

NVJCYO Volleyball Rules

NVJCYO will follow the rules as per the Official United States Volleyball (USAV) rulebook except as amended below:

Safety - No jewelry of any kind will be allowed during games. This includes watches, earrings, bracelets, necklaces, etc.

	3rd, 4th, 5th & 6th Grade Level	7th/8th Grade Level
Net Height	6'6"	7'4"
Service Line	25' (3 rd /4 th grade) 25' (5 th /6 th)	30' (all servers)
Ball	Volley Lite or Equivalent	National Federation of High School (NFHS)-certified
Warm-ups	10 minutes (1 st game) 2 minutes between games	10 minutes (1 st game) 2 minutes between games
Time-Outs	(2) 60-second per game	(2) 60-second per game
Substitutions	Continuous substitution <u>during a rotation</u> into the front left outside hitter position. Back row left position exits during substitution.	Normal substitution rules as followed by High School Federation Rules
Scoring	-Rally scoring, 25 points per game, 15 points for tiebreak game. -Must win game by 2 points, however, there will be a maximum of 27 points in games 1 and 2, and a maximum of 17 points in tiebreak game 3. -Best 2 out of 3 games wins match. -Maximum of 3 consecutive points per server	-Rally scoring, 25 points per game, 15 points for tiebreak game. -Must win game by 2 points, however, there will be a maximum of 27 points in games 1 and 2, and a maximum of 17 points in tiebreak game 3. -Best 2 out of 3 games wins match. -Maximum of 3 consecutive points per server
Playing Time	No minimum play rule, but coaches must make sure all players get appropriate play time.	No minimum play rule, but coaches must make sure all players get appropriate play time.
Serves	-Serves may be either overhand or underhand. -Ball is allowed to stay in the stationary hand during the underhand serve. No toss required. -Maximum 3 consecutive successful serves, then mandatory rotation. -2 attempts permitted on first serve after a rotation	-Serves may be either overhand or underhand. -Ball is allowed to stay in the stationary hand during the underhand serve. No toss required. -Maximum 3 consecutive successful serves, then mandatory rotation. -2 attempts permitted on first serve after a rotation
Libero	No libero	No libero

BEFORE THE MATCH:

- The referee will call a captain's meeting within 5 minutes of the scheduled start time of each match. The two team's captains will meet for instructions. Coin toss will determine team that serves first.
- Each time will provide a volunteer to be line judge. Either team will provide a volunteer to operate the scoreboard.
- If a referee is not present, coaches will provide a parent volunteer to referee.
- Teams will share the court during warm up time, including hitting and serving.

DURING THE MATCH:

- The referee will summon the starting 6 players from each team onto the court. Players will be subbed in using the continuous substitution rule into the serve position. The line-up can be changed at the start of each game.
- Breaks between games during a match will not exceed 2 minutes.
- Each team will be allowed two time-outs per game. Time-outs last 60 seconds.

BASIC RULES OF VOLLEYBALL:

- Each team is entitled to a maximum of 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. · A block of the ball at the net does NOT count as a hit. · Contact with the net by a player is not a fault, unless it interferes with the play. · A ball driven into the net may be recovered within the limits of the 3-team hits, so long as the contact with the net is within the antennae. Ball may never touch the antennae.
- A player's hands and feet are allowed to be on the centerline, but NOT across the centerline. If any other part of the player's body touches the floor on the opponent's court, it is a violation. This paragraph is dealing with hands and feet play below the net and **not above the net**.
- 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 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, and comes back to the team that hit it, they may continue to play it, as long as they are still within their 3 hit maximum.

SAFETY - No jewelry of any kind will be allowed during games. This includes watches, earrings, bracelets, necklaces, etc.

TEAM RULES:

- Players, coaches, and assistant coaches are the only ones allowed on the court sidelines.
- The coaches may stand on the sideline with the rest of their team, beyond the attack line and give instructions to players.
- Teams will normally play with 6 players on the court. A minimum of 5 players is required to start play. If a 6th player arrives, that player may enter the game 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.
- If less than 5 players are on the court 10 minutes after the scheduled game start time, the entire match is declared a forfeit and all three games are recorded as 25-0 wins for the opposing team. Teams are encouraged to split up available players and play for fun.
- **SUBSTITUTIONS:** · To promote equal playing time, continuous substitutions (upon rotation) into the front left outside hitter position is played for 3rd/4th and 5th/6th grade levels. If a team is carrying substitutes, with each rotation, the player in the **left back row** position substitutes-out and the next player on the sideline substitutes-in to the **front left outside hitter** position. For 7th/8th grade level, normal federation substitution rules apply (without libero).

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.
- Servers in grades 3rd/4th and 5th/6th may use the modified 25' service line.
- 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. Referees and line judges have the discretion as to the level of enforcement of this rule, provided it is enforced uniformly and fairly to both teams.
- If the ball, after having been tossed or released by the server, lands on the floor without touching the player, the server is allowed to re-serve. This is called a service error. The server is allowed one service error of this type per serve.
- **Each player on her first serve in a new service rotation is allowed a first bad serve and then one re-serve.**
- There is a 3 point cap on the number of serves a server can win off of her serves and then the team must rotate servers.

FACILITIES & EQUIPMENT

- Net height is to be no higher than 6' 6" for the 3rd/4th and 5th/6th Grade Levels and 7 feet 4 inches for the 7th/8th Grade.