

## **SYC VOLLEYBALL RULES**

SYC will follow the new National High School Federation (NHSF) Volleyball Rules (rally point scoring, let serves are in play, liberal first ball contact) except as noted below. The women's official net height of approx. 7 feet, 4 inches will be used for middle school and high school leagues matches, and approximately 7 feet will be used for elementary school league matches.

**Coaches and referees should keep a copy of these rules with them at the matches so that rule questions can be clarified as needed.**

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### **MATCHES**

#### **PREPARATION FOR THE MATCH:**

**Each team must provide a scorekeeper and a line judge to assist with the match. The line judge and scorekeeper should report to the referee for instructions prior to the match.** One team's scorekeeper will use the flip chart scoreboard to keep track of the score and the other team's scorekeeper will record the score and timeout information on the SYC Volleyball score sheet. The line judges will stand at the left back corner of each court, as assigned by the referee.

Each coach must also prepare a rotation order sheet at the beginning of each game. This sheet lists the players in their starting positions for the game, including the players that are rotating in. This is the order which the players must maintain as they are playing the game.

Each coach must also select a team captain (or two team captains) for the match.

#### **FORMAT FOR MATCHES:**

The following format will be used for all matches:

- ❖ A referee will be provided for all matches.
- ❖ There will be an official warm up session prior to each set of games or match. The length will be 10 minutes – 4 minutes for one team to have the whole court, 4 minutes for the second team to have the whole court, then 2 minutes for both teams to serve from opposite sides of the court.
- ❖ During the warm up period, the referee will call for captains from the two teams for the pre-match conference.
- ❖ The referee will conduct a coin toss before the match. Team that wins the coin toss has the choice of either serving the ball or choosing which side their team would like to play on for the first game. The other captain takes the remaining alternative.
- ❖ **First two games are to 25 points**, no cap on the score, and **a team must win by 2 points.**
- ❖ Teams switch sides between games 1 and 2.
- ❖ There will be 3 minutes between games during which time teams change sides.
- ❖ After the second game, the referees will again call for captains from the two teams.

- ❖ The referee will conduct a coin toss for the 3rd game. Winner of the coin toss has the choice of either serving the ball or choosing which side their team would like to play on for the third game. The other captain takes the remaining alternative.
- ❖ **The last game is to 15 points**, no cap on the score, and **a team must win by 2 points**.

#### **SCORING/SIDE OUTS:**

If the serving team wins the rally, they score a point and the serving team continues to serve. If the serving team loses the rally, then the opposing team scores a point and gains the right to serve and its players rotate one position clockwise (side-out).

#### **TIME-OUTS:**

A team may request up to 2 time-outs per game. They should notify the referee at the end of a rally if they wish to have a time-out. A time-out will be no longer than 30 seconds.

#### **REFEREE QUESTIONS:**

A coach may ask a referee to explain why a call was made or for a clarification of a rule. If this occurs, the referee will invite both coaches to listen to the explanation or clarification. Coaches should show good sportsmanship as they communicate with the referees and receive the explanation for a call.

#### **AT THE END OF THE GAME:**

The game ends after the whistle blow for the winning point. All players on the court will move behind the back line on their court immediately after the game ends. Then the teams will change courts before the next game by walking counter-clockwise around the edge of the court until they are on the other side.

#### **REGULAR SEASON MATCHES – GAMES PLAYED AND WINS:**

**At each regular season match, all 3 games in a match will be played** and the results turned in to the League Director, since **placement for the house tournament will be determined by total number of games won, not number of matches won**. Since we will have limited time to play a match, the second and third games should be started immediately after completion of the previous game.

#### **AT THE END OF ANY MATCH:**

At the end of the match, all players from each team will move behind the end-line on their court. They will then form a line and approach the net by walking counter-clockwise around the edge of the court and will shake (or tap) hands with the members of the other team underneath the net as the teams continue walking.

