

Licking Heights Youth Athletics – Volleyball Program Rules

Seniors (GRADES 5 & 6)

(as 09/03/2009)

General

Coaches are encouraged to be active near or on the floor between points, but not during play. For each rotation, it is anticipated that the coach will be needed to position each child to his/her new position without stepping onto the court. Coaches are also responsible for maintaining the flow of the game.

LHYA will supply one official. This official may request line-judge volunteers from each team to assist with the game. The Official has final ruling on all calls.

The Ohio High School volleyball rules will apply except where otherwise noted. All official calls are final (right, wrong or grey) and MAY NOT BE ARGUED. Good sportsmanship and call honesty are expected. We are adults supporting our child athletes and expected to act in the best interest of the game, not our team or specific player. Coaches who fail to act in this manner risk suspension, removal and/or restriction from coaching other LHYA teams.

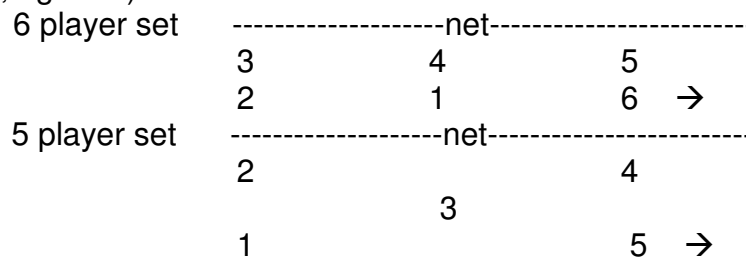
When the match is over, players must line up on each side of the net, cross under the net and greet the other team.

No tournaments will be held at this level.

Parents **STRONGLY ENCOURAGED** to provide kneepads for each child at this age group. Youth volleyballs (lighter, softer) will be provided to each team.

Match Play

1. A match consists of three games to 15 points or 15 minutes each game. There will be a 3 minute break after games 1 & 2 to switch court sides and reset rotation.
2. A game must be won by two points unless the 15 minutes expire.
3. The clock will run continuously. Ties are possible when time has expired.
4. The first game MUST start within 5 minutes of the court becoming available.
5. The court must be available for the next match at the scheduled time.
6. The net height will be 6 ft.
7. No timeouts will be allowed at this age group.
8. Substitutions
 - Player rotation should be set at the start of each match for coach/officials to review.
 - With any roster over 6 players, each player must play at least 2 out of 3 games. Team rosters will not exceed 9 10 players¹
 - No other substitutions are allowed other than for an injury.
 - Each team will fill all 6 positions unless short due to absence or injury .
 - A minimum of 5 players must be available for a game to start.
 - Coaches may 'call up' from Juniors to fill roster openings. No more than one (1) Junior may be called up per team/game. A 'call up' may not leave the Junior team to short to play a scheduled event unless approved by the Junior Coach.
 - Equal playing time is mandated (See rotation above).
 - When rotating after a side-out, the new player will enter the back-row middle(1). All other players will rotate clockwise. The player in the service position (back-row, right - 6) will sub out.



Players will exit/rotate upon completion of their teams service. Completion is defined by loss of serve or reaching their max as defined by rule 9. The opposing team will not serve until rotation is complete.

9. Serving

- The service line will be at least 25 ft.
- The server must remain behind the line while serving. They may serve from anywhere behind the line so long as they remain within the inbound area.
- Any one server cannot serve more than 3 consecutive points. When this has occurred, rotate to the next server.
- For game weeks 1 – 3 (9/16, 9/23,9/30), the server will be given 2 chances to serve if the first serve attempt was an overhand serve.

¹ Team sizes adjusted for 2009 season only due to unexpected demand. Future seasons will plan for a 5th team in order to revert back to 9 player max.

10. Scoring

- Rally Scoring will be used. With rally scoring, every service, except a replay or reserve, results in a point.
- If the **servicing** team wins the rally, it receives a point and continues to serve.
- If the **receiving** team wins the rally, it receives a point and the ball for service.
- It is not necessary for the winning team to be serving at the time the winning point is scored.

11. Basic Rules/Violations

Carries, double hits, etc., will be called at this grade level. It is important for the players to know what those violations are and try to correct their technique.

- Maximum of three hits per side.
- Player may not hit the ball twice in succession (A block is not considered a hit).
- Ball may be played off the net during a volley and on serve.
- A ball touching a boundary line is good.
- A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.
- If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- A player must not block or attack a serve.
- Stepping on or over the line on a serve.
- Hitting the ball illegally (Carrying, Palming, Throwing, Kicking, etc.).
- Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- Reaching over the net, except under these conditions:
 1. When executing a follow-through.
 2. When blocking a ball which is in the opponents court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.
- Reaches under the net (if it interferes with the ball or opposing player).

ALL OFFICIAL CALLS ARE FINAL

Reminder: Enforcement is subject to the Officials judgment/experience level.

12. Hitting

- Coaches should encourage teams to use all three hits (passing, setting, hitting) before the ball goes over the net.
- This is not a rule, just good game play/strategy.
- Spiking is allowed at this level. Coaches should encourage an overhead hit with good control. An out-of-control spike or 'killing the ball' should be discouraged.

Definitions/Terms

Not all apply to LHYA play. Included for reference/future understanding

- Ace:** A serve which lands in the opponent's court without being touched, or is touched but unable to be kept in play by one receiving team player.
- Assist:** A player passes or sets to a teammate who attacks the ball for a kill.
- Attack:** Any action other than a block or serve that directs the ball toward the opponent's court.
- Block:** A player or players block the ball into the opponent's court leading directly to a point or loss of rally.
- Dig:** An underhand or overhead defensive saving skill **resulting from a kill attempt** in which the ball is contacted by the forearm(s), fist(s) or hand(s) **and allows the ball to remain in play for the next hit.**
- Kill:** An attack by a player that is unreturnable by the receiving player on the opposing team and leads directly to a point or loss of rally.
- Loss of Rally:** A loss of rally is awarded when the serving team violates a rule during play.
- Penalty Point:** A point which is awarded when the opposing team violates a rule during play or a dead ball.
- Replay:** A replay is the act of putting the ball in play (other than at the start of the game) without awarding a point or a loss of rally and without a service rotation.
- Re-serve:** When the server releases the ball for service, then catches it or drops it to the floor.
- Roof:** When a player jumps above the height of the net, and blocks the ball.
- Serve:** Contact with the ball to initiate play.
- Sideout:** When the team that served the ball makes a mistake, causing the ball to go to the other team.
- Point:** A point is awarded when the opposing team violates a rule during play.
- Spike:** An attack play in which the ball is forcibly hit into the opponent's court with one-hand overhead motion.