net Play**

1. A ball contacting and crossing the net even when served shall remain in play provided contact is entirely within the net antennas and continues in a forward motion over the net (CIF ruling 2006).  
Blocking a served ball is not permitted.

### **Contacting the Ball**

1. A hit is a contact/touch of the ball, which is counted as one of the teams' three allowable plays before the ball is returned to the opponent's side of the court.
2. A team shall not have more than three hits before the ball crosses the net into the opponent's playing area. When the team's first contact is simultaneous contact by opponent, or an action block, the next contact is considered the team's first hit.
3. A ball is considered to have crossed the net when:
  - a. It has passed beyond the vertical plane of the net;
  - b. It is partially over the net and contacted by an opponent.
  - c. No part of the ball crosses the net, and it is legally blocked.
4. 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.
5. 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.

### *Player Actions*

1. Definitions

**Pass-A play in which the ball is hit into the air so another player can get into**

**position to contact the ball.**

- a. Forearm Pass-a controlled skill generally used a team's first hit, in which the ball rebounds from the forearm of the receiver to a teammate.
- b. Overhead Pass (setting action)-two-hand finger action directing the ball.
- c. Set-two (or one) - hand finger action directing the ball to an attacker.
- d. Dig- an underhand or overhand defensive saving skill in which the ball is contacted by forearm, fist or hands.

**Attack- while in the front half of the court, hitting the ball from above the height of the net to the other side. A team's third hit is always considered an attack.**

- a. Spike- an attack play in which the ball is forcibly hit into the opponent's court with a one-hand overhead motion.
- b. Tip- a fingertip attack on the ball, which directs the ball into the opponent's court.
- c. Dump- a fingertip attack most commonly used by a setter on the second hit to direct the ball onto the opponent's court.
- d. Overhead pass – two hand finger actions directing the ball over the net.

**Block- a play approximately arm's length from the net in which a player's, whose hands is raised above the head, contacts the ball near the top of the net in an attempt to:**

- a. Prevent the ball from crossing the net;
- b. Return the ball immediately;
- c. Deflect the motion of the ball.

Request Guidelines

**Substitution Request**

- 1. A substitution is the replacement of at least one player in the game by a teammate (substitution) who is listed on the roster.

**Procedure for Substitution**

- 1. To request substitution:
  - a. The coach may visually signal to the official that substitution is desired.
  - b. A substitution request may be made only when the ball is dead.

\*\*\*\*\* Substitution is only allowed if the player is sick or hurt.

**Time-Outs and Intermissions**

- 1. Charged time-outs are those requested by a team or charged to a team by the referee or umpire. Two (2) time-outs per-game, per team, (1-minute length per time-out).
- 2. The game will resume after a time-out when the team calling the time-out is ready to play, including situations where less than 60 seconds are sued.
- 3. Officials' time-outs are those taken by officials for any reason they deem necessary.

**Injury**

- 1. In the case of an injury/illness during the game, the referee may interrupt play and call an official's time-out.

**UNSPORTSMANLIKE CONDUCT**  
**BY coaches, assistants, parents, or spectators**

Any act that is damaging to the goals of good sportsmanship cursing directed at anyone, excessive yelling, any physical contact or threat of contact. Any conduct that shows intent to disrupt the flow of the game can and will result in a team forfeiting a game. If continued, coach or assistant will be asked to leave the program. **NO EXCEPTIONS!**