#### **WINNING A HOUSE TOURNAMENT MATCH:**

During the house tournament, the matches are won by winning best two out of three games. Not all 3 games are played if a team wins the first two games. The first two games are to 25 points and the tie-breaker game, if needed will be to 15 points.

## TEAMS/UNIFORMS

### TEAM:

A team consists of the youth that are on the SYC team roster, along with their coach. **Only team members listed on the roster can participate in games or matches.** A **player** is one of the 6 members on the playing court during the game. A **substitute** is a team member that is not playing at that point in the game. A **team captain** should be chosen for each match. The team captain represents the team in the coin toss at the pre-match conference.

### FORFEITS:

A team must have a minimum of 4 players in uniform to play a match. If less than 4 players come in uniform to a match, the team will forfeit 3 games as wins for the other team. However if both teams do not have a minimum of 4 players to play a match, then both teams forfeit and each receive 1 ½ games for their game totals. **Note that there is no penalty applied to score for playing with less than 6 players.**

### PLAYER'S UNIFORM:

**Only players that are in their SYC issued uniform will be allowed to play. The uniform must not be defaced (see program guide for details.)** Each player must wear his or her **SYC issued** team T-shirt, shorts (or pants), kneepads, and athletic shoes. The athletic shoes should have white soles and have no heel. **Players are not allowed to wear hats or jewelry during a game or practice.** An exception will be made for religious or medical medallions if worn under the T-shirt.

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## RULES OF PLAY

### HITTING THE BALL:

- ❖ The ball may touch any part of the body above the waist only.
- ❖ A team is allowed to hit the ball 3 times (in addition to a block contact) or less to return it to the opponent's court
- ❖ A player is not allowed to hit the ball twice consecutively, except when trying to block.
- ❖ If two teammates contact the ball simultaneously, it is counted as one hit and any player may play the ball next if it wasn't the 3<sup>rd</sup> hit.
- ❖ If two opponents contact the ball simultaneously and it remains in play, the team receiving the ball is entitled to another 3 hits. If it goes out, it is the fault of the team on the opposite side.
- ❖ The ball must be hit cleanly, not caught or thrown.

### BLOCKING:

Only front row players can block.

A block is not considered as a team hit (i.e. not counted in the 3 hits a team is allowed, so team is entitled to 3 hits after a block).

The first hit after a block may be done by any player, including the player that contacted the ball when blocking.

A serve cannot be blocked.

When blocking, a player may place their hands beyond the net, inside the antennas, providing they do not interfere with their opponent.

### **SPIKING:**

A spike is an attack hit that contains a downward motion. It is illegal to spike a ball that has just been served.

### **SERVING :**

The referee signals with a whistle blow when the server can serve after he/she has determined that the teams are in their proper positions and ready. A service before the referee's whistle is canceled and repeated. **If a team repeatedly serves before the referee has blown the whistle for service, the team can be cited for delay of game and service will be given to the other team.**

The server is the person in the right back row position. A server can serve the ball from anywhere behind the back line between the two side lines (as if extended back). A server cannot enter the court until after they have contacted the ball. (They must not cross the serving line until after contact with the ball). A server is allowed to hit the ball out of their hand (i.e. the ball does not have to be dropped before it is hit).

All team members, except the server, should be inside of the court lines at the time of the serve. They must be in the correct rotation order prior to the serve. If players are switching position, then no part of their body should cross with players to the right, left, front, or back of them until the ball is hit for the serve.

**For Elementary League ONLY: Servers in 4-6 Grade Level, only those serving under hand, will be allowed to use the a modified service line, which is 5 feet in from the end line. Those serving over hand must be behind the end line.**

**However, it is strongly recommended that coaches move their more skilled underhand servers, who are capable of serving from the end of the court, back to the actual serving lines to serve, since in middle school they will need to serve from behind the end line.**

If a server does not execute a good toss, they must let the ball fall to the ground without touching it or it is considered a serve hit. There is not a limit on how many times a server can repeat their toss during a game, unless the referee sees a deliberate delay of game (i.e. This is done repeatedly throughout the game).

