

Arapahoe Youth League

Volleyball Rulebook

2011 SEASON



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ARAPAHOE YOUTH LEAGUE VOLLEYBALL RULES

The AYL Volleyball rules are governed by the AYL By-Laws and General Principles of Operation which take precedence over these rules. All references to the Board will mean the AYL Volleyball Board and/or its Delegates. More detailed information regarding the AYL and the AYL Volleyball League can be found at the official web site: www.aylsports.net.

AYL Volleyball follows the formal rules of the game of volleyball as stated in the National Federation of State High School Associations 2010 Rule Book. Please read and familiarize yourself with the information contained within that booklet. Stated below are additions and exceptions for the advancement of youth volleyball within the AYL and its member clubs.

SECTION I CONDUCT OF GAME

RULE 1

TIME: The time for all league matches will be determined by the League Directors and published on the schedules.

RULE 2

GAME OFFICIALS:

- A. The League will supply a Referee for 2nd Grade and up matches.
- B. The League will supply an official score keeper for 2nd grade and up matches.
- C. Each team **must** supply the following every week

1 For 2nd Grade and older teams, the HOME TEAM is responsible to provide a person to flip the visual scoreboard. **Minimum age of 16 years.**

2 **BOTH teams** must provide 1 Line Judge. **Minimum age of 16 years.** As members of the officiating team they must stand at the corner of the court, remain attentive, and make fair and clear calls.

RULE 3

UNIFORMS: A player cannot play in any set (game) unless he/she is in uniform. The official club uniform must consist of board-approved matching shirt and shorts of the same color. Coaches will be responsible for the uniformity of their respective teams. Unless, otherwise noted in the AYL rulebook, players not wearing the correct uniform will not be allowed to play. No duplicate numbers will be permitted. This rule will be strictly enforced; no exceptions. The number that a player is assigned at the time of roster sign-off, must be used by that player for the entire season. If a player needs to use another jersey with a different number, then a proper change of number form must be filled out and submitted to the AYL volleyball board and must be kept on file by all delegates. **An illegal number or a non-official club uniform will result in a forfeiture of any sets (games) in which that player participated.**

A. JEWELRY: Players shall not be allowed to wear jewelry of any kind with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform. NO earrings are allowed. **This includes newly pierced ears. The player will be REQUIRED to remove all earrings prior to play. Tape will NOT be allowed to cover them.**

B. HAIR: Hair devices made of soft material may be worn to control the hair. Hair adornments made of soft material may not be more than 2 inches wide. **Metal barrettes, clips or any hard object (i.e.: BEADS, shells, charms, etc) will NOT be allowed (bobby pins 2 inches or less are allowed).**

C. CASTS AND SPLINTS: As per the NFHS Volleyball Rule 4 Section 2 – A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance, even though padded, is not permitted on the finger, hand, wrist, or forearm.

RULE 4

KEEPING ORDER: Each club shall be responsible for keeping their spectators orderly, off the playing court, and behind the spectators' boundary. Parents and spectators are urged to encourage their teams by cheering them on, but attempting to coach or instruct from the sidelines or shouting in abusive language at the players, officials, coaches, or other spectators is strictly prohibited. The designated board member shall have the discretion to forfeit any set (game) in accordance with high school rule.

NO FOOD OR DRINK, OTHER THAN WATER, WILL BE ALLOWED IN ANY GYMS. This rule includes all coaches, players, and spectators. It covers all drinks including: pop, coffee, juices, and sports drinks. **FAILURE TO FOLLOW THIS RULE WILL RESULT IN THE OFFENDING INDIVIDUAL BEING ASKED TO LEAVE THE FACILITY.**

RULE 5

Water is the only beverage allowed onto the court surface. Teams with ANY liquid other than water will be penalized by awarding the opponent the serve and 1 point. Teams with a liquid other than water that SPILLS on the court will lose their serve and the opponent will be awarded 5 points.

