

# 2010 Girls Inc. Volleyball Rules

**Mission Statement-** Girls Incorporated inspires all girls to be strong, smart and bold. We have a goal of helping young women learn and develop skills, concentrate on teamwork, and learn to deal with winning and losing.

**Purpose and Philosophy-** The purpose of the Girls Incorporated sports program is to give girls in Monroe County between the ages of 6 and 18 the opportunity to play in organized sports leagues. We help girls develop basic fundamentals, good sportsmanship, individual worth, and experience team cooperation. Competent adult leaders guide the girls toward the achievement of these goals in a safe, supportive and encouraging environment. **Girls Incorporated believes in giving all girls equal playing time while focusing on skill development and individual improvement.**

**Organization and Policy-** An advisory committee composed of a member of the Program Committee, the Executive Director and the Sports Director will rule on grievance, disciplinary action, and game protests. Planning and policy of the program is conducted by the Sports Director, under the guidance of the Program Committee of Girls Incorporated, in accordance with the needs and goals of the program.

**Eligibility-** Each girl playing must be a Girls Incorporated member (\$55.00) and also be registered as a player (\$45.00). All fees are due and payable at the time of registration. A girl will not be assigned to a team until fees have been paid. If for any reason a girl is unable to pay the Girls Inc. membership or sports fee, please contact the Sports Director as scholarships and payment plans are available.

Players may only play up one age group if they are within a year of that age group, and only at the agreement of player, parent, potential coach and Sports Director. Players may not play down age groups.

- To participate in the 6 to 8 year old league, girls must be 6 on or before March 31, 2010 and may not have turned 9 on or before March 31, 2010. A player may be 5 she is enrolled in Kindergarten.
- To participate in the 9 and 10 year old league, girls must be 9 on or before March 31, 2010 and may not have turned 11 on or before March 31, 2010.
- To participate in the 11 and 12 year old league, girls must be 11 on or before March 31, 2010 and may not have turned 13 on or before March 31, 2010.
- To participate in the 13 to 18 year old league, girls must be 13 on or before March 31, 2010 and may not have turned 19 on or before March 31, 2010.
- All players must be enrolled in school.

**Team Composition-** Teams are made up of girls who meet the eligibility requirements. If any girl quits a team, the coach must notify the Sports Director at Girls Incorporated. New players are added until the first game. If a team loses an inordinate number of players the Advisory Committee reserves the right to add players. All coaches are notified. Teams will consist of 6 to 9 players.

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## Participation Rule-

- All girls who attend scheduled practice must play in each regulation game. The only exception being injury or disciplinary action\*. (\*For more information, see the section of disciplinary action). When a team plays 2 games in one week, a player cannot be disciplined both games.
- Each coach designates 6 to 9 players who play in the starting rotation. Each player will have the opportunity to play at the net and back zone of the court. This allows equal participation for all players on the team.
- Teams can participate in the scheduled game with as few as 4 players before the game is considered a forfeit.
- Penalty— Games are forfeited if all players do not get to play according to the Participation Rule, as stated.

**\*Disciplinary action-** Girls Inc. encourages girls to develop good decision making skills early in life. Coaches should work with girls on disciplinary actions to develop appropriate solutions to unacceptable behavior from girls. Disciplinary action should fall in line with this policy and taking away playing time should be a last resort priority. Coaches should work with players, their parents and the Sports Director in more serious situations that warrant attention. All disciplinary action should be documented on a disciplinary log and shared with the Sports Director and parents/guardians as soon as possible. In the event of disciplinary action affecting playing time, coaches should notify the Sports Director and the girl's parents of any disciplinary action taken at least 1 day before the scheduled game. Notify the scorekeeper before the game begins of any injury, illness or disciplinary action.

