



# Youth Volleyball League

## Grades 3-8

### PHILOSOPHY

The philosophy of the Parks, Recreation & Cultural Services Department's youth sports program is to emphasize fun, fundamentals and sportsmanship. Our goal is to build confidence in the youth, teach sportsmanship, teamwork, and skill development.

### SPORTSMANSHIP

- All spectators and coaches must adhere to all rules and regulations put forth by Novi Community Schools, Novi Parks, and game officials.
- Trash talking or taunting will not be tolerated. Supervisors or referees may dismiss any player, coach, or spectator displaying acts of unsportsmanlike conduct.
- Zero Tolerance policy with regards to arguing with refs, unsportsmanlike conduct, or anything that causes a danger in the facility. Any questions regarding calls need to be addressed at the appropriate time in the appropriate manner.

### UNIFORM

- A jersey will be provided by the Parks Department. Players must wear a Novi Parks jersey during matches and team pictures.
- For safety reasons Novi Parks does not allow names to be printed on the back or alterations to be made to the uniforms.
- Player must wear regular gym shoes with non-marking soles for matches and practices.
- Players are not allowed to wear jewelry, baseball caps or bandanas. The only exception is medical alert tags.
- Casts and other potentially dangerous protective devices may be allowed with proper padding but must be approved by the on-site supervisor prior to the game.

### COURT DIMENSIONS

- Standard 30 ft. by 60 ft. or as gym permits. Grades 3-4 may use a shorter court.

**Net Height:** *(All heights are approximate and may vary slightly based on the specific net system available at the facility)*

- Grade 3-4: 6 ft.
- Grade 5-8: 6 ft. 6 in.

**Ball:** Volley-Lite volleyballs

### Minimum Service Line:

- Grades 3-4: 20 ft.
- Grades 5-8: 25 ft.

### GAME TIME

- 60-minute game time limit
- One, one-minute time out will be allowed per game per team.

### **GAME PREP AND SCORING**

- The first 2 sets will be to 25 points using the "Rally Scoring" method (side-outs result in a point for the non-serving team, except as noted in Service Rules for maximum points per server). The team scoring 25 points in a set and having a two-point advantage wins the set.
- The team that wins 2 out of 3 sets wins a match. In case of a split after 2 sets, a third set will be played using rally scoring to 15 to determine the winner. If one team wins the first two sets, and *there is additional time before the top of the hour, the third set will be played to 25 with no official for the final 10 points. However, there must be significant time to finish.*
- *Warmup time will be given for each match at the scheduled time for 10 minutes. To ensure all matches start on time, matches will be timed (50 minutes). If the time limit is exceeded, the first team to lead the current set by 2 points, after reaching the time limit, is awarded the win.*

### **PLAYER POSITIONS**

- Only 6 players may participate in any point. 4 or 5 may play if no other team members are available. Having less than four (4) players constitutes a forfeit.
- To ensure equal participation, all players will "rotate in". This order must remain constant unless another player becomes available or a player retires. Insertion of the players "rotating in" can occur at the following positions:
  - Left front position
  - Serving position
  - A position agreed upon by the coach and official

### **SERVING**

- **Service Error Forgiveness:**
  - **Grade 3-4:** the server gets 1 replay on their 1<sup>st</sup> attempt. If they get the serve over on the 1<sup>st</sup> attempt, no replays will be given.
  - **Grade 5-8:** the server will be allowed one forgiven service error each rotation, only on the first attempt of the first set each week. The exception is if it's the girls first time serving in the match, and it's the second set, the redo is allowed.
- **\*\*\*Can be altered by the judgment of coaches and official**
- The server will be allowed 5 seconds to serve following the referees whistle.
- Service tosses not hit must be allowed to fall to the floor untouched. If touched, a service attempt will be counted. One re-toss per point will be allowed.
- Each server will be allowed a maximum of 5 points per service rotation.
  - **Grade 3-4:** The opposing team will take service.
  - **Grade 5-8:** The serving team will then rotate and the same team will continue serving.
- Service rotation will continue in subsequent sets with the next server in the line-up.

### **GENERAL RULES**

- Each team is allowed a maximum of 3 successive hits to return the ball to the opponent's area.

- If 2 teammates physically contact the ball simultaneously, it is considered 1 hit, not 2.
- If the first touch is a block at the net, that touch does not count as one of the 3 hits.
- Any part of the body is legal touching the ball, not just touching above the waist.
- When the ball comes to rest momentarily in the hand(s) or arms of a player, it is considered held and therefore a foul.
- Except for the blocker, double contact is when one player hits the ball more than once with no other person touching the ball between these contacts. Double contact is allowed on the first ball over, and is a foul for the remainder of that team's volley.
- If the ball is held between opposing players, a replay results. A replay also results if opposing teams commit simultaneous fouls. Other situations where the referee may call a replay include a ball hitting a basketball goal, a ball rolling onto the court etc.
- The ball remains in play if it touches the legal portion of the net in play, other than on the serve.
- A player may not touch the net while the ball is in play, except as a result of the force of the ball. The players' hair is allowed to touch the net.
- Feet may touch an opponent's court only if some part of the foot is in contact with the centerline.
- Only front line players, as identified by the current rotation, may jump to block or spike the ball at the net (inside the 10 ft line). Back row players may jump to spike only from behind the 10 ft. line, or hit with feet on the ground if in front of the 10 ft. line.
- A player may leave the court to play a ball but may not cross the imaginary extension of the centerline.
- A service may touch the net, and if it goes over (without touching side poles or going out of bounds) without being touched by player of serving side, this is a fair serve.

#### **ATTACKING & BLOCKING**

- "Sets" may not be interfered with. Blockers may reach over the net to block the ball only if the opponents have hit the ball so it will, or must go over the net if not blocked.
- Serves cannot be blocked.
- A player may cross the vertical plane of the net as long as there is no interference with an opponent.
- A player may not spike (attack) the ball until part of the ball is on that player's side of the net. Two-hand ("tomahawk") attacks on any ball are illegal.
- The hands may legally pass over the net after a spike follow-through.