

## Lake Area Youth Athletic Conference

### Volleyball Rules for Grades 3-4

- 1) Eligibility
  - a) Boys and girls entering 3<sup>rd</sup> or 4<sup>th</sup> grade may participate.
- 2) Scoring
  - a) Teams will play a match wherein the first team to win two games wins the match.
  - b) Rally scoring will be used for all games. A point is awarded each time the ball is played, regardless of which team served.
  - c) Teams will play the first two games to 25 points. The third game, if necessary, will be played to 15. Each game must be won by two points.
  - d) After each game, teams will switch sides of the court. In the third game, teams will switch sides of the court when the first team reaches 8 points.
  - e) If a third game is started 35 or more minutes after the start of the match, scoring will start at 5-5 and teams will not switch sides. This will be done to keep from delaying the next scheduled match.
- 3) Breaks and Timeouts
  - a) Teams will have two minutes between each game within a match.
  - b) Teams are allowed two timeouts per game. Timeouts will be one minute each. Timeouts may only be signaled by Head Coaches (not by Assistant Coaches, Line Judges, etc.) to the official.
- 4) Court Dimensions and Equipment
  - a) The net will be placed at a height of 7'. On each rotation to the serving position, a player will serve behind the 10 foot line. If a player serves two consecutive balls beyond the 10 ft. line of the opponent, the ref will move the player back to his/her 20 ft. line. (By the 3<sup>rd</sup> week of each season, the ref will call foot faults for both the 10 ft. and 20 ft. lines.)
  - b) Before each match, the team listed first on the schedule must present a ball to the Official and to the opposing Head Coach for their approval. Balls must be Volley-Lite Lightweight Volleyballs with weight: 7.0 - 7.7 oz and circumference: 25.6 - 26.4".
    - i) Each gym will keep at least one ball available for league play. This way the official ball is consistent every week.
    - ii) If a team or Association decides not to practice with the volleyballs specified above, these players will be at a disadvantage during the games. If a facility does not have an officially approved ball, the Official will ask for an official ball from one of the participating teams.
- 5) Lineups and Substitution Rules
  - a) Head Coaches must submit written lineups to the scorer's table prior to each game.
  - b) Lineups must include between four and six players.
    - i) There will be a 10 minute grace period for a team who is unable to field at least four players. If no additional players become available during the grace period, the team will forfeit the first game and another 10 minute grace period will begin. If no additional players become available during the second grace period, the team will forfeit the match.
  - c) Match #1
    - i) Game 1: Lineup may be any combination of six players on the team's roster. No substitutions will be allowed.

- ii) Game 2: Lineup must include all players who did not play in game 1. Substitutions allowed only for those who played in game 1. Once a substitution occurs, these players are “linked” and may only substitute for each other during the game.
- iii) Game 3 (if necessary): Lineup may be any combination of six players. Substitutions may be made freely. Once a substitution occurs, these players are “linked” and may only substitute for each other during the game.
- d) Match #2
  - i) In order to help ensure equal playing time,
    - (1) the lineup for Game 1 must be the same as that of Game 2 of Match #1 and the lineup for Game 2 must be the same as that of Game 1 of Match #1.
    - (2) All other rules listed above for Match #1 will apply.
  - e) If a player arrives late, he/she may not enter a game in progress but may be played or substituted in new games according the rules listed above.
  - f) In case of injury, a substitution may be made during any game. An injured player who leaves the game may not return until the next game but may be played or substituted according the rules listed above.
- 6) Prior to Conducting Play
  - a) Before the first game, each team will select a Captain who will participate in the coin toss.
  - b) The winner of the coin toss may choose either to serve first or to select which side of the court his/her team will start on.
  - c) When instructed by the Official, all players must turn their backs towards the scorer’s table so the scorer can verify the lineup and each player’s starting position.
- 7) Conducting Play
  - a) Prior to each serve, the Official will determine that both teams are ready and will blow the whistle, indicating play can begin. At this time, all players, coaches, and spectators must remain quiet.
  - b) The player in the #1 position of the serving team (Team A) will begin the game by serving first. He/she will continue to serve until the opposing team (Team B) is awarded a point.
  - c) The player in the #1 position for Team B will continue the game by serving next. He/she will continue to serve until Team A is awarded a point.
  - d) Before Team A serves again, players on the court for Team A will rotate one position. The next player will serve until Team B is awarded a point.
  - e) Before Team B serves again, players on the court for Team B will rotate one position. The next player will serve until Team B is awarded a point.
  - f) Steps D and E above will be repeated until the game is complete.
- 8) Fouls
  - a) Fouls will result in a point being awarded to the opposing team. Fouls include:
    - i) Stepping over the serving line prior to serving the ball (“foot fault”);
    - ii) Coming in contact with the net during play;
    - iii) Entering the opposing team’s court;
    - iv) Playing out of rotation;
    - v) Delaying play by taking more than 10 seconds to serve the ball after the whistle is blown.
- 9) Ending Play
  - a) At the end of the first game, players will change sides by lining up on the back line, then walking along the right sideline to the other side of the court.
  - b) At the end of the second game, if the match has not been decided, players will repeat 9(a) above.

