

## City of Covington Parks & Recreation Youth Volleyball Grades 2<sup>nd</sup>-12<sup>th</sup>



### **Description:**

This league is designed to teach boys and girls grades 2<sup>nd</sup>-12<sup>th</sup> the fundamental skills of volleyball in a fun environment.

### **Size of Court:**

The court shall measure 25' x 25' on each half. Net height for the 2<sup>nd</sup>-5<sup>th</sup> grade is 6'6". Net heights for the older divisions are 7'0". For the 2<sup>nd</sup>-5<sup>th</sup> Grade Divisions, the service line may be moved 5 feet closer to the net, while encouraging mastering from the back line. If serving overhand, the server must be from the back line. Kent School District facilities are utilized in the running of this program.

### **Players:**

2<sup>nd</sup>- 9<sup>th</sup> divisions will field **6** positional players (10<sup>th</sup>-12<sup>th</sup> will be 4 players) on the court while additional players will rotate in at either the front or back, and then rotate out of the game after they serve. Coaches can choose to substitute at any position besides on the serve. Subbing a position that is next to the bench is one of the most efficient ways to accomplish quick substitutions. Each player is to play at least one-half of each game they attend. Roster sizes are decided upon at the registration deadline to ensure team balancing.

### **Player Equipment:**

The team's appointed jersey and non-marking shoes are mandatory. Normal regulation volleyball will be used for all divisions. Knee pads and a water bottle are recommended. The KSD gym rules prohibit any other liquid or food, including sports drinks from the gymnasiums.

### **Jewelry and metal/plastic hair clips are not allowed.**

Headgear is not permitted unless for religious or medical reasons (with a doctor's written release and staff approval.) If head covering is required, the covering or wrap must not be abrasive and unlikely to come off during play.

Players are not allowed to participate with a guard, cast, or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal, or any other hard surface, even though padded, on the finger(s), hand, wrist, forearm or elbow. Supports are permitted on other parts of the body if they are soft and yielding (like a thigh sleeve) or covered – all metal frames on any braces shall be padded.

Artificial limbs are permitted when, in the judgment of the staff, they are no more dangerous than the corresponding human limb or adequately padded. Any equipment, in the judgment of the staff, increases a player's advantage, is prohibited.

### **Referees:**

Referees will be appointed for each scheduled match. The referee will stop and start the action and make final decisions on all playing rules.

**Length of Game:**

Each game is played until one team obtains 25 points through rally scoring (30-point hard cap). A team must win by a minimum of 2 points. The length between games shall not exceed 3 minutes. If a third game is necessary, it is played to 15 points (20-point hard cap) with a minimum lead of two points. If one team wins the first two matches and both coaches would like to play the third match, AND if there are at least thirty minutes left before the next game, a third match may be played. However, the third match may be cut short if it begins to delay the next scheduled game.

**Length of Match:**

A match consists of three games. The match winner is the team that wins two out of three games. The third game shall be optional unless it is necessary to determine the winner of the match. If a third set is necessary, it is played to 15 points (20-point hard cap) with a minimum lead of two points.

**Time Outs:**

Each team will be given 2 one-minute time-outs per game; however, time-outs do not carry over to the next game or match if unused.

**Forfeits:**

A game shall be declared a forfeit when:

1. A team has fewer than 4 players to start a match; a team refuses to play when directed to do so by the referee;
2. A coach is removed from the premises for unsportsmanlike conduct and no authorized representative is present to assume responsibility for the team.

The score of a forfeited game shall be 25-0.

**Substitutions:**

Rotating into one of the back positions and rotating out of the game after serving is the most efficient way to allow equal playing time for each player; however, coaches can choose to substitute as they choose. Subbing a position that is next to the bench is one of the most efficient ways to accomplish quick subbing. Substitutions are allowed after possession changes or after a score.

**Scoring:**

Games are played to 25 points with rally scoring. A point is scored when possession changes, the defending team misses the ball, puts the ball out of bounds, or has more than three hits.

