



**Alexandria Department of Recreation, Parks and Cultural Activities
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GIRLS VOLLEYBALL LEAGUE RULES 2015

Program Layout:

The purpose of this league is to provide the youth of Alexandria with a healthful, enjoyable leisure time activity; to develop sportsmanship, team play, self-discipline and integrity; to familiarize all Interested youth with the fundamentals of volleyball; and to provide the opportunity to play the game in a supervised and organized manner.

The program will be set up into two leagues. The **National League is for girl's ages 9 – 11 years old** and the **American League is for girl's ages 12 – 14 years old.**

Player Eligibility:

For the purpose of eligibility, a player's age as of **DECEMBER 31, 2015** will determine her league age.

A person must be a resident of the City of Alexandria and participate on a team within Recreation Department's established league boundary lines.

Anyone playing on a high school varsity volleyball team as of the first practice of the Recreation League is ineligible to participate in the Recreation League for the entire volleyball season.

All players are required to show a birth certificate (or acceptable document) to the Recreation Department. Acceptable proof-of-birth includes the following:

- a. Birth Certificate
- b. Department of Motor Vehicle (DMV) Identification Card
- c. Current Recreation Department or ACPS Records

The use of an ineligible player will result in forfeiture of all games in which the illegal player's name appears on the team roster turned in prior to the game.

All players are required to turn in a completed registration Form to the Recreation Department by September 15, 2015 before being eligible to participate in practices or league games.

In cases of extenuating circumstances, the Alexandria Recreation Department reserves the right to assign youth to any team, if deemed necessary, in the best interest of the participant and the league.

Team Formations: The teams are formed by Recreation Districts. Coach's children or sisters in the same league will play on the same team together. There are no guarantees that friends, classmates and etc. will be able to play together.

Coaches Eligibility:

Coaches must be at least 18 years of age, complete city volunteer application, criminal history form and be approved by the department before being assigned a team.

Coaches are required to provide their own mode of transportation.

All coaches must be certified by the National Youth Sports Coaches Association (NYSCA) and attend other mandatory coaching clinics as designated by the Youth Sports Office.

Coaches are not allowed to bring or use any travel volleyball players (not registered in the program) in a game. Coaches are not allowed to have any travel team practices during their practice time. This is a separate program that is not sanctioned by the Sports Office and is charged a fee to use the facilities.

Facilities and Equipment:

All practices will be held at Minnie Howard, Jefferson Houston, James K. Polk, and Charles Houston Recreation Center September - December. All games will be held at the Minnie Howard Ninth Grade School, Jefferson Houston School or Charles Houston on Thursdays or Fridays.

Net height will be 7 feet 2 inches.

The practice/game balls will be provided at each site by Alexandria Department of Recreation.

The official will be located opposite the team benches. Where score flippers are used, they will be placed opposite the official.

Alexandria Girls Volleyball league will follow the rules as per the Official United States Volleyball (USAV) rulebook except as amended for the local rules.

Team Rules:

No jewelry of any kind will be allowed. This includes watches, rings, earrings, metal hair clips, and any other thing that could, in the view of the referee, cause an injury.

Players, coaches, and assistant coaches are the only ones allowed on the bench. No Exceptions!

The coaches may stand on the sideline with the rest of their team and give instructions to players, but cannot distract, disturb or delay the game. A coach who purposely delays the game to gain an advantage will be issued a warning or penalty.

The designated team captain is the only player allowed to talk with the referee during a game. If a coach desires an interpretation or explanation of a call made by the referee, the team captain, as the coach's representative, must talk with the referee.

Line Ups

Each team's head coach must submit a line-up prior to the first game with the **names of players** present at the game listed on the line-up sheet. (See attached)

Teams will normally play with 6 players on the court. A minimum of 5 players is required to start play. If a 6th player arrives, that player may enter the game immediately. When playing with 5 players, the team will not lose the serve when the 6th player "hole" goes to serve.

There is NO SUBSTITUTION for players on the court unless it is due to injury or illness. All players must rotate into the game to insure all the players have a chance at equal playing time. The next player in the rotation must move to the backline position next to the server when entering the court.