RULE 6 CONDUCT:

A. COACHES, SPECTATORS, AND PLAYERS

If a player, coach, assistant coach, or spectator is ejected from any match they will be suspended from playing, coaching, or attending the next scheduled match. The ejection **must** be noted on the Match Score Log Sheet which is turned into the League. If the same player, coach, assistant coach, or spectator is ejected from any following match, he/she will be ineligible to play, coach or spectate for the rest of the season in the Arapahoe Youth League. However, he/she will have the right to appeal to the AYL Board of Directors after a one week suspension.

B. BENCH CONDUCT DURING THE MATCH:

Grades 3rd and under: Coaches may stand near the bench or on the opposite side of the court (provided they do not interfere with another court). Coaches may go onto the court and assist the players when the ball is not in play.

4th Grade and up: Coaches will be allowed to stand in the team area behind the ten foot line while the ball is in play unless there is an objection by the official.

FOR ALL AGES -OFFICIALS HAVE THE RIGHT TO REQUEST ANY COACH TO BE SEATED IF HE/SHE FEELS IT IS IN THE BEST INTEREST OF THE PLAYERS AND THE MATCH.

A maximum of two coaches who are in uniform will be allowed on the bench during a match.

RULE 7

MATCH SCORE LOG SHEETS: Match Score Log Sheets will be located at each court's score table. Each coach has the responsibility to verify all the set (game) scores as entered and sign the match score log sheet after their match. **Only Disputes/Protests that are noted in detail and signed by the coach on the Match Score Log will be brought before the AYL Volleyball board to be reviewed. Coaches that do not sign the match score log sheet waive their rights to dispute the scores as recorded for that match.**

The match score log sheet is the official record of the sets (games) and will not be modified after completion of play on that day unless justified and proven by the AYL Volleyball Board.

RULE 8

PROTEST PROCEDURE

1. Any rule violation must be presented prior to the start of the match.
2. The protest is noted on the Match Score Log Sheet.
3. If a set (game)/match is protested- the protesting coach must contact his/her Club Delegate. The Delegate will inform the board of the intended protest and bring a \$100 deposit to the next scheduled board meeting. The deposit will be returned if the protest is upheld.
4. **CALLS MADE BY AN OFFICIAL DURING THE MATCH CANNOT BE PROTESTED.**

RULE 9

POSTPONED MATCHES: Matches may or may not be rescheduled at the Sport Board's discretion (Yes, this may include Sundays).

FORFEITED MATCHES: Forfeited matches will only be rescheduled due to an error made by an AYL Volleyball Sport Board Member and/or our league scheduler.

RULE 10

DELEGATES AND MEMBER CLUB RESPONSIBILITY: Clubs participating in AYL volleyball agree to the following:

- A. Each delegate/club will **coordinate and host** at one or two weekend(s) of games by organizing all net set up, supervision of the gym during the full day of AYL matches, answer official questions, clean up and net tear down at the end of the day. Clubs bringing in more teams will be required to add an additional weekend of hosting duty.
- B. Attendance at weekly meetings prior to and during the complete season.
- C. Mandatory attendance for set-up, supervision and clean up for all Playoffs matches and Championship matches.

SECTION II PLAYER ELIGIBILITY

RULE 1 PLAYING LEVEL DETERMINATION: Playing level will be set by the grade in which the player is in as of October 1st prior to the start of the playing season.

RULE 2 PROOF OF GRADE/AGE: The following documents will be accepted as proof of eligibility:

1. **Official school records will be used to support proof of grade.**
2. Birth certificate
3. Military papers of ID
4. Adoption papers
5. Passport
6. Birth registration
7. Notification of birth
8. Hospital certificate
9. Supporting letter from parent for different last names
9. Previous year's official roster

A temporary waiver of "Proof of Grade/Age" may be obtained only when accompanied by a \$100.00 refundable deposit by the Club requesting the waiver. This waiver shall be valid for only one month from the date filed with the League. If proof of grade/age is not obtained, the \$100.00 deposit shall be forfeited and the League may decide to impose further penalties.

