

Southwest Youth Association Volleyball (SYAV)



Rules of the Game

House Leagues - 2021



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SYA Youth Volleyball, hereafter known as “SYAV”, will follow the rules as outlined within this document for house league play during the 2021 season.

Facilities and Equipment:

All matches will be played at designated match sites.

Net height will be no higher than 7 feet 0 Inches for the Elementary School Level and 7 feet 4 inches for Middle School and High School Levels. Note: if the net can be set at 6 feet 10 inches for Elementary School, Grades 4 - 6 Level this will be the height for league play.

Portable net poles may be used in the absence of pole standards in the floor.

The SYAV Teams will provide the match ball.

Team players will remain on their side of the courts during match play (no switching of sides will occur between games). The official will be located on one side. Score flippers will be opposite the official. Both teams will be responsible for the set-up and takedown of the equipment.

Team Rules:

The SYA Code of Conduct must be adhered to at all times. This applies to all players, coaches, and volunteers.

No jewelry of any kind will be allowed. This includes watches, rings, earrings 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 referee side of the court.

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

For the house leagues, the coach may speak directly to the referee concerning a call as long as the coach is respectful of the referee’s authority. The referee has the final say on all calls.

Teams will normally play with 6 players on the court. A minimum of 5 players are required to start play. If a 6th player arrives, that player may enter the match immediately. When playing with 5 players, the team will not lose the serve when the 6th player “hole” goes to serve. The next player in the rotation will serve.

Match Format and Information:

Every regular season match will try to complete five (5) sets. Set won-lost records will be used to determine standings. Match play consisting of the best two (2) out three (3) sets will be used in the post-season tournaments.

Every team must provide at least one volunteer for every match with the team designated as the home team providing a second volunteer. Each match requires a work team consisting of one (1) score flipper and two (2) line judges working with the official on the stand. One volunteer will handle the score flippers job. The other two volunteers will serve as lines judges and call the end and sidelines. The match referee reserves the right to overturn any call made by the line judges.

Matches will begin on time throughout the day; beginning as close to the scheduled match time as possible. Teams should arrive at the playing site at least 10 minutes prior to scheduled match time. Each regular season match will have a ninety (90) minute time limit, or as adjusted to accommodate time constraints.

The referees appointed by SYAV will be the official timekeepers and are responsible to see that the matches start and end on time.

NOTE: If a team does not have the required 5 players to start the match at the scheduled match time, the referee will wait 15 minutes for players to arrive. After 15 minutes, the referee will declare a forfeit of the first set. Each subsequent set will be forfeited after waiting 10 additional minutes (up to 5 forfeited sets).

(This section is TBD due to COVID-19 restrictions) The referee will call a captain's meeting at least five (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 call for the first (1st) coin toss. The coin toss for the fifth (5th) set will be made immediately after the fourth (4th) set ends and will be called by the team captain that did not call the original toss.

Teams will warm up on a specified side of the court during warm up time (one team on a side).

At the end of the match the teams will be signaled to the back line by the referee. The traditional handshake will not be implemented for this season.

Breaks between sets during a match will not exceed two (2) minutes.

Each team will be allowed two (2) thirty (30) second time-outs per set.

Scoring:

SYAV 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. Let serves (balls hitting the net, going over, and falling in bounds) are now considered good.

All levels will play as many sets as they can in their allotted match time up to a maximum of five (5) sets. For the Elementary School and Middle Levels, each set will be to twenty-five (25) points with no cap (must win by 2 points). For the High School Level, each set will be to twenty-one (21) points (sets start at 4 – 4 on scoreboard) with no cap (must win by 2 points). Matches will be stopped when the allotted time period is over. A two (2) minute warning before the end of the allotted time period should be given by the referees to both teams to indicate that the last match point is now being played. If the match is stopped due to time, the team ahead at that time will be declared the winner of that set (no 2 point margin required).

Substitutions:

Unlimited substitutions are allowed during a set and may occur in one of two (2) ways:

Continuous Rotation (For Elementary School and Middle School / High School, when used):

The use of "Continuous Rotation" promotes equal playing time. The players on both the court and the bench create one continuous lineup. With each clockwise rotation, players rotate off the court and players from the bench rotate on to the court. Players are allowed to enter and exit the court on a single side (at the server or left front position), or on both sides of the court (both the server and left front positions). In either case, every rotation on a team's side will result in either one or two substitutions. Each subsequent set is started with players in the same positions as at the end of the previous set.

