

# OFFICIAL YOUTH VOLLEYBALL RULES & REGULATIONS

2020

## EFFINGHAM COUNTY RECREATION AND SPORT MANAGEMENT



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*Obey the Rules*

## YOUTH VOLLEYBALL RULES AND REGULATIONS - 2020

The Effingham County Recreation Department's Volleyball program is operated for the benefit of the participants. It is intended to teach them the proper way to play ball, good sportsmanship and to work with others in a cooperative and competitive effort. The program will be administered by a Recreation Coordinator employed by the Effingham County Recreation and Sports Management (ECR&SM). The Recreation Coordinators will be the final authority on matters concerning the program except for player eligibility. Player eligibility will be ruled upon by the Athletic Program Staff of the ECR&SM.

### **PLAYING COURT**

The court is 60 feet long and 30 feet wide. The court is divided by a center line 2 inches wide. Boundary lines, called the sidelines and end lines are 2 inches wide. If a ball touches any part of the boundary lines, it is considered inbound. ECR&SM will provide a ball for every game.

The service area is outside the end line, and it covers the entire width of the court. To serve, you may back off as far as you wish. All serves are from the end line.

The net is 3 feet wide and top measures 7 ft. 4 1/8 in. The net should be drawn taut.

### **UNIFORM**

Shirts will be provided by ECR&SM. Gym shoes are mandatory.

### **ELIGIBILITY**

- 1- Participants must be 11 prior to May 1 of current year.
- 2- Participants cannot turn 15 prior to May 1 of current year.
- 3- Ideal roster size is 8 players.

## **GENERAL PLAYING RULES**

- 1- National Federation Volleyball rules will prevail along with the local playing exceptions.
- 2- A match will consist of best two out of three games. The first two games are to 21 and the third (if needed) will be played to 15. A toss of a coin will determine the choice of end of court or first serve. Teams change ends after each game unless next game is the decider; then there is a fresh toss of the coin to decide ends or serve. The second game will begin with the receiving team of first game serving. The first team to 21 (15 in the third if needed) by two points wins the game. There is no cap; all games must be won by two points.
- 3- International or rally scoring will be used. This means that a team earns a point regardless as to whether they are serving or not.
- 4- Teams may begin play with a minimum of 4 players. If a team has fewer than 4 players, 15 minutes after start time, they forfeit the match.

## **TIMEOUTS**

Two one-minute time outs will be allowed each team in a game. There will be a two minute rest between games. These time outs may be taken consecutively. Coaches should make it clear whether he or she wants a time out.

## **STARTING THE MATCH**

- 1- A team will consist of six people, but if only 4 are present, the match will start. Players arriving after the start of the game must enter the game as though they were rotating in (See #5 below). Penalty – See Local Exception #4
- 2- Players rotate before each new server on their team. The right-hand back player has first serve. After the initial serve the right front person serves next. The serve will automatically move to the other team after **six points by the current server. When possession returns, the team must rotate, thus preventing the previous server from serving.**
- 3- **A serve must be made from serving area and can be underhand or overhand. If deemed acceptable by the official, first year or inexperienced players may be afforded the opportunity to serve from the short line. The player may also receive one “Do-over”.**

4- Before the start of the game each team must give their starting order to the official. A player arriving late may rotate in during his or her team's next rotation without penalty, or may enter the game before the next serve with his or her team being charged a timeout. Teams will rotate players into the left front position.

### **PLAYING THE BALL**

1- Each team may touch the ball up to three times before sending it over the net. Contact is allowed with any part of the body if the hits are clean and the ball is not held, scooped or carried in any way.

2- If two or more teammates play the ball at the same moment, it counts as one touch and any player may make the next legal touch. The ball may be played while the player is in contact with a teammate if the other player is not being used as a prop.

3- If two players go for the same ball but only one touches it, only one touch is counted.

4- When two opponents simultaneously commit a foul, a double fault results and the point is replayed. A hit is good if the ball touches the net between the side-markers and drops in court. The ball is out of play if it touches the ground or any object outside the court. If a player intentionally grasps or uses the official's stand or posts for support, it will result in a loss of rally.

5- Any part of the hand or fist may be used to strike the ball as long as it is not HELD or DIRECTED.

### **FOULS**

A team loses a point if:

1- A player crosses the vertical plane of the net and touches the court or an opponent.

3- A player interferes with an opponent's play.

4- The ball touches the ground.

5- A team plays the ball more than three times in succession.

6- A team is out of position at the service.

7- The ball is held or pushed.

8- A player touches the net or vertical aerials (unless the ball knocks the net against her).

9- A player crosses the center line when play is in progress.

10- The ball does not pass over the net between the vertical rods (or their assumed extensions).

11- The ball touches the ground outside the court.

12- The ball is returned with the use of a teammate as a support.

13- A player reaches under the net and touches the ball or an opponent.

14- A player serves from outside the serving area, crosses the serving line on a serve.

### **CONDUCT**

1- The following acts committed by coaches, players or team members are subject to a warning and/or penalty by the officials.

a. Addressing of officials concerning their decision.

b. Making profane or vulgar remarks or acts to officials, players or spectators.

c. Committing actions tending to influence decisions of officials.

d. Disruptive coaching during the game by any team member from outside the court.

e. Crossing the vertical plane of the net with any part of the body with the purpose of distracting an opponent while the ball is in play.

f. Shouting, yelling or stamping feet in a way that distracts an opponent who is playing, or attempting to play a ball.

g. Leaving the court during an interruption of play in the game without the permission of the first referee.

h. Clapping hands at the instant of contact with the ball by a player.

i. Shouting or taking any action conducive to distracting the referee's judgment.