SECTION III AYL VOLLEYBALL SPECIFICS

Teams:

- A. Volleyball will be offered for 8 playing levels:
 1. 1st Grade and under -Limited to 8 players per team.
 2. 2nd Grade
 3. 3rd Grade
 4. 4th Grade
 5. 5th Grade
 6. 6th Grade
 7. 7th Grade
 8. Senior division (8th and 9th Grades)

- B. Players may play up two grade levels, but may not play down. Players may play up more than two grade levels upon board approval.
- C. For grade levels where the number of teams allows, a National division will be established for the more experienced teams. An American division will contain those teams that are less experienced. The AYL Volleyball Board will establish the divisions at their discretion.
- D. Returning American teams whose retention player rate is at least 50% and played in the previous year's championship match will automatically be placed into the National division the following year.

Court Dimensions:

- A. All courts will be 30 feet by 60 feet except for 1st Grade and under.
- B. The court dimensions for 1st Grade and under will be 30' wide by 40' long.

Equipment:

- A. Net Height:
 - 1. 5th Grade and under -6 feet 6 inches
 - 2. 6th Grade and above -7 feet 4 inches
- B. Volleyball
 - 1. 3rd Grade and under - Oversized Trainer.
 - 2. 4th through 6th Grades- Super Soft /Volleyball Lite.
 - 3. 7th Grade and above - Any High School approved regulation volleyball.

Players/Rosters:

- A. A player may only be rostered on one AYL team.
- B. All age groups will play 6 players on the court except for 1st Grade and under. The 1st Grade and under division will play 4 on a court.
- C. Teams may have a maximum of 12 players per roster. More than 12 will need to be approved by the AYL volleyball board.
- D. An official roster will be at the facility as needed. Teams may use the player count sheets to track their team as well as the other team.
- E. Players may be added late to rosters during the season with AYL volleyball board approval under the following circumstances:
 - 1. When a player quits or is injured for the season.
 - 2. When the number of players on a team falls to 6 or lower

Any players added late (after roster sign offs), will need to pay a \$10.00 late fee to AYL volleyball and other fees to their club where deemed appropriate.

- F. Any AYL player, that is listed on a roster with proof of playing for a USAV sponsored team, a YMCA team or any feeder or recreation district sponsored team, is exempt from the AYL practice rule restrictions when they are practicing with that team. Any volleyball practice where a combination of players who are only rostered AYL and the other teams previously mentioned are deemed as counting towards AYL practices.
- G. Teams may have a maximum of 25% of their roster from a competing volleyball club.
- H. **No more than 2 male players will be allowed on the court. However teams may have more than 2 male players on a team.**
- I. NO LIBERO PLAYERS ARE ALLOWED

Players/Rosters (continued):

- I. **2nd Grade and older teams may play with a minimum of 4 players, without forfeiting. In the event that less than 6 players are available at the beginning of a match a “Ghost” player will be added to the line up for each missing player. When each “Ghost” position rotates into the serving position the opposing team will be awarded a rally point and the serve.**

Length of Games:

No warm up time is allotted on the game courts. Warm-Ups will be allowed in a designated area.

55 Minute running clock per match. The clock does NOT stop.

- A. **1st Grade and under teams will play 3 -15 minute sets (games). Each team will switch sides after each 15 minute session. No scores will be recorded. No score book will be used. No standings will be recorded. Each player will be allowed to serve 3 contacts every rotation regardless of the result of the serve. Teams are limited to 8 players per team.**
- B. All divisions 2nd Grade and above will play 3 sets (games) to 21 points per set (game) using the rally scoring method. The winning team must win by two points. All teams will play 3 sets(games), time permitting. If time expires and the score is tied, the next point scored will determine the winner.
- C. Each team is allowed **2 time-outs per set (game)**. The clock does not stop during this time. An additional time-out is NOT awarded if the set (game) is tied at 21 and requires extra points.

Forfeit Of the Match:

BE ON TIME- Set (Game) **one** is considered a forfeit **at the time the match is scheduled to begin**. Set (Game) **two** is considered a forfeit **15 minutes** after the scheduled start of the match. Set (Game) **three** is considered a forfeit **30 minutes** after the scheduled start of the match.

