

# Carmel Dads Club Volleyball

## House Rules

It is important to remember that this is a recreational league with its primary goals being fun, skill development and friendly competition for all its participants. To that end, we have adopted some House Rules to ensure equal participation and lively play. Please note that not all of the rules of volleyball can be detailed here and **the decisions made by the referee are final.**

### Dimensions

Court Size: Standard 30 ft. by 60 ft. or as gym permits. **2/3's** use a shorter court (approx 20 ft).

Net Height: *(All heights are approximate and may vary slightly based on the specific net system available at the facility)*

**2/3s** - 6 ft. 1 in (upper pin setting with no holes showing)

**4/5s** - 6 ft. 7 in. (upper pin setting with 2 holes showing)

**6/7/8's** - 7 ft. (upper pin setting with 5 holes showing)

**9-12** – 7 ft. 4 in (lower pin setting with 7 holes showing)

Ball: Ball is inflated to 4.3-4.6 pounds per square inch of air pressure.

**2/3s & 4/5s**– Tachikara Volley-Lite

**6/7/8s & 9-12** – Tachikara Regulation

Service Line:

**2/3s** – Approximately 20 ft

**4/5s** , - Approximately 25 ft.

**6/7/8 & 9-12** - 30 ft.

### Game Preparation and Scoring

Coaches that have the first game of the day will need to report to the gym no later than 45 minutes prior the start of the match to set up their court. If the court is not set up by coaches and ready when the first game is scheduled to start, then the play will commence when the court is ready, however, the game will be called by the referee from the original 1 hr scheduled start time.

Match time will be divided as follows:

Warm-up – 10 min. (Suggested: 4 min. passing; 3 min. hitting; 2 min. serving, 1 final prep)

Game 1 – 15 min. (Add 15 min. for changing sides)

Game 2 – 15 min. (Add 15 min. for coin toss and changing sides)

Game 3 – not less than 10 min.

### **Game Preparation and Scoring con't.**

The referee will call a captain and coach together for a pregame conference and coin toss. The team listed first on the schedule is the home team. The home team will call the toss, which is the first team listed in the schedule. The winner of the coin toss will choose to serve/receive or playing court. The lineup is to be submitted to the referee two minutes prior to the start of the game time. Failure to submit lineup after the coin toss and prior to the 2 minutes, will award a point to the opposite team.

Each team must provide one volunteer to assist with scoring (flip chart) and another to assist with line judging. No siblings or other children are to be near a line judge when a game is in progress. The referee has the right to remove a line judge at anytime for not paying attention to the game, disruption, or inability to perform the duties.

The first two (2) games in the **4/5**, **6/7/8** and **9-12** will be to 25 points using the "Rally Scoring" method (side-outs result in a point for the non-serving team, except as noted in Service Rules for the maximum points per server). **2/3's** will only play 2 games to 25. The team scoring 25 points in a game and having a two-point advantage wins the game.

Substitutions are not utilized in this CDC program..

You must still have the final two-point margin to win. The only exception to this rule is if the referee calls the match due to a time limit. The team that is ahead at the time the match is called wins that game and the match is scored appropriately.

The team that wins 2 out of 3 games wins a match. In case of a split after 2 games, a third game will be played using rally scoring to 15 with no cap. However, time limit in match play applies and could be used during game 3. **2/3's** will only play 2 games to 25.

To ensure all matches start on time, matches will be timed (60 minutes). If the time limit is exceeded, the referee will call the match and the team leading is awarded the win.

### **Player Equipment and Uniforms**

All players on a team shall wear like-colored uniforms issued by the league with numbers on the front and back. The uniform also includes black compression shorts and must be worn by all female players during match play. Kneepads are recommended but not required for play.

If undergarments such as T-shirts, body suits, sports bra, etc. are worn in such a manner that they are exposed outside of the uniform, they should be the **same color as the uniform and worn under the jersey.**

Penalty for illegal equipment or uniform: When a player wearing an illegal uniform (jersey, compression shorts, kneepads) attempts to enter the game, unnecessary delay shall be assessed, and the player is not allowed to enter the game until the illegal uniform is replaced or made legal.

Players shall not wear jewelry (including prematch warm-ups). Religious and medical alert medals are not considered jewelry and must be worn under the uniform and taped to the body. If a player is found to have jewelry on in the match, the referee will ask that it is removed and the team will forfeit a point. **NO TAPING OF EARRINGS OR PIERCING IS ALLOWED AT ANYTIME.**

No player may wear a guard, cast, or hard brace on the finger, hand, wrist or forearm.

Supports & braces are allowed on other parts of the body.

Hair devices are to be made of soft material and be worn to control the hair and not more than 2 inches wide.  
NO METAL BARRETTES ARE ALLOWED AT ANYTIME.

