



## **THIS IS FOR FUN! ABOVE ALL - KEEP THE KIDS IN MIND**

### **2017 VOLLEYBALL RULES**

(updated 4/25/17)

- Teams will consist of 7 to 9 players.
- When a participant signs up for the Cabot Parks & Rec they expect, and have the right, to play in all matches. All players “dressed out” will participate in the match with exception of injury, illness, and being declared ineligible (a player may be declared ineligible due to unexcused absence of practices and unsportsmanlike conduct in practice or a game during that week). Excused absences are school functions, religious beliefs, illness or injury. Coaches need to respect all the young athletes if they are to have a rewarding experience in sports. Make sure players are respectful at all times during practice and matches to their own coaches, opposing teams (coach, player and parents.)
- Scorekeepers and official should be notified of an ineligible player.
- All players should be encouraged to attend all practices.
- The match will be played as six on six however play may begin with as few as five players on a side.
  - A set will be considered a forfeit if one or both teams are not present by 5 minutes after the match is scheduled to start.
- If match time arrives without six players present but at least five are available, the match shall start with five players. The team that only plays with five players, will lose service with it comes around in rotation of the missing player. If a sixth player shows up, they may enter the match once play is stopped. During the REGULAR SEASON only that you can use a different player from a different team (who you are not playing) to step in and play for your team. This can only happen if you have 4 players show up for your match. That extra player will make your team have 5 on the lineup sheet. If you do end up using a player from a different team, you MUST put this player as the last player to serve. Again, this rule will only apply during regular season play only. If it's a tournament match, you must have 5 players present from your original roster and you are prohibited in using a player from a different team.
- All players must wear a Cabot Parks & Recreation team jersey and athletic shoes with non-marking soles.
- Jewelry such as rings, watches, necklaces are strictly prohibited.
- Players are recommended to wear knee pads but not required.
- Opposing coaches and players will shake hands after each match.
- Two coaches per bench and one coach permitted off the bench at a time and must remain in the bench area.
- Net height will be set at 7'0" for 3<sup>rd</sup>/4<sup>th</sup> Grade and 7'4 1/8' for 5<sup>th</sup>-8<sup>th</sup> Grade
- Volley Lite Tachikara (3/4 & 5/6) and SV-5WM Tachikara (7/8) will be provided by Cabot Parks & Rec.
- Once the last point is scored in the match, the match is considered finished and no protests can be made.
- **Each team must provide one line judge each match.**
- Showing **Good Sportsmanship** is a must at all times.

**RULES MAY BE SUBJECT TO CHANGE DURING THE SEASON**

### **3<sup>rd</sup>/4<sup>th</sup> Grade Rules**

- Win/loss is by total number of sets played (3 per match), not matches.
- Rally scoring will be used for all sets.
- Matches will consist of three sets to 25 or 12 minutes per set (running clock, stops on timeouts.).
- The first team to 25 points, with at least a two point lead, wins.



- If neither team reaches 25 points when the time expires, the team ahead in points will win the set.
- Teams will switch sides for each new set.
- If score is tied as time expires, teams will continue play and next point wins.
- There will be 2 minutes between sets.
- **Each team is allowed one 30 second timeout per set. Timeouts will not carry over.**

### **5<sup>th</sup>-6<sup>th</sup> Grade Rules**

- Win/loss is by total number of sets played (3 per match), not matches.
- Rally scoring will be used for all sets.
- Matches will consist of three sets to 25 or 12 minutes per set (running clock, stops on timeouts.).
- The first team to 25 points, with at least a two point lead, wins.
- If neither team reaches 25 points when the time expires, the team ahead in points will win the set.
- Teams will switch sides for each new game/set.
- If score is tied as time expires, teams will continue play and next point wins.
- There will be 2 minutes between sets.
- **Each team is allowed one 30 second timeout per set. Timeouts will not carry over.**