**Serving:**

The expectation is that all players will serve from the designated service line. However, since the goal is for everyone to learn and play, players still developing their service skills will be allowed to serve in the space from the designated service line up to the blue (taped) line (2<sup>nd</sup>-5<sup>th</sup> graders only). As player's service skill increases, they will be required to transition back one step from their initial starting point until they are back to the designated service line. More advanced servers should be encouraged to serve from behind the designated service line, as well. All overhand serves eventually should be taken from the back blue (furthest) line; however, It is all right to allow them to

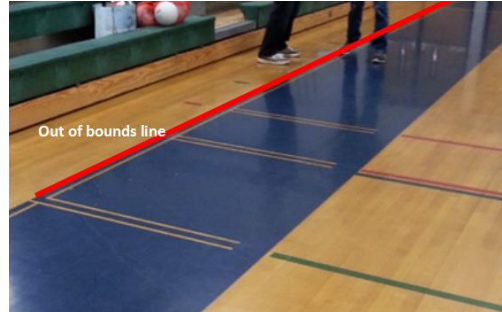
move up to the blue line. Additionally, each player will be limited to 5 consecutive “aces”. After the 5th “ace” there will be a possession change.

### **Rules of Play:**

The following rules are in effect for the league:

#### **A. Serves:**

1. Players may not block the serve.
2. Players must wait for the whistle before serving.
3. Serves may be overhand or underhand.
4. Serves above the head must be made with open hands.
5. In order to reserve a player must allow the ball to drop (not catch it) and wait for a new service signal. (The whistle is re-blown).
6. A player must not step over or on the service line while serving.
7. A player may serve from anywhere behind the serving line.
8. Overlapping before service is not allowed. (i.e., back-row players may not be in front of the players positioned directly in front of them.) Players will not be allowed to position themselves laterally beyond the player adjacent to them.
9. If the serve hits the net (let serve) the ball is playable.



#### **B. Volley**

1. If the volley hits the net, play continues. When the ball rebounds off the net it can be played.
2. A team has three hits to get the ball over the net.
3. The same player may not contact the ball twice in a row unless the first contact was a legal block or attempted block.
4. “Fisting” or using a “wall-ball” hit is not allowed.
5. Playing the ball out of the net counts as one of the three allowable contacts.
6. An attempt at blocking a ball that comes over the net (onto the blocker’s side) does not count as one of the three allowable contacts.
7. Player may not “carry” the ball. It cannot “rest” during contact but leave the player’s body quickly.
8. One-armed digs or saves are allowed.

**C. Violations:** The following offenses will be awarded a point or side out (the serve goes to the opposition).

1. The ball hits the playing surface.
2. The ball comes to rest (regardless of the skill being performed.)
3. A player touches the net.
4. A player’s foot completely crosses the centerline, going on the other team’s portion of the court. If any part of a player’s body above the waist touches the opponent’s side of the court, it is a violation.
5. A player touches the ball twice in a row except for following a block.
6. A team contacts the ball more than three times consecutively, except when blocking.
7. A ball lands outside the court or touches an object outside the court.
8. A player steps on the line while serving.
9. A player attacks or blocks the ball when it is completely on the opponent’s side of the net and before the opposing team has contacted it.

10. A ball that touches a wall, objects mounted flush with a wall, any part of a backboard that is hanging over a playable area (supports are considered part of the backboard) or objects on the floor outside the court.

11. The ball touches the floor completely outside the court's boundary lines.

12. The ball does not pass over the net entirely between the boundary lines.

The Official will use his or her judgment in enforcing the spirit of the rules.

### Volleyball Rules Breakdown

<b>V-BALL</b>	<b>2nd/3rd</b>	<b>4th/5th</b>	<b>6th/7th</b>	<b>8th/9th</b>	<b>10th-12th</b>
<b>Court Size</b>	25 x 25 ft. Each Half	25 x 25 ft. Each Half	25 x 25 ft. Each Half	25 x 25 ft. Each Half	25 x 25 ft. Each Half
<b>Net Height</b>	6' 6"	6' 6"	7' 0"	7' 0"	7' 0"
<b>Serving</b>	May Move 5 feet Closer	Behind the Line	Behind the Line	Behind the Line	Behind the Line
<b>Min. Players</b>	5	5	5	5	3
<b>Referees</b>	1 Professional	1 Professional	1 Professional	1 Professional	1 Professional
<b>Scoring</b>	25 Points, Rally Scoring	25 Points, Rally Scoring	25 Points, Rally Scoring	25 Points, Rally Scoring	25 Points, Rally Scoring
<b>Time Outs</b>	2 One-Minute Per Game	2 One-Minute Per Game	2 One-Minute Per Game	2 One-Minute Per Game	2 One-Minute Per Game
<b>Fisting or "Wall Ball"</b>	Not Allowed	Not Allowed	Not Allowed	Not Allowed	Not Allowed
<b>Object Off the Court</b>	Out of Play	Out of Play	Out of Play	Out of Play	Out of Play



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