## Pre-Game-

- Line Up Sheets- Coaches shall turn in completed line up sheet to the scorekeeper before their scheduled game time. The players t-shirt number should be used to indicate their rotation order. Coaches should fill out two line-up sheets- one to turn into the scorekeeper and one to keep for their own use in lining up the girls. Players listed on the line up sheets must substitute into the middle back position on their regular turn. They will rotate clockwise until they serve, and then rotate out. Players may not skip a turn in the rotation or play in one game and not the next. A player may not play a game and then decide not to play the next unless they have suffered an injury (they are not permitted to re-enter at any time) or there is disciplinary action. Players arriving after the start of a game must go to the end of the line up sheet and rotate in the proper position. Each player must have the opportunity to start.
- Line-up sheets will consist of three different starting rotations.
- A coin toss shall determine who may elect to serve or receive; the other team will pick the side of the court they prefer. Home/away teams are set on the game schedule and the score board will reflect the score for the same team throughout the entire match. A player (game team captain) and a coach should report to the scorer's table 10 minutes before game time to participate in the coin toss.
- Players must wear tennis shoes and no jewelry, beads or glitter. Exception: Medical Bracelets.

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- Warm-Up Procedure- Each team shall be limited to 3 minutes on full court, with the use of the net. The visiting team shall use the court for the first 3 minutes with the home team warming up outside the court. This procedure is then reversed for the second 3 minutes. Upon the completion of the 6 minutes warm-up period, both teams will have an additional simultaneous 2-minute warm-up period, sharing the net, which is to be used exclusively for serving and serve reception.
- The net serve shall be incorporated at all age levels. If the ball is served, makes contact with the net and lands on the serving team's side, the receiving team receives a point and the serve. If the ball is served, makes contact with the net and lands on the receiving team's side, the ball is in play.
- Rally Scoring: In rally scoring, a point is awarded upon the completion of every play.
- Games shall be played to a certain number of points, and this is determined by age group. See page 5 for more information on scoring for each age group.
- For all age groups, in the event of a tie both teams will receive a win. There is no overtime or tiebreaker.
- Each team is limited to one (30 second) time-out per game (three per match). There will also be a one-minute break between the first and second games.
- Each match will consist of 3 games. Records for the league will be based upon the total number of games won.

### Game-

- A team shall consist of 4-6 players to begin the match. Exception – If a team has 9 players present, each team may have 4 players on the front line and 3 players on the back line.
- Serving –
  - A legal serve is contact with the ball to initiate play in which the ball is hit by hand, fist, or arm of the server while the ball is held, bounced or after it has been tossed up into the air or dropped by the server.
  - The first server for each team is the right back player.
  - The serve alternates when there is a foul by the serving team and the ball shall be awarded to its opponent.
  - The losing team will serve first in the following game.
  - A served ball is illegal and becomes dead if it:
    - Touches the floor on the server's side of the net.
    - Touches one of the server's teammates.
    - Passes under the net.
    - Lands out of bounds.
    - A drop serve is used twice by one player before a complete rotation.
  - The server shall not serve until the official whistles to start the game.

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- As the team rotates clockwise on serve the additional player (or players) will rotate in after the player serves.
- When the serve is awarded to a team, that team shall rotate clockwise one position (except for the first serve of the game for each team). When giving the ball to the opponents, the ball should be ROLLED ON THE FLOOR to the opponents playing area.
- Faults are committed when:
  - The ball is held, thrown or pushed
  - A player touches the net or antenna
  - A ball is illegally served
  - Players are out of position at service
  - An illegal block occurs
  - A player attacks the ball above the opponent's court or steps in opponent's court
  - The ball does not completely cross the net between the antennas
  - A player enters a non-playing area to play the ball
  - A player reaches under the net and touches either the ball or the opponent
  - A ball lands outside the court or strikes an object
- **Playable overhead obstructions** – A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play, provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that first played the ball, and the ball is legally played next by the same team.
- A **contact** is any touch of the ball by a player. A hit is a contact/touch of the ball which is counted as one of the team's three allowable plays before the ball is returned to the opponent. Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. An individual is not allowed to hit the ball twice in succession.
  - A team shall not contact the ball more than three times before it crosses the net to enter the opponent's playing area except:
    - When there is simultaneous contact by opponents on the first hit and
    - The first contact is an action to block
- **Net Foul** – a net foul occurs while the ball is in play and a player contacts any part of the net including the net supports or net antennas. It is not a foul when a player's hair touches the net, or the force of the ball hit by an opponent pushes the net or net supports into a player.
- **Fouls**- a foul is failure to play as permitted by the rules. Fouls include:
  - Double hits: when a player's successive or multiple contacts are illegal.
  - Foot faults: when a player violates the serving area
  - Double fouls: when opposing players commit rule violations at the same instant.