### **Player Positions**

Only six (6) players may participate in any point. Four (4) or five (5) may play if no other team members are available. Having less than four (4) players constitutes a forfeit and the match will not begin.

To ensure equal participation, all players in grades 2<sup>nd</sup> /3<sup>rd</sup> and 4<sup>th</sup> /5<sup>th</sup> will “rotate in”. A service order of all present and available team members will be submitted to the scorer no later than two minutes prior to the end of timed prematch warm-up. If a lineup is not presented with 2 minutes prior to end of the timed prematch warm-up, then a point/side-out is awarded the opponent at the start of the first game. This order must remain constant unless another player becomes available or a player retires. Insertion of the players “rotating in” must occur only at the left front position. **Players in 6<sup>th</sup>-8<sup>th</sup> grade and 9<sup>th</sup>-12<sup>th</sup> grade will sub in and how the actual rotations work (and switching into left back, middle back, right back, and also switching throughout the front row).**

Players arriving after the start of the game may only be inserted at the service position and at the end of the line-up and must wait until their position comes up to serve. If the service position has been passed prior to player arriving for the start of the game, the player must wait until the start of the next game in order to be placed in that the end of the lineup. Players arriving after the start of the game must wait for a side-out by either team before entering the game.

Players who miss practice(s), or arrive late to games, may be withheld from a game or match at the discretion of the coach.

### **General Rules During Play**

#### **Court Protocol**

At the beginning of each game the team should line up on their respective end lines. When directed by the referee, enter the court to your line up order.

At the end of the game, the teams should line up on their respective end lines, and at the referee’s whistle proceed counterclockwise along the sideline past the standard to their new team side.

At the end of the match, the teams should line up on their respective end lines, and at the referee’s whistle proceed counterclockwise to the net and across the net and shake the opponent’s hands under the net.

#### **Contacting the Ball**

Each Team is allowed a maximum of three (3) successive hits to return the ball to the opponent’s area.

The ball may touch any part of the body above the waist and may contact any number of body parts if it does so simultaneously. A contact with the player’s loose hair is not considered a contact.

If two (2) teammates physically contact the ball simultaneously, it is considered one touch.

When the ball comes to rest momentarily in the hand(s) or arms of a player, it is considered held and therefore a foul. This is a judgment call on the part of the referee and should NOT be questioned.

### **Contacting the Ball con't.**

Except for the blocker, "double contact" is when one player hits the ball more than once with no other person touching the ball between these contacts. This too results in a foul.

A player may not contact any part of the net including net cables or net antennas. It is not a foul when a player's hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player.

**Players are to receive a serve via a forearm pass "bump" or a set** (Updated Aug 2010) In the high school league, legal ball contact must be maintained.

### **Serve and Service Rules**

Service Errors and Forgiveness: The server shall hit the ball with one hand. The server may serve from any position within the back line, however, must not touch the end line with the exception of the following forgiveness rules:

**2/3s** – The server will be allowed one forgiven service error (double fault) on each service point. \*\*\* Players must start behind the line but will be allowed one step over for the entire season. If the server misses the second serve, then the serving team's coach will toss a free ball over the net to the opposing team and play will continue. The point will be scored on the tossed ball from the coach.

**4/5s** – The server will be allowed one forgiven service error only on the first attempt of the first game. Exception: if the server's first attempt is overhand, and the 1<sup>st</sup> serve is missed, the server will always be given a second serve, which she may choose to do underhand. This will be in effect for the entire season including tournament. \*\* Rationale: we want to encourage all 4/5s to begin serving overhand.  
\*\*\* Players must start behind the designated service line, and may step over for the first 5 matches of the season. Coaches are encouraged to keep their players behind the lines, as they progress through the season.

**6/7/8s & 9-12** – The server will be allowed one forgiven service error on the first attempt of the first game.

The server will be allowed eight (8) seconds to serve following the referees whistle  
Service tosses not hit must be allowed to fall to the floor untouched. If touched, a service attempt will be counted. One re-toss per point will be allowed. *(NOTE: This has not been strictly enforced in recent years, but will be enforced this year).*

Each server will be allowed a maximum of five (5) points per service rotation. Teams should adhere to the following rules after a server has scored 5 points.

**2/3s and 4/5/s**, there will be a side-out. But, NO rally scoring point will be given to the opposing team on this type of service rotation.

**6/7/8 and 9-12** - the serving team will rotate and the same team will continue serving.

Service rotation will continue in subsequent games with the next server in the line-up.

