



Edina Girls Athletic Association Volleyball Rules and Regulations Spring 2012

INTRODUCTION

EGAA offers a non-competitive volleyball league that is designed to provide instruction to girls in grades 4-12. The emphasis of the program is to provide skills development at all levels, and to promote good sportsmanship, teamwork and fun.

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SECTION 1 – FACILITIES AND EQUIPMENT

1.1 DIMENSIONS

The playing court is a rectangle measuring approximately 30' wide by 60' long surrounded by a free zone on all sides without any obstructions.

1.2 LINES ON THE COURT

Two sidelines and two end lines should be clearly marked to outline the dimensions of the court. A centerline should be present under the net to separate the two sides of the court. End lines also represent the service lines. Exception: 4/5th grade will have a service line taped off approximately 5" in from the end lines.

1.3. NETS AND POSTS

The net should be set at an approximate height of 7'4" (from the top of the net) for grades 6-12. For 4/5th grade, the approximate height of the net will be 6'6".

1.4 BALLS

4/5th grade teams will play with Volley-Lite volleyballs. 6-12th grade teams will play with official regulation size volleyballs.

SECTION 2 – PARTICIPANTS

2.1 TEAM COMPOSITION

Teams may consist of up to 12 players and may have 1-2 coaches. Players must be signed up to play and be recorded as a member of their team to be eligible.

2.2 LOCATION OF THE TEAM

The players not in play should either sit or stand in the area along the sideline where they rotate in to serve. Players and coaches should stand at least 5' away from the sidelines so they do not interfere with game play.

2.3 EQUIPMENT

Player's uniform consists of team jersey, shorts, socks, sport shoes and kneepads. **Players must have kneepads in order to participate – no exceptions.** Players are not permitted to share kneepads, as this would result in a delay of game.

2.4 FORBIDDEN OBJECTS

It is forbidden to wear objects that may cause injury to a participant or other member of any team. Players are not permitted to wear hats, headbands, barrettes, or jewelry of any kind (including rings, earrings, bracelets, necklaces or any type of beads). An exception will be made only for medical-alert bracelets. Players may wear glasses or lenses at their own risk.

2.5 COACH

Throughout the match, the coach conducts the play of his/her team from outside the playing court. He/she selects the starting line-ups, calls time outs, and may address the referee. The coach is also responsible for validating the scores of the match by signing the official score sheet.

SECTION 3 – PLAYING FORMAT

3.1 TO SCORE A POINT

- A team scores a point by successfully grounding the ball on the opponent's court or when the opposing team commits a fault or receives a penalty.
- A team commits a fault by making a playing action contrary to the rules. The referee judges the fault and determines the consequence per the rules.
- A rally is the sequence of playing actions from the moment of service hit by the server until the ball is out of play. A completed rally is the sequence of playing actions that results in the award of the point. If the serving team wins a rally, it scores a point and continues to serve. If the receiving team wins a rally, it scores a point and must serve next.

3.2 TO WIN A GAME

A game is won by the team that first scores 25 points (games 1 and 2), with a minimum lead of two points. The third game will be played to 15 points. In the case of a tie, the play is continued until a two-point lead is achieved or until a maximum ("cap") is reached. For games 1 and 2, the cap will be 27 points. For game 3, play will continue (without a cap) until a team wins by 2 points, or until time expires.

3.3 TO WIN A MATCH

The match is won by the team that wins best 2 out of 3 games. During the regular season, all teams will play 3 games, regardless of the outcome (time permitting). During playoffs, teams will only play best 2 out of 3 games. NOTE: due to longer warm-up/practice time allowed for 4/5th grade, we may only be able to fit in 2 games each match.

3.4 DEFAULT AND INCOMPLETE TEAM

A team must have a coach and a minimum of 4 players present at game time to be eligible to play. A team that is incomplete (less than 4 players or without a coach) will forfeit the match and the opposing team will be given the points and games needed to win the match. (3-0 win during regular season, and 2-0 win during playoffs).

