

Simpsonville Youth Volleyball Rules

Mission Statement

The Mission of the Simpsonville Sports and Social Association is to serve the youth of the Simpsonville area by providing them with a Instructional/Recreation Volleyball Program that will further their knowledge of the sport, develop good sportsmanship and enhance self-esteem in a safe and fun environment.

General

- Volleyball is played by two teams of six players on the court.
- Teams may play with as few as **4 Girls** in order to avoid a forfeit.
- All players must wear athletic shoes.
- Knee pads are strongly recommended.
- **Grades 1-4, Grades 5-6, Grades 7-8**
 - First team to 20 points wins. Rally scoring...team must win my 2 points. All 3 games will be played (**The third game played to 15**). **There is a scoring cap at 5pts per game. Games 1 & 2 cap at 25, Game 3 caps at 20.** Team records will be kept by matches won, 2 out of 3 games.
- **High School & 7th/8th**
 - The High School & 7th/8th group will move to transition to rules closer to High School League Rules. Below are some of those changes. There will be a meeting for the 7/8 & HS coaches to go over the differences with regard to positions and substitution.
 - Teams will be introduced to positions and rotations with coach led substitutions by position. Once a player subs for another player they may not sub for any another player that set.
 - Max consecutive service points raised to 10 HS & 5 for 7th/8th
 - **High School will play 2 games to 25 and 1 game to 15, must win by 2**
 - 5 pt.caps of 30 and 20 respectively.

Player and Coach Misconduct

- **Foul language will not be tolerated at any time.** Excessive use of foul language can/will resort in **ejection** from a game.
- An Ejection from a game will resort in a **1 Game** Suspension (Athletic Staff has the right to revise any suspensions upon the assessment of the situation). Excessive ejections from a game can result in a season long suspension.
- Refs will have the ability to issue a yellow card for a warning and a red card for ejection from game. If a red card is issued, the opposing team will automatically given serve and a point.
- **PLAYER ARE NOT TO ADDRESS THE REFS DIRECTLY REGARDING ANY CALLS.**

Serving

- Player must be behind service line. The server's foot may not touch the line at any time before the ball is hit.
- A served ball may touch the net.
- The serve must be hit with the hand.
- The server may drop a bad toss without penalty **one time**. (Ball cannot be caught)
- Once a serve starts a volley, a team has 3 hits to return the ball over the net. Play to the whistle.
- Elem - After 2 consecutive points by a team on serve, there will be a side-out.
- 5th/6th – After 3 consecutive points by a team on serve, there will be a side-out.
- 7th/8th – After 5 consecutive points by a team on serve, there will be a side-out.
- High School – After 10 consecutive points by a team on serve, there will be a side-out.

Playing the Game

- A player cannot hit the ball twice in succession.
- When passing with hands or setting, it is the official's discretion whether to call 2 contacts if the ball is not touched with both hands at exactly the same time. To encourage younger players to set we will rarely call 2 contacts in the younger groups.
- A player may not touch the net.
- A ball that hits the line is good or in.
- Ball in net is playable.
- Player may not carry or lift ball. (Hitting the ball with an open, upward facing hand)
- Flip a coin or rock/paper/scissors for service....1st and 3rd Games.
- Team **will** switch sides between games 1-2. Team that wins coin toss or rock/paper/scissors for 3rd game may choose to take serve or which side they want. If they choose serve, opposing team chooses side. If the winning team chooses side, serve is granted to the opposing team.
- **One time-out per game.**
- Each team in all age groups will supply a scorekeeper and line judge. Adults are required. Line Judges and Score Keepers become part of the officiating team. As such, they should maintain a neutral demeanor and should not actively coach or cheer during the match.
- Crossing the center line under the net, endangering an opposing player will be ruled a side out. If the player goes under without touching the net and no opposing players are affected, the player may cross back as long as part of her body remained on her team's side. This is the refs discretion.
- Back row players are not allowed to take a jumping attack in front of the 10 ft line. Doing so results in a Back Row Attack, dead ball and point for the other team.

- Players are not allowed to touch the net at anytime during play. Depending on the age group and severity of the touch the official will make a judgement call on whether play can continue. All teams should play to the whistle at all times.
- A serving player may not touch or step over the service line with any part of the foot – occurrence will result in a foot fault and side out.

If a player does not like their toss they can step back, let it hit the floor, catch it off the bounce and toss it again. Players only get one missed toss per serve. If the ball is caught before bouncing or hits the player on the way down it will result in a side out.

- Play until the whistle blows.
- Ceiling and Basketball goal obstruction:
 - If the ball goes straight up, hits the ceiling or goal and comes back down on the same side of the net it may be played as normal.
 - If the ball hits the ceiling or goal and would have gone over the net – and bounces back the ball is dead.
 - The distinction for any instance will be the judgement of the official for the game.
 - Lowered Basketball goals are automatically out.

Rotation

- Every time your team wins the serve from the other team...all players rotate their position on the court...clockwise.
- If you lose the serve, your team doesn't rotate.
- If you keep the serve, your team doesn't rotate.
- Any player arriving after the game has started goes to the last service position (end of the line).

Court and Equipment

The height of the net is 7' for grades 1-6 and 7' 4" for grades 7-8 and High School.

The service line is:

- -Elementary – 10 feet from net
- -5th/6th – 24 feet from net
- -7th/8th & High School – Base Line

The Game Ball is:

- -Elementary – Volley Lite
- -5th/6th – Volley Lite
- 7th/8th – Regulation Ball
- -High School – Regulation Ball

Definitions

Rally Scoring – Scoring method where points can be won by the serving or receiving team.

Side Out – Change of service when a serving team has failed to score a point.

Rotation – The clockwise movement of players around the court through the serving position following a side out.

Center Line – The boundary that runs under the net and divides the court into two equal parts.

Front Row – The 3 players who position is near the center line.

Back Row – The 3 players who position is near the baseline.

Bump Pass – the use of joined forearms to pass or set a ball in an underhand manner.

Carry – If the ball rests momentarily in the player’s hand, or is hit with an up-facing palm, it is an illegal hit.

Post Season

To ease the pressure of the regular season – we will use the regular season standings to seed the post season tournament. League Champions will only be crowned from the winner of the playoffs. Regular season championships will not be recognized or awarded.