### **7<sup>th</sup>-8<sup>th</sup> Grade Rules**

- Win/loss is by total number of sets played (3 per match), not matches. (running clock)
- Rally scoring will be used for all sets.
- Matches will consist of three sets to 25 or 15 minutes per set (running clock, stops on timeouts.).
- The first team to 25 points, with at least a two point lead, wins.
- If neither team reaches 25 points when the time expires, the team ahead in points will win the set.
- Teams will switch sides for each new game/set.
- If score is tied as time expires, teams will continue play and next point wins.
- There will be 1 minute between sets.
- **Each team is allowed one 30 second timeout per set. Timeouts will not carry over.**

### **Miscellaneous**

- Immediately following the conclusion of the previous match there will be four (4) minutes for each team to warm-up by themselves and then one (1) minute for shared serving time. **Home team** will be on court first. The referee, head coaches and captains meet to discuss ground rules. Home team will serve first game/set and then visiting team will serve first in the second game/set. **At this point, line judges from both teams should be appointed and discuss procedures with the referee.**
- Cooperation between teams should be emphasized to ensure a safe warm-up.
- No liberos (defensive specialist).
- **Athletes should play to the referees whistle.**
- At the start of the third game/set the official will flip a coin with team captains to determine which team will serve first.
- If a player is injured in 1<sup>st</sup> set, will not be able to come back in until 2<sup>nd</sup> or 3<sup>rd</sup> set.

### **Serving**

- Players must wait for the official's whistle before serving.
- Players may serve underhand or overhand.
- Net serve is in effect. If a serve hits the net and goes over the net, ball is in play.
- Ball must be served within five (5) seconds of referee's signal.



- During a re-serve the server is allowed (5) seconds after the whistle, a re-serve shall be called when the server releases the ball for service and then catches it or drops it to the floor. This is only allowed one time per team's term of service per server. No time out is allowed or requested substitutions during a re-serve.
- The server will be restricted to a maximum of 3 consecutive serves for 3<sup>rd</sup>-6<sup>th</sup> Grades and maximum of 6 consecutive serves for 7<sup>th</sup>-8<sup>th</sup> Grade, followed by an automatic side out. If the 3<sup>rd</sup> or 6<sup>th</sup> serve results in a point, the point will be awarded then the ball will be given to the opposing team.
- Served balls cannot hit any ceiling obstructions. If there is any contact with ceiling during a serve an automatic side out and point is awarded to the opposing team.

Servers will be permitted as follows:

- 3/4<sup>th</sup> Grade - from behind 10ft line.
- 5/6<sup>th</sup> Grade - up to 5ft inside the court.
- 7/8<sup>th</sup> Grade – up to 2ft inside the court. (traditional service line.)

### **Playing the Ball**

- On the serve and first hard driven ball players may receive the ball with a bump, set, overhead contact with two hands or any other manner that is not a lift, non-purpose double hits are also allowed. (3<sup>rd</sup>/4<sup>th</sup> exception)
- A team shall have three hits (excluding a blocked ball) to return the ball over the net.
- When the ball touches any part of a boundary line it is considered "in".
- Players may not intentionally or unintentionally touch the net. (exception for 3<sup>rd</sup>/4<sup>th</sup>)
- Players may not step over the center line at any time during the course of play. (exception for 3<sup>rd</sup>/4<sup>th</sup>)
- Simultaneous violations by opposing players or an interruption in the game will result in a replay of the point.
- During play, if a ball contacts any portion of the ceiling or obstruction the ball is considered "in play" if the ball comes down on the same side of the net of the team who initiated ceiling contact. For example Team A receives the serve and the first contact comes off their player and touches the ceiling. Team A may play the ball assuming the ball remains on Team A side of the net. Play may continue.
- Should the ball contact the ceiling and continue over the net to the opposing side the ball will be considered dead and play will cease.
- **Blocking a served ball is NOT PERMITTED**
- **Attacking a served ball is NOT PERMITTED**

**SPIKING, BLOCKING, AND BACK ROW PLAYERS:** Spiker cannot reach over the net and hit a ball that is entirely on the opponent's side of the court. When blocking, a player may reach over the net but cannot touch the ball until the opposing spiker hits it or until the ball breaks the plane of the net. A blocker may not reach over the net and block a ball that is being set up by the opponent's setter. Back row players cannot jump from in front of the 10ft line. Back row attacker must jump from behind the 10ft line.