Revised Rule for 2015: When a game is complete, there is no resetting of the line-up; however, the line-up must rotate to the next server.

Players that arrive after the start of the first game must be put at the end of the rotation. This rule is in the spirit to keep the game fair for all players. Failure to follow this rule will cause the offending team to lose a point and warning given to the head coach. A second violation of this rule will result in the loss of another point and ejection of the coach from the game.

Fair Play

Head coaches have the authority to sit a player out of a game only if a player shows any unsportsmanlike conduct, fails to attend regular scheduled practices or games (unless the parent provides a valid excuse such as a family, school or church function, illness, grades, and/or etc.). This rule is not to be used by coaches to keep the lesser talented player's on the bench for the purpose of giving them an edge on winning a game or match. This is **RECREATION VOLLEYBALL**, not travel or high school. *If a player is not allowed to play in a game, the coach must first inform and*

provide a reason to the staff person on duty, official, the opposing coach and the player's parent(s) before the match begins. Failure to inform them prior to the game the team will lose a point and the player must play in the game.

If a team is short of the required minimum to play, it may borrow one or two registered players from another league team. A borrowed player may not play in place of a roster player, however, unless that player is not available to play. Borrowed players may be the 5th and 6th players on the court. Once a regular team player(s) arrives the borrowed player(s) must come off the court. Borrowed players are not allowed to be borrowed in consecutive weeks. Borrowed players may not be used in the end of season tournament.

Sportsmanship

Alexandria Department of Recreation's Code of Conduct must be adhered to at all times. This applies to all players, coaches, volunteers, parents and spectators. Anyone who violates the Code of Conduct will be dealt with accordingly as per the City of Alexandria regulations.

Match Format and Information:

Every regular season match will consist of three, 25 point rally games. Game won-lost records will be used to determine standings. In the case of ties between teams in the standings, head-to-head record and if necessary, coin flip, will be used to establish final seeding for the tournament round. Match play consisting of either 2 out of 3 or 3 out of 5 games will be used in the post-season tournament.

Every team must provide 2 parent volunteers for every match. Each match requires a work team consisting of 1 score flipper and 2 end-line judges working with the official on the stand. One parent from each team will share the score flipper's job (they may alternate games or do it together). The other parent from each team will serve as lines person and call the end and sidelines, on the opposing team's side. The match referee reserves the right to overturn any call made by the lines persons.

Teams should arrive at the playing site at least 20 minutes prior to scheduled match time. Each 3 game match will have a 60-minute time limit with a 10 minute warm-up period.

The referees are either will be Recreation Department staff. The staff is responsible to see that the matches start and end on time.

The referee will call a captain's meeting at least 5 minutes before the scheduled start time of each match. The two team's captains and coaches will meet with the referee for instructions and to conduct the coin toss. The referee will determine which team's captain makes the first coin call. The third game coin call will also be made at this time and by the team captain of the team not making the first call.

Teams will share the court during warm up time, including hitting.

Prior to the start of the first game, the players in the starting lineups will stand on the baseline of their court. The referee will summon them onto the court. At the start of games 2 and 3 the players go directly to their positions on the court without directions from the referee.

At the conclusion of games 1 and 2, the players on the court will be signaled by the referee to their bench, with the team on the left of the referee moving behind the referee and then directly to their new bench. The team on the right of the referee will go directly to their new bench. Teams change sides only after each game.

At the end of the match (third game) the teams will be signaled to the base line by the referee. Subsequently the referee will signal the teams forward to shake hands at the net. All players on the benches and the coaches are expected to participate.

Breaks between games during a match will not exceed 2 minutes.

Each team will be allowed two time-outs per game. Time-outs last 30 seconds.

Scoring:

All league games will use rally point scoring. In rally point scoring, every play results in a point being awarded. A serve into the net or out-of-bounds is a point for the other team. Net serves are now considered good.

If a team has a run of 5 points on their serve, the opposing team will be given the serve.