### **SERVICE ORDER:**

The players must follow the service order recorded on the line-up sheet.

The team that won the serve during the coin toss before the match will start service in the first game of the match. The team that did not start service in the first game will start service for the second game of the match. The team that wins the coin toss after the second game will start service in the third game of the match.

**There is no rotation prior to the first service in a game.**

After the first service in a game, the player to serve is determined as follows:

- ❖ When the serving team wins the rally, the player (or his/her substitute) who served before, serves again. (See note below for exception.)
- ❖ When the receiving team wins the rally, it gains the right to serve, and **rotates clockwise** before actually serving. The player who ends up in the

back right position will serve. **There is *always* a rotation by the team that gets possession of the ball after a side-out.**

EXCEPTION: When the serving team wins the rally, the player who served the ball usually serves again. However, because the experience levels of the players varies greatly, **for SYC volleyball, the number of points that can be scored by an individual server is limited to 5 points (High School League), 4 points (Middle School and Elementary School Leagues).** After a serve has scored the maximum number of points, the serving team players rotate clockwise and the new server continues the serve for the team.

#### **LEGAL SERVE:**

A serve is legal when it is hit over the net within the boundaries of the antennae and the opponent's court. It may touch the net on a serve (let serve), but must fall in bounds of the opponent's court.

#### **RECEIVING A SERVE:**

There is liberal first ball contact – it can be an overhand pass, forearm pass (bump) or set on the first hit after the ball crosses the net. However, an attack hit is not allowed on a serve. (See Attachment 1.) An accidental double hit on a serve is legal. It is recommended that youth be instructed to receive serves with a forearm pass hit (bump) as that will better prepare them for receiving hard serves.

#### **PLAYING OUTSIDE THE COURT TO RETRIEVE BALLS:**

A player may go outside of the court lines to hit a ball that is still in play.

A player may go around the standard to play a ball and "bring it back" on the 2<sup>nd</sup> hit, so long as they do not contact the upright, the bench, the scorer's table, bleachers, referee, referee stand, or run into another court where there is a game in progress. If the ball crosses the net on such a play, it must do so OUTSIDE the antenna.

#### **CENTER LINE RULES:**

A player may cross the center line as long as:

- ❖ Part of the shoe is touching the center line. If the entire foot crosses the center line with no part touching the line, then it is a fault.
- ❖ The player does not contact or interfere with a player on the opposing team
- ❖ The player does not contact the net, standard, referee, or referee stand while the ball is in play.

#### **CEILING HIT RULES:**

The ball can be played off the ceiling on your own team's side provided it hits the ceiling, ceiling rails, or vents directly over the playing area. However, if the ball hits the ceiling mounted rolled up gym divider net at any time, it is out of bounds. If the ball hits a basketball hoop, backboard, or supporting brackets at any time, it is out of bounds. If the ball hits the wall, it is out of bounds.

When the ball crosses to the opponent's side of the net, it must **not** touch the ceiling.

### **BALL IN OR OUT OF BOUNDS:**

- ❖ The ball is "in" if the ball touches the floor of the playing court INCLUDING the boundary line (i.e. the ball is in bounds if it touches the court line).
- ❖ A ball sent to the opponent's playing area must pass over the net within the court sidelines and between the antennae if installed, without hitting the ceiling.
- ❖ The ball may touch the net while crossing it, providing that it falls in bounds.

### **ILLEGAL HITS – CARRIES:**

A lift or carry is when open full hand contact is made with the ball in an upward or outward motion, **resulting in the ball remaining in contact with the hand longer** (not including the serve). Example, when the ball is low and a player tries to lift it up, when the ball is behind the head and a forward motion is used, or when the ball is to one side of the player and a sideways motion is used during contact. A carry is a form of "short" catch or throw. Hitting a ball with a closed fist underhand is not necessarily a carry unless the ball remains on the hand for a longer time.