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- Multiple fouls: when the same team commits more than one violation of a single rule at the same instant during play or a dead ball.
- Simultaneous fouls: when a team violates more than one rule at the same instant during play or a dead ball.
- All players must remain in the court during service
- **Replay-** a replay is the act of putting the ball in play (other than at the start of the game) without awarding a point or side-out and without a rotation for the serve. A replay shall be declared when:
  - A referee's mistaken whistle interrupts play.
  - A foreign object enters the proximity of the playing area.
  - The referee determines a player has been injured.
  - After a double foul.
  - A ball is simultaneously held by opposing players.

### Coaches and Game Officials

**Coaches-** Coaches must be 18 years old, participate in a coaches orientation and other trainings. Coaches are volunteers and are expected to use good judgment. Refrain from excessive "sideline coaching" and DO NOT leave the bench area to shout instruction from the sideline. You must stay on your own bench and not yell or berate officials. After the first incident a yellow card will be issued as a warning. If the incident happens again, this will result in the issuing of a red card and a one point penalty or loss of serve. Coaches should let parents know if they are abusive or are ridiculing any player. If necessary, time is called and the parents are reprimanded at that time.

**Game Officials-** It is the responsibility of Girls Incorporated to set up referees for each game. Every effort is made to secure at least one competent referee for each game.

**Age Group Rules-** The following rules apply to each age group.

#### 6-8 Year-Olds

- Net Height: 6'6"
- Ball: Volley Lite Ball
- Serve: Behind 10 foot line (red line). Limit of 2 serves on the first serve only. The net serve shall be incorporated. See page 2 for more information.
- Games shall be played to **15** points, and the winning team must win by two points (play to a 20 point cap). A team, which has scored 15 points and has at least a two-point advantage, is the winner. If the leading team does not have a two-point advantage, play shall continue until one team has a two-point advantage or one-team scores the 20th point.
- Time limit is 15 minutes/game, and at time limit, whoever is ahead by at least one point is awarded the win.

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- Each server is allowed maximum of five consecutive serves (ages 6-8). After the fifth serve her teammate will continue serving until side out is awarded. Exception: If a team scores 10 consecutive points, the opponent is awarded the ball.

### 9-10 Year-Olds

- Net Height: 6'6"
- Ball: Volley Lite Ball
- Serve: Behind the 17-foot line (black line). Limit of 2 serves on the first serve only. The net serve shall be incorporated. See page 2 for more information.
- Games shall be played to **21** points, and the winning team must win by two points (play to a 25 point cap). A team, which has scored 21 points and has a least a two-point advantage, is the winner. If the leading team does not have a two-point advantage, play shall continue until one team has a two-point advantage or one-team scores the 25th point.
- Time limit is 15 minutes/game, and at time limit, whoever is ahead by at least one point is awarded the win.
- Each server is allowed maximum of five consecutive serves. After the fifth serve her teammate will continue serving until side out is awarded. Exception: If a team scores 10 consecutive points, the opponent is awarded the ball.

### 11-12 Year-Olds

- Net Height: 7'4 1/8"
- Ball: Volley Lite Ball
- Serve: Regulation Court. The net serve shall be incorporated. See page 2 for more information.
- Games shall be played to **21** points and the winning team must win by two points (play to a 25 point cap). A team, which has scored 21 points and has a least a two-point advantage, is the winner. If the leading team does not have a two-point advantage, play shall continue until one team has a two-point advantage or one-team scores the 25th point.
- Time limit is 15 minutes per game, and at time limit, whoever is ahead by at least one point is awarded the win.

### 13-18 Year-Olds

- Net Height: 7'4 1/8"
- Ball: Regulation volleyball.
- Serve: Regulation Court. The net serve shall be incorporated. See page 2 for more information.

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- Games shall be played to **25** points, and the winning team must win by two points (games will play until a team is up by two or time runs out for 13-18 year olds).
- Time limit is 15 minutes per game, and at time limit, whoever is ahead by at least one point is awarded the win.