Winner must win by 2 points with a cap of 27 in the event of a tie. The first team to 27, with or without that 2-point lead, is declared the winner.

If the time limit of 60 minutes is invoked in any of these scenarios, the team ahead at that time will be declared the winner of that game.

The Game:

Each team is entitled to a maximum of 3 hits to return the ball to their opponents.

A ball may NOT be caught, thrown, held, or lifted.

A player may not contact the ball twice in succession, except for the first hit.

A block or touch of the ball at the net does NOT count as a hit.

A player may NOT touch the net while making a play on the ball or immediately thereafter. A brush of the net with the hair or ponytail is incidental contact and allowed.

If a defensive player is standing at the net and the opponent sends the ball into the net forcing the net to contact the defensive player, the contact does NOT constitute the defensive player being in the net.

A ball driven into the net may be recovered within the limits of the 3-team hits, so long as the contact with the net is within the antennae.

A player's hands and feet are allowed to be on or over the centerline, but NOT across the centerline. If any other part of the player's body touches the floor on the opponent's court, it is a violation.

A ball hitting the net and going over the net is legal and in play, even on the serve.
A ball hitting the antenna is considered out of play, even on the serve

The Playing Area:

The lines on the court are considered part of the playing area. If any portion of the ball falls on any portion of the line, that ball is IN.

All basketball backboards, rims, and anchoring equipment attaching them to the ceiling are out-of-bounds. If the backboards are raised they become part of the ceiling and balls touching them are playable.

A ball off the walls of the gym is out-of-bounds.

A ball in the bleachers is out-of-bounds.

A ball hitting the gym divider on a serve is out-of-bounds.

The rest of the gym is considered playable.

If during a volley, the ball hits the gym divider, ductwork, or ceiling rafters, and comes back to the team that hit it, they may continue to play it, as long as they are still within their 3 hit maximum.
If during a volley, the ball hits the gym divider, ductwork, or ceiling rafters, and goes over to the other team, it is a dead ball and a point is awarded to the opposing team.

The Serve:

The server must always wait for the referee to signal for serve, prior to the serve. If a serve is executed before the signal to serve, the referee will signal a re-serve.

The server is allowed 8 seconds to serve the ball once the official has signaled for the serve.

Servers must always be positioned behind the end line or designated line on the court prior to contacting the ball. The entire width of the court is available to the server. **A foot on the line at the time the ball is contacted is a foot fault violation and will result in loss of serve and a point for the opposing team.**

Revised Rule for 2015: Teams do not rotate on their first service possession of a match. Teams rotate after each game before their first service possession in the second or third game of the match. This is designed so players serving at the end of the first game cannot begin the next game as a server.

Revised Rule for 2015: If the ball, after having been tossed or released by the server, lands on the floor without touching the player, the server is allowed to re-serve. This is called a service error. The server is **allowed only one service error per serve.** If they toss the ball in the air and they catch it, then the point is awarded to the opposing team and loss of serve.

A team serving out of rotation will forfeit the serve and result in a point being awarded the opposing team. The rotation must correct at the time.

A serve which hits the net and goes over to the other team's side of the net, hitting the playing court, as a good serve. The ball can still not hit the antennas and be considered a good serve. Players can receive a serve with a finger setting hit.

Service Exceptions:

In the **(9 – 11 year old National Division only)**, subject to agreement between coaches, younger, ***less experienced players can use the USVA modified service line, which is a line 6 feet, 6 inches in from the end line marked on the floor with tape. Servers must be positioned behind the modified service line prior to the serve. A foot on the modified service line at the time the ball is contacted is a foot fault and will result in loss of serve and a point being awarded to the other team.*** Less experienced players may serve underhand or overhand, however it will be the judgment of the referee as to whether they may serve from the modified service line or the regulation court line.

In the (12 – 14 old American Division), servers that serves overhand or underhand must be positioned behind the regulation court service line prior to the serve. A foot on the service line at the time the ball is contacted is a foot fault and will result in loss of serve and a point being awarded to the other team. ***There is no modified service line in this division.***