- c) At the end of the match, players will line up on the back line, then walk along the right sideline and along their side of the net to shake hands with opposing players and coaches.

## Responsibilities

### 1. Head Coaches

- a. Exhibit and teach good sportsmanship;
- b. Ensure player safety;
- c. Ensure that players follow gym and school rules during practices, team meetings, and matches;
- d. Coordinate practices, team meetings, and team participation in matches as described in league rules;
- e. Set up equipment and prepare gym as needed before practices and matches;
- f. Take down equipment and remove trash as needed from gym after practices and matches;
- g. Communicate regularly with players and parents/guardians regarding practices, team meetings, matches, and special events;
- h. Communicate with league co-chairs and directors as needed;
- i. Maintain assigned equipment (i.e. balls, flags, etc.);
- j. Select and prepare Line Judges for each match by reviewing the Line Judge responsibilities outlined below;
- k. Address any spectators associated with the team who become disruptive or abusive;
- l. Work with other coaches and officials to resolve issues as they arise.

### 2. Assistant Coaches

- a. Support coaches during practices by directing drills, teaching basic skills, and generally focusing and motivating players;
- b. Support coaches during matches by conducting warm-up drills, encouraging players, and monitoring scoring;
- c. Assume coaching responsibilities as outlined above if the assigned coach is unavailable.
- d. Assistant Coaches may not:
  - i. Act as Line Judges for games in which his/her team is participating;

### 3. Line Judges (must be in 8<sup>th</sup> grade or older)

- a. Positioned at the back left corner of the court (on the opposite side from the team with which he/she is associated), advise the official on shots which fall on or near the left sideline and the back line by indicating:
  - i. whether the shot falls in or out of bounds (on the line is considered “in”);
  - ii. whether a ball passed inside or outside the out-of-bounds “antenna” on the net;
  - iii. whether the ball was “tipped” or touched by a player before falling out of bounds.
- b. Line Judges may not:
  - i. Argue with officials;
  - ii. Rule on “foot faults”;
  - iii. Use electronics (iPods, cell phones, etc.) while games are in progress;
  - iv. Instruct, encourage, or cheer for a specific team.

### 4. Parents/Guardians

- a. Attend the parent orientation session;
- b. Drop off and pick up players on time from practices, team meetings, and matches;
- c. Maintain communication with coaches and provide feedback as necessary;
- d. Notify the coach if a player will be unable to attend a practice, meeting, or match or if he/she will be more than a few minutes late;
- e. Participate as a Line Judge, Team Parent, and/or snack provider;
- f. Voice concerns to coaches;
- g. Monitor players before, between, and after matches to ensure they follow gym and school rules (this is critical to our relationship with our host schools);
- h. Exhibit and teach good sportsmanship toward players, coaches, and officials at all times.