3.5 TEAM STANDINGS

Team standings will be determined by 1) Match Record, 2) Game Record, 3) Head-to-Head, point differential, and coin flip.

SECTION 4 – STRUCTURE OF PLAY

4.1 THE TOSS

Before the match, the referee will perform a coin toss to decide which team will serve first and the sides of the court for the first game. The winner of the toss chooses either: 1) the right to serve or receive the service, or 2) chooses the side of the court. The loser takes the remaining choice. A second coin toss will be held to determine service for the third games.

4.2 WARM-UP SESSION

Prior to the match, 4/5th grade teams will receive 20 minutes for instruction and warm up. 6/7th grade teams will receive 15 minutes for instruction and warm-up and 8-12th grade teams will be allowed up to 10 minutes for warm-up. Both teams will share the court during this time.

4.3 TEAM STARTING LINE-UP

A team must have a minimum of 4 players to play. The team's starting line-up indicates the rotational order of the players of the court and this order must be maintained throughout the entire match. Rotations must be continuous from one game to the next. Substitutions are NOT permitted for any reason other than due to an injury.

4.4 POSITIONS

At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order (except the server who may serve from anywhere behind the end line). The three players along the net are front-row players. The other three are back-row players. Back-row players must be positioned behind the corresponding front row players. Players in the same row may not overlap within the rotation.

4.5 ROTATION

When a receiving team has gained the right to serve, its players rotate one position clockwise. New players rotate into the serving position (right-back). A player in the right-front area of the court would rotate out. Teams will also rotate within a service if a single player has served 3 consecutive times and the team still holds the service.

4.6 CHANGE OF COURTS

After game 1, the teams will change sides on the court. For the 3rd game, the side of court will be determined by a coin toss. Teams will NOT change sides within a game.

SECTION 5 – PLAYING ACTIONS

5.1 STATES OF PLAY

- The ball is in play from the moment of the hit of service (signaled by the referee).
- The ball is out of play at the moment of the fault that is whistled by the referee.
- The ball is “IN” when it touches the floor of the playing court, including the boundary lines.
- The ball is “OUT” when it contacts the area of the floor completely outside of the boundary lines or when it touches an object outside of the court, the ceiling, or a person out of play.
 - EXCEPTIONS: if obstacles exist (like a low-hanging basket in the field of play) that interfere with the play of the ball, a replay may be called at the referee’s discretion.
 - CEILINGS:
 - o During service, a ball that hits any part of the ceiling will result in a side out
 - o During a rally, a ball hits the ceiling over the opponent’s side of the court or hits the ceiling above your team’s playing area and crosses the plane of the net into opponent’s side of the court will result in a side out
 - o During a rally, a ball that hits the ceiling over your team’s side of the court and stays on your side of the court will remain in play

5.2 TEAM HITS

- A hit is any contact with the ball by a player. Each team is allowed a maximum of three hits to play the ball over the net.
- A single player may not hit the ball two times consecutively.
 - o EXCEPTION: on the first attempt in serve-serve, the ball may contact various parts of the body consecutively, provided the contacts occur during one action.
- When 2 or more teammates contact the ball at the same time, it will be counted as 2 or more contacts, respectively.
- A ball may touch any part of the body – as long as it is a clean hit
- The ball must be played with a clean hit (not caught, lifted and/or thrown).

5.3 FAULTS/VIOLATIONS IN PLAYING THE BALL

- Four hits – a team that hits the ball four times before returning it
- Lift/catch – a ball is caught and/or thrown, it does not rebound cleanly
- Double contact – a player hits the ball twice in succession or the ball contacts various parts of the body twice
- “Touch” – a ball that contacts a player on your team before landing out of bounds

5.4 BALL TOUCHING/IN THE NET

- The ball is allowed to contact the net during service or a rally
- A ball driven into the net may be recovered within the limits of the 3 team hits
- If the ball rips the mesh of the net, tears it down, or goes through a hole in the net, the rally is cancelled and replayed.