2- Offenses committed by coaches, players and/or other team members may result in the following warning, penalty or expulsion.

a. **WARNING:** For minor unsportsmanlike offenses, such as talking to opponents, or officials, shouting or unintentional acts that cause a delay in the game, a warning (yellow card) is issued and is recorded on the score sheet. A second minor offense must result in a penalty.

b. **PENALTY:** For rude behavior or a second minor offense, a penalty (red card) is issued by the referee and is recorded on the score sheet. A penalty automatically entails the loss of a point by the offending team (This does not change the server). A second act warranting the issue of a penalty by the referee results in the expulsion of player(s) or team member(s).

c. **EXPULSION:** Extremely offensive conduct (such as obscene or insulting words or gestures) toward officials, spectators or opponents, results in expulsion of a player from the match (red and yellow cards together). 3- Players ejected from a match anytime for unsportsmanlike conduct will be suspended for at least one game (the team's next assigned match.) A second violation may result in suspension from the program. If ejected from the last game of the season, player may have a one (1) year suspension from the ECR&SM Youth Programs. The program coordinator will determine the length and extent of all suspensions. All discipline actions can be appealed to the Effingham County Recreation Board.

4- TEAM SANCTIONS - Penalties assessed against a team are indicated by the referee showing the appropriate signal and penalty and notifying the coach or captain of the reason for the sanction. Sanctions assessed teams are not cumulative during a game or match (two warnings against a team do not result in a point penalty, etc... no matter the accumulative total). Team sanctions include:

a. Improper substitute rotation - if opponent won previous point: correct immediately & charged timeout.

b. Improper substitute rotation - if offending team won previous point: correct immediately, charged time-out & award previous point to offended team instead offending team.

c. Coach or Coaches standing or coaching improperly or at improper times – first offense: warning; second and all subsequent: point penalty.

d. Third Charged Timeout and any subsequent charged timeout: point penalty.

e. Request for a Third Timeout or subsequent timeout: point penalty.

**\*\*NOTE\*\*:** If a violation in b above invokes d then an additional point is awarded to the offended team. As in Conduct #2 (Penalty) the awarding of a point to a team does not change the server.

5- Decisions based on the referee's judgments are not protestable. Disagreements with interpretation of the rules must be brought to the official prior to the first service following the play in which the question occurred. The captain or coach may be the only one to report the question to the official. The official will then note the facts on the score sheet concerning the question so it can be submitted to the coordinator. There are no protests in ECR&SM Youth Volleyball except for age requirements.

### **TEAM OFFICIALS**

Team coaches, are responsible for team discipline and they may ask for a timeout. Coaches are the only people allowed to speak to the officials. Any dispute over the interpretation of rules is to be noted by the referee and disputing coach on the score sheet (See Conduct Rule # 5 above). The game will then continue.

### **QUESTIONS AND INFORMATION**

All questions and information concerning this Volleyball program should be directed to the Recreation Department at (912) 754-6339.

### **LOCAL EXCEPTIONS**

1- Serving rule does not apply. After a ball is tossed in the air it may be caught and re-tossed, (does not have to drop to ground before reserve).

2- Any player ejected from a match will not be allowed to sit on the bench. Any player ejected will not be permitted to participate in the team's next match. If ejected from the last match of the season; the player may be issued a (1) one year suspension from ECR&SM Youth Programs. The program coordinator will determine the length and extent of all suspensions.

3 - Coaches will be allowed to stand during play around the court to coach their team. All coaching and movement by the coaches must be ended by the referee's whistle to serve. During play all coaches will be restricted to actions that are the same as if they were on the bench. These coaches must make every possible effort to avoid becoming involved in play.

4- The team has the choice to set up their rotation, but open spots must be maintained throughout the game. The team will rotate as many times as needed to ensure a player is in the proper serving spot after every loss of rally by their opponent. There will be a loss of rally when open spot rotates into serving position.

5- Any ball that makes contact with any part of the ceiling ie...lights, structural beams etc, shall be ruled a dead ball and out of bounds.

### **REGULATIONS PERTAINING TO COACHES**

Each coach must be a person of good moral character, who shall have proper respect and appreciation for adults, officials, equipment and the children with whom he or she is working. The coach must be willing to abide by the rules and regulations of the program. Any coach ejected from a match will be required to sit out the next match and upon further review by ECR&SM may receive further suspension. Each coach shall do his or her best to keep parents or other adults off the court and out of the team area. NO TOBACCO PRODUCTS ARE ALLOWED ON THE COURT.

### **REGULATIONS PERTAINING TO PARENTS**

Any unsportsmanlike conduct on the part of the parents will be handled in the following manner:

1- Any parent who behaves in an unsportsmanlike manner will be subject to suspension by the appropriate youth governing body for a length of time deemed necessary.

2- Any additional unsportsmanlike behavior on their part could result in their permanent suspension from the program.

3- Taunting will not be tolerated. Please remember to treat all participants and spectators in a courteous manner.