### **BACK ROW ATTACK HITS:**

Back row players cannot attack hit a ball in front of the 10 foot line unless they contact the ball below the plane of the net. (See attachment 2.)

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## **ROTATIONS/SUBSTITUTION/PLAYING TIME**

### **ROTATING IN PLAYERS:**

For all leagues: Players **must** rotate in during each game. Players will rotate in at one location on the court that is convenient to the coach. The coach **must** tell the referee where they wish to rotate their players in.

### **Appropriate Amount of Playing Time:**

Coaches should rotate in or substitute players in a manner that allows each youth from the team that has come in uniform to the match to **play about an equal amount of time (except as noted under "Missing Practice" below)**.

### **Rotating in:**

**All** players present in uniform play in **each** game, but only 6 are on the court at a time. The others are on the sideline, in a predetermined rotation order, which is written on the rotation order line-up sheet. **Every** time a rotation occurs, one player from the court rotates out of play and one player that was on the sidelines rotates into play of the game, at the designated position. The rotation order **must** remain the same throughout the game. Maintaining the rotation order maintains the order in which the players serve. The players that are off the court **must** stay in rotation order.

It is highly recommended that the coach rotate in their players at either the right back (serving position) or the left front position. See Attachment 3 for an example that illustrates how players will rotate in during a game.

### **Substitution: Replacing Injured or Expelled Players:**

Injured players should be replaced by a substitute. Expelled players should be replaced by a substitute. Any player that is out of play can be selected as a substitute for the injured or expelled player.

### **Missing Practice:**

The only **exception** to the requirement that each player play about an equal amount of time is if there is a player that does not show up for practice, and does not provide the coach with advance notice and valid reason why he or she did not show up (e.g. illness, family trip, school conflicts) or if a player comes to practice but does not actively participate in the practices. For this player, at the next match, the coach may choose to have that player sit out the first game for which they are present at the beginning of the game. They will be required to observe one game before playing. The coach will then allow the player to play about equal time in the remaining games of the match. (If the player arrives at the beginning of the first game, they sit out the first game. If they arrive after the first game but before the second game, they sit out the second game.)

If the coach chooses to have a player sit out one game of the match, then they need to inform the coach on the other team and the parents (if present) why the player is sitting out a game.

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## **CODE OF CONDUCT**

### **CODE OF CONDUCT FOR TEAM MEMBERS:**

**All team members must abide by the SYC code of conduct rules.** Any player not adhering to the code of conduct rules may be asked to sit out of a game, sit out of a match, or leave the gym, depending on the severity of the behavior. Two warnings will be given for inappropriate behavior. If the behavior still continues, the player will be asked to leave the gym. If the same player is asked to leave the gym on two separate occasions, they will be asked to leave the gym and not return for two weeks. The team can substitute another player for the expelled player.

During a serve, players, coaches and spectators are expected to remain respectfully quiet. Yelling or making other distracting noises during a serve are not allowed. It is bad sportsmanship and a violation of the code of conduct.

Please note that chants (such as an "ace" chant) or special team recited cheers during a match are not allowed.

### **COACHES:**

**All coaches must sign the SYC coach's code of conduct rules and must abide by the code of conduct rules.** During the games or a match, the coach, as well as other team members, may give instructions to the players on the court as long as it is not disruptive and does not delay the game. Any coach not adhering to the code of conduct rules may be asked to excuse him or herself from a game, a match, or leave the gym, depending on the severity of the behavior. Repeated behavior problems could result in the coach being asked to step down as the team coach.

## MISCONDUCT:

Any inappropriate conduct by a team member, coach or spectator towards another in the room, such as rude conduct, offensive conduct, or aggression is misconduct, is not permitted. **The referee, League Directors or Commissioner will issue a warning for minor misconduct and can expel a person from the game, the match or the gym for repeated or major misconduct.**

In the situation where players, coaches, or spectators intentionally yell or make other distracting noises to throw off an opposing player as they are serving, the referee will wait until the end of the play of that ball. The referee will issue a warning to the offending individuals to remain quiet during serving and that if they make noise to distract the server again, the server's team will be awarded a point. If the ball did not get served in-bounds, then the referee will replay the serve.

