

ROTATIONS LEVEL 1 RULES GUIDE:

TEAMS AND UNIFORMS:

1. We do our best to pre-make teams prior to the tournament (keeping friends together). In some cases, parents do not tell us that they are not coming until the morning of the tournament. This forces us to make teams once everyone arrives. Be prepared for last minute adjustments.
2. Uniforms are rentals that we will take back at the end of the tournament. We recommend wearing Black or Navy shorts if you want to have an easy time matching. We will give the uniforms out once check-in is over and we confirm that everyone is in attendance. The uniforms have different number sequences, so we do not take number requests. We will prioritize the smallest and biggest sized athletes on each team to ensure that they receive an appropriate fitting uniform. We are fitting the uniforms to the shoulders and torso, so it is possible that the sleeves are not tight fitting.

GAME FORMAT:

1. The number of teams in attendance will determine if you have playoffs. Each team will get 5 games in their tournament
 - a. If there are 6 teams in the tournament, there will be **no playoffs**
 - b. If there are 4 teams in the tournament, there will be 2 rounds of playoffs.
2. The games will be timed: 20- 25 minutes against each team
3. The games will be to 15. If your team finishes the game with 5 minutes left, they will reset 0-0 and continue adding points.

COACHES ON THE COURT:

1. The coaches will participate with the athletes as a team member. For many, this is their first time doing rotations and they respond better when a coach is moving around with them.
2. The coach will participate as the Frontrow Outside or the Right Side hitter, depending on the needs of the team.
3. Coaches are adjusting their level of gameplay down to be appropriate for this level.
4. We have instructed them to:
 - a. If the team is losing by 6 points: they will cover a bit more court to keep the ball alive.
 - b. If the games are close: they will stay neutral- only passing and pushing/ sending freeballs to the middle of the court.
 - c. If the team is winning: the coach will encourage their team to not set them and only rely on their teammates.
 - d. The coaches will also purposely shank passes or not pass perfectly to make sure that they are fair.
 - e. If a coach gets carried away and does a skill that is not normal for this level the ref can call a redo if it results in a point.

SERVING:

1. The athletes can serve inside of the court, anywhere behind the 10 ft line, if they are unable to serve from behind the endline.
2. To ensure that the kids are getting plenty of games, if an athlete misses their serve, they can get 1 re-serve, without the other team getting the point. We encourage them to take a step forward on the re-serve. If they miss a second serve, the coaches will toss a freeball in which the athletes will start in their Serve/ Serve Receive positioning and play it out.
 - a. If the "serving team" wins the point the server gets to serve again.
 - b. If the other side wins the freeball point, then they side out and get to serve.
3. **SERVING LIMIT:** to limit teams going on runs, we will allow the athletes to have up to 3 serves. If an athlete gets an ace on their first serve, they can serve again and they earned the point. If they get another ace on their second serve, they will get the point and a coach will toss a freeball in to help get some gameplay.
 - a. If the "serving team" wins the point the server gets to serve again. After this serve the otherside will automatically get the next serve.
 - b. If the other side wins the freeball point, then they side out and get to serve.

PARENTS AND ATHLETES:

1. Please remember that for many of these athletes it is their first time playing in a tournament focusing on rotations. They will be nervous and those nerves can affect the way they play in varying ways.
 - a. Some athletes have lots of adrenaline and serve out or into the net even if they normally serve in. Some may use that same adrenaline and get their very first serve over.
 - b. Some athletes may react slower because it is a louder environment. For some the environment may activate them.
 - c. Some may get quiet or really loud. And some may get startled if someone who is normally quiet gets loud.
2. The goal is to have fun and practice the skills that we have gone over for the last 5-6 weeks.
3. Remember that we have staff here to coach the athletes. Today is your day to sit back and enjoy some volleyball.

SKILLS THE ATHLETES SHOULD BE WORKING ON TODAY

1. **Setter coming from the back row:** the server is the setter. They are defensively in the back, and they run to the front to set and then come back to the back row for defense. If they don't pass, then they run up again to set. If they take the first ball the right side sets the second ball.
2. **Difference in positioning/pathways for Serve and Serve Receive:** (no longer just standing and rotating)

- a. Serve: moving directly to their defense (hitting/setting location) once their teammate serves (move on the slap).
 - b. Serve Receive: Pass the serve, hit from where you are, once the ball goes back over, switch to your defense (hitting/setting location)
- 3. **Serve receive:** Only having 3 players passing
- 4. **Stacking:** pulling front row players to the side during Serve receive so they are not visually in the way
- 5. **Serving:** serve the ball over the net and have it land behind the opponents 10 ft line