Positional Substitution (For Middle School / High School, when used):

The use of "Positional Substitution" allows the coach full discretion on who is substituted and when the substitution occurs during the set. A substitute player may enter the set in the position of a teammate in the starting lineup. More than one substitute may enter the set at a time. The player(s) subbing in must stand between the ten (10) foot line and the net. A starting player and her substitute(s) must occupy the same rotation position throughout the set. A player can only return to the same rotation position she originally occupied. An unlimited number of substitutes are allowed during a set. The coach must track positions and substitutions to ensure balanced playing time. Some players, such as designated setters, will naturally play more than others. High School Level teams may use libero

If a player is injured and there is only one substitute available, that sub may enter the set for the injured player, regardless of where he/she subbed in previously.

Level Specific Substitution Rules:

Elementary School Level: Only continuous rotations can be use in all sets

Middle School Level: Positional substitution may use in sets one (1), three (3) and five (5) of the match. *All other sets must use continuous rotation.* A Middle School Level team may choose to use continuous rotation for all five (5) sets of the match.

High School Level: Positional substitution or continuous rotation may be used for all sets. Since the league is aimed at player development, the goal is that each SYAV player should participate in at least 80% of the sets (e.g., four (4) out of five (5) sets) of each match, although they may be substituted in or out as necessary. For teams larger than nine (9) players, the playing time can be modified, but with the interest of allowing equal playing time as best as possible.

Note: For the end of season playoffs, continuous rotation will be used for ALL sets at the Elementary, Middle, and High School Levels.

Rules of the Game:

Each team is entitled to a maximum of three (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 and only if both hits were part of the same motion.

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

A player may contact the net as long as the touch doesn't interfere with play.

The following are examples of interfering with play:

- A player may not touch the top band of the net while blocking or playing the ball.
- A player cannot get support from the net while playing the ball.
- A player may not lift the net to block the opponent or make any actions that will hinder an opponent's attempt to play the ball.
- A player cannot pull the net down or contact it in any way to gain an advantage over the opponent.

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 three (3) team hits, so long as the contact with the net is within the antennae. The ball may never touch the antennae.

Encroachment into the opponent's court with any part of the body is permitted, provided some part of the body remains either in contact with or directly above the center line, and there is no interference with opponents. In addition, completely crossing the center line with the foot, feet or hands, or encroachment with other body parts, must not present a safety hazard to opponents.

Blocking a serve is prohibited. If a player is in front of the ten (10') foot line, they cannot attack the serve as long as it is completely above the height of the net. Once any part of the ball is below the top of the net or if the player is behind the ten (10') foot line, the player is allowed to play the ball in any manner.

A ball hitting the net and going over the net is legal and in 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 (the netting directly above the court) 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 above the team that hit it, and comes back to the team that hit it, they may continue to play it, as long as they are still within their three (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.

If during a volley, the ball that goes through the rafters and does not touch anything then it is considered in and playable.

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.

Servers must always be positioned behind the end line 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.

If the ball, after having been tossed or released by the server, lands on the floor without touching the player, the server is allowed one (1) re-serve. This is called a service tossing error. For the Elementary School Level, players will be allowed one serving tossing error re-serve per point. For Middle and High School Levels, one service tossing error re-serve will be allowed per service rotation.

A team serving out of rotation will forfeit the serve and result in a point being awarded the opposing team. The rotation must be corrected before the set continues.

House League Exceptions:

Elementary School Level Serving - The desire is to allow players to have success serving, but at the same time encourage them to develop a proper serve. To that end, at the Elementary School Level, a modified serving line (~5 feet from the end line) is utilized with the following rules:

Underhand Servers:

- 1st Serve – The player can serve from anywhere the coach deems appropriate, **but it must be in the back half of the court.**
- If the first serve is not successful, one (1) re-serve is allowed.
- 2nd – 5th Serves – The player must start their serve from behind the modified serving line. If they finish their serve completely in front of the modified serving line, they will need to start further back on each subsequent serve.
- There are no re-serves for the 2nd – 5th serves.
- There will be no foot faults called.

Overhand Servers:

- 1st Serve – The player must serve from behind the modified service line.
- If the first serve is not successful, one (1) re-serve is allowed.
- 2nd – 5th Serves – The player must start their serve from behind the end line.
- There are no re-serves for the 2nd – 5th serves.
- Foot faults will be called for all serves based on the modified service line.

For the Elementary School Level there is a limit of five (5) points that a player can score off of his/her serves. After 5 points, the serve goes to the other team, with no point awarded to the other team at the time the serve is turned over to them.

This serving exception applies to the Elementary School Level only.

High School Level Reverse Co-Ed- The High School Level will play reverse co-ed where the boys cannot attack within the ten (10') foot line, but can block. They can attack the ball as long as they start behind the ten (10') foot line.

High School Level Libero - The High School Level the teams will have the option of playing with a Libero. The coach should inform the other coach and referee before the start of the match that he/she plans on using a Libero during the match. The Libero can serve for one rotation position in a set.