

# Fair-Oak Youth Center Volleyball Rules

## PRE-GAME

-There will be at least 8 minutes given prior to the start of the game for warm up. 5 minutes will consist of warm up drills followed by 3 minutes of serving. Unless coaches agree to something else.

## SCORING

-Home team will serve first. A coin toss will determine who serves first in the third game.

-We will use rally scoring. A match consists of two games to 25 points. Home team will be determined on the schedule. A team must win by 2 points and there will be no cap in the first two games. If the same team wins both games, a third game will not be necessary. If each team wins one of the first games, a third game is needed. In the third game, the first team to 15 points wins. There is no 2 point margin in the third game.

## PLAYERS ON TEAM

-A team must begin and play with at least 5 players for it to be deemed a legal game. Any number of players less than 5 is a forfeit. Girls from other teams may "fill in" so that a scrimmage may still be played.

## DEFENSE

-A defensive serve, such as a block or a spike is considered illegal.

-The receiving team does not automatically have to bump the first pass of a serve. It is not illegal to set the first pass of a serve.

## OFFENSE

-Server has five seconds to serve the ball

-In serving, if the ball touches the net and is successful in going over the net, the serve is legal and the receiving team has to play the ball.

-Players may only toss and miss a ball once per service rotation.

-Servers must keep both feet behind the out-of-bounds line until they have made contact with the ball

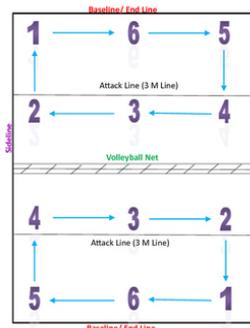
-9U - Will use a shorter service line (Basketball Foul Line). Up to 2 players may move up to basketball 3 point line.

-12U - Regular service line will be used. Up to 2 players may move up to the 9U service line (Basketball Foul Line).

You do not have to move up any players but we have this rule of moving players up to allow those players that are still learning to serve a chance to try to get it over and build their confidence. If a player is consistently serving well and the coach, referee, or volleyball director feels a player shouldn't be moved up as it is creating an advantage then the player can be asked to be moved back to the regular line of service for their age group at any time during the match but no other player can be moved up in her place.

-All players must play an equivalent of one full game (one of the first two games). The goal is for each player to have an equal amount of playing time. A rotation system works well. Automatic rotation will occur after 5 consecutive points are made by a single server. The serving team DOES retain possession of the volleyball.

-We will use a rotation system. The player in position 2 will rotate out of the game and a new player will come from the bench into the server's position. Everytime rotation occurs a new player will rotate into the server's position.



## TIME OUTS

-Coaches will have two 1 minute times outs per a game, even in the third game.

## LINE JUDGES

-Each coach is responsible for providing an informed line judge for each of their games.

## CONDUCT

-During practices make sure balls stay in the gym.

-During games, parents need to sit in the appropriate areas of the gym, not on the team bench.

-No questioning officials calls. Officials include referees, line judges and scorekeepers. The officials reserve the right to ask anyone to leave the gym. If a coach or spectator is ejected for unruly behavior, their player must leave also. Ejected persons must leave the facility grounds immediately.

-Cheering is encouraged by coaches, players and fans. Unsportsmanlike conduct will not be tolerated. The referee will assess warnings and then a penalty point of sideout for screaming anything disconcerting at the server. Chanting "break it" is not considered a positive cheer. Try to be creative with your team cheers without being offensive to the other team.

-Our league is mandating a ZERO tolerance policy for any behavior from coaches, players or fans that is considered sexual harassment or in the official's opinion is deemed inappropriate.

-For questions during the game on any rule, take a timeout and see the Fair-Oak Youth Center representative at the score table.