5.5 PLAYER – NET VIOLATIONS

- Under the net – players may step on the centerline under the net, but may not step completely over the line. Any other part of the body that comes into contact with the centerline will result in a side out (kneepads, hand, etc.)
- In the net – players are not permitted to contact the net during play. This is for the safety of the players.
- If a ball is driven into the net and causes it to touch an opponent, no fault is committed.
- Players are not permitted to contact opponents under or through the net.

5.6 SERVICE

- The service is the act of putting ball into play, by the back right player.
- The first service of the first game is decided by the coin toss. Service of the second game will be awarded to the opposing team. Third game service will be determined by a second coin toss.
- **EGAA SPECIFIC RULE – a player may only serve a maximum of 3 consecutive times per service rotation. If your team maintains service after 3 consecutive points, your team must rotate to bring in a new server.**
- Players must follow the service order determined by the line-up. No exceptions or substitutions allowed.
- When the receiving team wins the rally, it gains the right to serve and must rotate before serving.
- When serving, the ball should be hit with one hand after being tossed or released from the hand.
- **If overhand serving, a maximum of two tosses is allowed. If a player does not like the first toss, they must let the ball completely drop and a re-do will be allowed. If a player fails to contact the ball from the second toss, or if there is forward motion on the toss, it will result in a side out.**
- Server must contact the serve within 8 seconds after the referee whistles otherwise team will side out for delay of game.
- A service executed before the referee’s whistle is cancelled and replayed.

5.7 SERVICE VIOLATIONS

- If the server makes a fault at the moment of a service hit, it will result in a side out.
- If incorrect server (wrong order in the rotation)
- **If server steps on any part of the serving line (foot fault)**
- If server takes more than 8 seconds to serve
- If server does not make contact on first toss attempt
- If the ball served hits any obstacle (including the ceiling) or lands outside of the boundaries (out of play)

SECTION 6 – INTERRUPTIONS AND DELAYS

6.1 TIME OUTS

Each team is entitled to request a maximum of 2 time outs per game. Time outs must be called by a coach prior to service. Length of each time out is 30 seconds.

6.2 SUBSTITUTIONS

Substitutions of players are not permitted during regular game play. The only exception to this rule would be if a player cannot continue playing due to injury or illness.

6.3 DELAY OF GAME

We do not penalize any teams for delay of game, but we will issue warnings to any coaches, players or parents who interfere with the course of the game. We encourage coaches to keep time outs within 30 seconds and help to facilitate quick rotations and side changes. Any parents who cause delays or any reason will be asked to leave the gym. Any persistent issues will be communicated to EGAA representatives.

SECTION 7 – REFEREES

7.1 REFEREE ROLE

The essence of a good referee lies in the concept of fairness and consistency:

- To be fair to every participant.
- To be viewed as fair by the spectators.
 - by being accurate in his/her judgment;
 - by understanding why the rule is written;
 - by being an efficient organizer;
 - by allowing the competition to flow and by directing it to a conclusion;
 - by being an educator
 - by promoting the game
- Finally, we can say that a good referee will use the rules to make the competition a fulfilling experience for all concerned.

7.2 GAME PROTOCOL

- Referees are in control of the game – please abide by their calls. Arguing with the refs will not be tolerated and violators will be asked to leave the gym.
- Referees are in charge of time management of the games. If time restrictions arise, the referee will decide (in his/her sole discretion) to cancel or cut any game short. Referees are responsible for communicating these changes in advance. Matches must conclude at the end of the schedule hour – no exceptions.
- Referees will identify unusual obstacles within a gym space and will communicate to players/coaches at the coin toss any special handling for that obstacle.
- Referees are responsible for accurate scorekeeping of each game. They will document the scores and request signatures from each coach at the conclusion of the match.
- Intentional distractions during service or game play from any parent, player or coach will not be tolerated. Any person in violation of this policy will be removed from the gym.

7.3 DISPUTES

- USAV rules are in effect when not covered by EGAA rules within this document.

Please contact referee coordinator or EGAA coordinator if your referee fails to show or if there are any concerns or problems. All situations will be reviewed and addressed by EGAA