## MATCH SCHEDULE:

The match schedule **will NOT be changed** at the request of a coach because of schedule conflicts for members of the team or because of the coach being unable to make the match. The team can play with a minimum of 4 players. A substitute coach should be found if the coach and assistant both cannot attend a match. **Note that there is no penalty applied to the score for playing with less than 6 players.**

The **ONLY** time a match will be rescheduled is if there is a gym cancellation.

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## ATTACHMENTS

### ATTACHMENT 1 – ATTACK HITS ON A SERVE

Below is clarification regarding an attack hit on the serve to help understand what attack hits are faults and which are not.

- ❖ Player *jumps* and spikes (one handed) the serve, FAULT
- ❖ Player spikes the serve while standing on floor... if the ball is below the height of the net\*\*, no fault. If above the height of the net, FAULT.
- ❖ Player jumps and blocks (two handed) - if the ball is below the height of the net\*\*, no fault. If above the height of the net, FAULT.
- ❖ Player overhand passes (feet on floor) the ball back over the net. No fault.

**\*\* The key is "*below the height of the net, any part of the ball*".**

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### ATTACHMENT 2 – ATTACK HITS BY BACK ROW PLAYERS

The rules for attack hits by a back row players reads as follows:

- ❖ A back row player may complete an attack-hit at any height from behind the front zone (behind the 10 foot line). At takeoff the feet must neither have touched nor crossed over the attack line or its imaginary extension. After the attack hit, the player may land in the front zone.
- ❖ A back row player may also carry out an attack hit from the front zone if, at the time of the contact, any part of the ball is below the top of the net.
- ❖ This means that if ANY part of the ball is below the top of the net, then it is a legal hit for a back row player to make an attack hit. It doesn't matter if the player

jumps or not; the deciding factor is whether or not ANY part of the ball is below the top of the net (not the whole ball).

- ❖ The referee is the one who determines if any part of the ball is below the top of the net and makes the call.

### **ATTACHMENT 3 – EXAMPLE OF HOW PLAYERS ROTATE IN DURING A GAME**

The starting line-up for the game is as follows:

<u>Sideline Players (In order)</u>	<u>Players on the court</u>		
5	*4	3	2
6	8	9	1
7			

Each number designates a player on the court or sidelines. I have numbered these players in the order in which they will be serving, for this example. The \* indicates the location where the players will rotate in.

After the first rotation:

<u>Sideline Players (In order)</u>	<u>Players on the court</u>		
6	*5	4	3
7	9	1	2
8			

Note that each player has rotated clockwise, including the players that were on the sidelines. One player (8) rotated out and one player (5) rotated in at the rotate-in position. The players on the sideline are still in order.

After the second rotation:

<u>Sideline Players (in order)</u>	<u>Players on the court</u>		
7	*6	5	4
8	1	2	3
9			

Again, during the clockwise rotation, one player (9) rotated out and one player (6) rotated in at the rotate-in position. The players on the sideline are still in order.

After the third rotation:

<u>Sideline Players (In order)</u>	<u>Players on the court</u>		
8	*7	6	5
9	2	3	4
1			

Again, during the clockwise rotation, one player (1) rotated out and one player (7) rotated in at the rotate-in position. The players on the sideline are still in order.

After the fourth rotation:

<u>Sideline Players (In order)</u>	<u>Players on the court</u>		
9	*8	7	6
1	3	4	5
2			

Again, during the clockwise rotation, one player (2) rotated out and one player (8) rotated in. Note that with each rotation, the rotation order is maintained. Note that player (8) did not go back into the game until the players that were on the sidelines when player (8) came out (players (5), (6), and (7)) rotated in.