### **Position, Rotations and Playing Time**

#### **(All Divisions)**

- Position 1 - Right Back (Server), Position 2 - Right Front, Position 3 - Middle Front, Position 4 - Left Front, Position 5 - Left Back and Position 6 - Middle Back.
- Players must stay in the same rotational positions throughout the duration of the set. Players may switch positions after the ball is served but must return to their proper position after the ball is declared dead by the referee and before the next serve.
- All non-injured girls present on the team must play each game and be rotated into the lineup in a consistent manner.



- Each player will start in either the first or second set.
- The right back player has the first serve.
- Upon gaining the serve, a team must rotate clockwise.
- Substitutions may only be made during set 3 after a play has ended and before the next serve. (regular season)
  - a. During the End of Season Tournament you may sub in the 1<sup>st</sup> and 2<sup>nd</sup> sets but you can only sub at the six minute mark in both sets and then unlimited subs for the 3<sup>rd</sup> set. You can only still substitute the same player for same player. Ex: #6 for #9 or #9 for #6. If you want the first player to go back in.
  - b. 7<sup>th</sup>/8<sup>th</sup> will be allowed to substitute all match but can only sub same player(#) for same player(#). Ex: #6 for #9 or #9 for #6. If you want the first player to go back in.
    - A. 3<sup>rd</sup>-6<sup>th</sup> Grade Divisions - Time will be stopped inside 2 minutes when subbing.
    - B. 7<sup>th</sup>-8<sup>th</sup> Grade Division – Time will be stopped
- All substitutions will be made at midcourt between the net and 10 ft. line.
- No manipulation of the serving order while the players are waiting to be rotated into the lineup is allowed.
- The following rule is intended to insure that all participants, regardless of their skill level, are given the opportunity to play in every match. Any player that did not play in the first set of the match must be included in the starting line-up for the second set of the match for 3<sup>rd</sup>/4<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup> and then 7<sup>th</sup>/8<sup>th</sup> can substitute all match long.

### Definition of Terms

**Attack** - All actions which direct the ball towards the opponents, with the exception of service and block, are considered as attack hits.

**Block** - A defensive play in which player(s) at the net attempt to interfere with the flight of the ball which is being returned by the opponents.

**Dead Ball** - Ball that is temporarily out of play.

**Double Foul** - Faults committed simultaneously or on the same play by players on opposing teams.

**Foot Fault** - Server steps on or over the end line at the moment the ball is contacted.

**Illegal Hit** - Ball visibly comes to rest momentarily on any part of the body above and including the waist. All touches any part of player below the waist.

**Legal Hit** - Ball that is given immediate impetus with any part of the body above and including the waist.

**Legal Serve** - Putting ball into play over the net into the opponent's court by a player positioned within the serving area. (A net serve is a legal serve.)

**Match** - Contest between two teams in which the team first winning two games is declared the winner.

**Opponent's Court** - Playing area occupied by a team's opponents.

**Out of Bounds** - Any surface or object outside the court except a player in the act of playing the ball.

**Own Court** - Playing area occupied by one's own team.

**Point** - Scoring unit awarded to the team that wins the rally.

**Rotation** - Act of shifting positions in a clockwise direction as shown in the court diagram.

**Serving Order** - Sequence of service of a team's players which coincides with the official method of rotation.

**Side-out** - Decision following the infringement of a rule by a team at which time service is awarded to the opposing team. When a side-out is awarded to a team, who then rotates one position clockwise.

**Term of Service** - Server continues to serve until side-out is called.

**Spike** - A ball (other than a serve) which is hit forcibly from a height greater than the top of the net.

**Time-out** - Temporary suspension of play for purpose of rest, substitution, injury or use by officials.

**Net Serve** - A serve that contacts the net and goes over into the opponent's court.