**Exception: 9<sup>th</sup>/12<sup>th</sup> grade - If the match goes into a 3<sup>rd</sup> game, the teams may wish to reset their line-up to the original 1<sup>st</sup> game line up. This can only occur in the 3<sup>rd</sup> game and only to the original game line-up given to the referee.**

A let serve is a playable live ball. A “let serve” is a ball that when served, hits the net without touching the net antenna and continues across the net into the opponent’s court.

### **Blocking – Net Play**

If the first touch is a block at the net, that touch does not count as one of the three (3) hits.

Blocking a served ball is not permitted.

Blocking a ball, which is entirely on the opponent’s side of the net, is permitted when the opposing team has had an opportunity to complete its attack.

### **Player actions**

A player may touch the floor across the centerline with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the centerline or they do not interfere with the game.

A player may cross the vertical plane of the net as long as there is no interference with an opponent.

The ball remains in play if it touches the legal portion of the net in play.

“Sets” may not be interfered with. Blockers may reach over the net to block the ball only if the opponents have hit the ball so it will, or must go over the net if not blocked.

The hands may legally pass over the net after a spike follow-through, so as to not touch the net.

A player may not spike (attack) the ball until part of the ball is on that player’s side of the net.

Only front line players, as identified by the current rotation, may jump to block or spike the ball at the net (inside the 10 ft. line). Back row players may jump to spike only from behind the 10ft.line, or hit with feet on the ground if in front of the 10 ft. line.

A player may leave the court to play a ball. (Further explanation: **Some courts allow a pursuit ball so that they learn to continue to hustle after the ball. It just means that they can chase down the ball past the imaginary extension as long as it comes back outside the antenna back to their side for 2<sup>nd</sup> or 3<sup>rd</sup> hit.)**

Opponents hits thought to be out must be allowed to touch an out of bounds area and not caught.

Screening opposing players is not allowed and will result in a side out. A screen is when a group of two or more teammates stand close together, and the ball is served over them.

### **Conduct**

**Reminder:** Each coach and player will have to sign the CDC Code of Conduct at the first week of practice. The coach will hold onto this Code of Conduct in the Coaching Manual.

No player, coach and/or team attendant shall act in an unsportsmanlike manner while on or near the court before, during or between games. A referee or commissioner will have the sole discretion to remove any person from the premises.

All Coaches and Asst. Coaches must have completed the CDC Volleyball Coaching Clinic during the season assigned to coach and each subsequent year; to be kept informed of policies, philosophies and rules. Furthermore, all Coaches & Asst. Coaches must have completed a background check and have this on file with the CDC office.

### **Replay**

A replay is the act of putting the ball in play without awarding a point or side-out and without a rotation for the serve. A replay may be declared by the umpire when:

- a. An official's mistaken whistle interrupts play;
- b. A player unintentionally serves the ball prior to the referee's signal to serve;
- c. There is a double foul during a live ball;
- d. A player's legitimate effort to legally play the ball, in the judgment of the official, is affected by a ball hitting a basketball goal, a ball rolling onto the court, or a player has been injured. etc.

**A replay will not be called in 2<sup>nd</sup>/3<sup>rd</sup> or 4<sup>th</sup>/5<sup>th</sup> grade when the ball touches the baseball net above the courts. Play is to continue as the net is the ceiling. If the ball touches the net above the courts and goes over to the other side, it is considered a sideout.**

### **Tournament**

Tournament play is held at the end of the season for the following leagues. 4<sup>th</sup>/5<sup>th</sup>, 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup>, 9<sup>th</sup>-12<sup>th</sup>

Tournament Seeding Criteria:

- 1<sup>st</sup> - Match Score – Won/Loss Percentage
- 2<sup>nd</sup> - Game Score – won/Loss Percentage
- 3<sup>rd</sup> - Head-to-Head Competition (if decisive)
- 4<sup>th</sup> - Total Points – For/Against Percentage

The tournament playing rules will be the same as the regular season.

No parents will be line judging in the 9<sup>th</sup>/12<sup>th</sup> grade league during the tournament. The team not currently playing on the court will be line judging and will assigned on the tournament schedule.

### **Rules for Coaches**

Coaches must be off the court during play.

Coaches must treat the referee and other CDC officials and commissioners with respect.

Coaches must encourage all players to participate in games.

Coaches having the first game of the day should report no less than 45 minutes prior to the start of the game to set up the court. Coaches having the last game of the day, should tear down the net, standards, and antennas and return the score sheets, ball etc to the commissioner table. Each coach and team is responsible for picking up the trash and water bottles around the court after each match played.

Coaches are always to have at-least one other adult present at all functions and should never be the only adult with the team. If they are the only adult, then all parents are to be called immediately and practice canceled. This was a new rule for CDC for 2003.

Coaches must submit one name for the concession stand volunteer for the CHS football game. If a parent does not volunteer it will be responsibility of the coach to work the concession stand on assigned night.