Playing Periods:

- A. A playing period is defined as a practice or set (game)/match in which three (3) or more players rostered on the same team and a coach are engaged in organized instruction of play or practice. It is recommended that practice periods shall not exceed 2 hours. For the purpose hereof, the week begins at 12:01 am Monday and ends at 12:00 midnight on Sunday.
- B. Each team is limited to a maximum of three (3) playing periods per week.
- C. Practicing prior to the start of the season is not allowed. The start of the season is defined as the 1st of February.

Setting:

- A. All levels will be encouraged to learn how to set. When an attempt to set is made, no fault will be called unless it is held longer than 1 second, and is an obvious carry (from left to right, before releasing the ball).

2-Contact Rule:

All teams that are 4th Grade and below -No two contact rule will be enforced at this time
-although we encourage teams to strive to contact the ball at least twice.

2 Contact rule will be enforced for 5th, 6th, and 7th Grade teams

Any ball in play which is first contacted when the BALL is behind the 10 foot line must be touched by another player before it crosses the net. Teams that send a ball that was contacted behind the 10 ft line, back across the net on one contact will be called for a violation. Loss of rally point and serve is awarded.

BALLS THAT ARE RETURNED ON THE FIRST CONTACT AS A RESULT OF A “GOOD VOLLEYBALL PLAY” WILL BE ALLOWED AT THE OFFICIALS DISCRETION.

Balls contacted in front of the 10 ft line can be sent over the net on the first contact without penalty.

Co-Ed teams -If the ball is contacted more than one time, one contact must be by a female player prior to the ball crossing the net.

Blocking:

- A. All levels: Blocking is allowed. It is not considered to be one of the 3 contacts or touches allowed on each side. See High School Rule Book as needed.
- B. The **serve** may not be blocked or attacked. A block requires that contact is made while the ball is above the net.

Side Out and Serve Limit:

- A. 2nd and 3rd Grade teams-***mandatory side out* after 3 point run on the score.***
Exception-If a team is behind by more than 3 points, they retain the serve until they side out or until the score is tied. (at which point a mandatory side out* is called)
- B. Grades 4th – 7th -***mandatory side out* after 5 point run on the score.*** Exception -if a team is behind by more than 5 points, they retain serve until they side out or until the score is tied (at which point a *mandatory side out** is called)
- C. Senior division (Grades 8th/9th) -as per High School Rules.

***MANDATORY SIDE OUTS** are called to transfer service to the other team. NO rally point is awarded

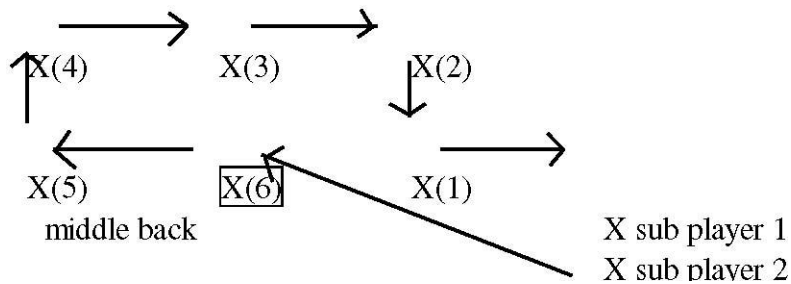
- A. Underhand serves are legal.
- B. Serve area.
 - 1. 3rd Grade and under must serve from behind the 10 foot line.
 - 2. 4th and 5th Grades must serve from behind the 20 foot line.
 - 3. 6th Grade & up must serve from behind the back line.
 - 4. Server may serve from anywhere between sidelines.
- C. Net serves will be allowed at all levels.

Substitutions/Rotation option:

#1 option- Continuous rotation enters in at the middle back position on each side out, **except for the FIRST side-out for the receiving team. In this case, all players will rotate, but no substitution is made.** Once a player is on the court and play has begun they do not rotate **out** and off the court until **AFTER** they have served. Players on the receiving team who begin the set (game) in position 2 (right front), rotate back into the service position and serve. The player who was in position 1 (right back) rotates to middle back. They have not served yet so they remain on the court.

Substitutions must be made after each side-out, and in the same order throughout the game.

NET



#2 option- Substitutions by position as per high school rules. No libero is allowed.

- A. The position of the substitute shall be that of the player being replaced without changing the serving order as recorded on the score sheet.
- B. A re-entering player shall not return to the game during the same dead ball in which the player was replaced. The re-entering player shall assume the original position in the serving order in relation to the other teammates.
- C. There will be an unlimited number of substitutions allowed.

All teams 3rd Grade and under must run continuous rotation. However, all teams **4th Grade & up** will have the option to run continuous rotation or substitution based offenses. Line ups at the coach's discretion with minimum play rules in force (see below)

4th Grade & up coaches must designate a choice between options #1 & option #2 at the start of the set (game), and must remain with this choice through out that set (game). Coaches may elect to change their choice at the start of each set (game).

MINIMUM PLAY FOR ALL TEAMS

In order to assure that all players have an opportunity to play, those players who did not start the first set (game), must start the second set (game). Coaches must submit a new line up for every set (game) in a match.

Minimum play rule: the following examples are for a match that is won 21-0, 21-0, 21-0

Total # of Points per match.

$((\text{minimum points in the match}) / (\text{number of players on the team})) * 4$

7 players minimum play is 36 points

8 players minimum play is 32 points

9 players minimum play is 28 points

10 players minimum play is 25 points

11 players minimum play is 23 points

12 players minimum play is 21 points

Failure to meet the minimum play rule will result in the forfeiture of the match.

It is the expectation of the AYL that the minimum play rule will be followed by all of the coaches. However, there are exceptions where a particular player is not required to meet minimum play in a match. Exceptions include:

1. Ineligibility due to team disciplinary measures, parental restrictions, or for reasons of injury or illness.
2. An injury occurring during a game that prevents the player from fulfilling the minimum play requirements.
3. A player ejected from a game.

Any player not eligible to play must be identified to the opposing coach before the start of the match and noted on the match score log sheet. Any player that cannot continue in a match due to injury, illness, or ejection must be documented on the match score log sheet.

The AYL volleyball board reserves the right to review this policy and take corrective actions against coaches who abuse this policy.

PLAYOFF AND CHAMPIONSHIP SPECIFIC RULES:

All teams are invited to participate in the postseason volleyball playoffs. If there are more than 12 teams in any grade level that have not previously been placed by Division, then they will be divided into two equally numbered divisions. The teams with the stronger record will be placed in the National Division playoffs and the teams with the weaker record will be placed in the American Division playoffs. If there are an odd number of teams, the team in the middle of the standings will be placed in the National League playoffs if their record is .500 or better or the American League playoff if their record is below .500. The tournament is single elimination with the championship games to be played no later than one week after the playoff games at a site to be determined by the AYL volleyball board. The following rules are to be used in the playoffs:

Home teams are the higher seed. Home teams serve first and select the side of the court; visitors serve the second set (game) and a coin flip will determine service for the third set (game), if needed. Teams will switch sides after each set (game).

Playoff Rule 1

All regular season AYL rules still apply.

Playoff Rule 2

Home teams are still required to provide one scoreboard flipper. Both teams are required to provide one line judge for each match they play. Coaches: Please have your **positions assigned prior to the start of the match** to speed up the start of the first set (game).

Playoff Rule 3

All matches are best 2 out of 3 sets (games). The third set (game) will NOT be played unless a deciding set (game) is required. All sets (games) are played to 21 points and must be won by 2 points.

Playoff Rule 4

No time limits on any of the matches.

Playoff Rule 5

No court warm-up time will be allowed.

Playoff Rule 6

Matches will start at scheduled times. Matches can start ahead of schedule, if agreed upon by both coaches and the game official. **Rosters are due 5 minutes before the start of the match.**

Playoff Rule 7

This tournament is a non-protest tournament.

For Championship matches ONLY:

1. No time limits on any championship matches.
2. All divisions will play best two out of three sets (games) played to 21.
3. Win by 2 points is required. No point cap.
4. Line judges and scorekeepers will be provided by the AYL
5. All official rosters will be checked prior to the start of the match. Anyone not on the roster or not wearing their correct number will not be allowed to play in their championship match.

Revised October 14, 2010