

## **Reedley Community Services Department**

Girls Volleyball – 3<sup>rd</sup> – 5<sup>th</sup> grade

### **ADMINISTRATION**

1. All teams, participants, and coaches must confirm to and abide by all rules and regulations established by the Reedley Community Services Department and the Kings Canyon Unified School District as pertaining to the program.
2. All players and coaches participate at their own risk

### **ELIGIBILITY**

1. Should the response be such that there is a limited placement for participants then the following criteria will be used to enter participants into the program:
  - a. Those persons residing within the city limits of Reedley;
  - b. Those persons residing in the Kings Canyon Unified School District;
  - c. Others who wish to participate but do not meet the previous requirements shall be entered on a first come, first serve basis as openings permit.
2. This program is open for girls in grades 3<sup>rd</sup> – 5<sup>th</sup>.

### **UNIFORMS**

1. Exposed jewelry (wrist watches, bracelets, large or loop earrings and neck chains) or any other item judged dangerous (i.e.: bandanas) by the referee may not be worn during the game. NOTE: Any exposed metal may be considered legal if covered by soft material and taped.
2. All players must wear tennis shoes with a pliable synthetic or rubber sole.
3. Team shirts must be tucked in and worn at all competitions.

### **COACH**

1. There will be a limit of no more than 2 practices per week during the preseason and no more than 1 practice a week once games begin.
2. Coaches may not use any player other than those assigned by the Community Services Department. Only players registered with the Community Services Department may participate in practices. No exceptions.

3. Coaches may not do any switching of players.
4. Only the head coach can call a time out. Time outs can only be called in dead ball situations.
5. If a player consistently misses practices or games, contact the Recreation Office and explain the situation. The recreation office must be notified before any action is taken with a player.
6. Discipline problems will be referred to the Community Services Department office.
7. Each team is allowed 1 (one) head coach and 1 (one) assistant.
8. Only coaches registered with the Community Services Department can be on the court or sit on the bench.

#### **PRE GAME PROCEDURES**

1. Court Set up will be taking care of by officials and site staff
2. A conference will be conducted between the coaches and captains prior to the start of the game.
3. A coin toss will also be conducted prior to the start of the game.
  - a. The visiting captain calls the coin toss.
  - b. The winner has choice between serve or court. At the start of the second game the loser of the coin flip will serve first.
  - c. Before the start of the third game the referee will conduct another coin toss.

#### **MATCH**

1. A match will consist of best two out of three games. The first team to win two games shall be the winner of the match.
2. The third game will be played if necessary
3. For game two in a three game match teams shall change sides when directed by the referee.

## **SCORING**

1. Rally scoring will be used, first two games being scored to 25 and the third being scored to 15.
2. There will be a point scored on every serve of the ball.
3. Offense will score on a defensive miss or out of bounds hit.
4. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
5. Team must win by two points

## **ROTATION**

1. A team with less than six players to start the match will forfeit. Mix teams and play a practice game.
2. When a side-out is awarded to a team, that team shall rotate clockwise one position.
3. Due to illness or injury a five man rotation will be allowed, if less than six players are on the court because of disqualification a side out will be awarded to the other team.
4. Clockwise rotation shall occur following each team completing their first round of serves.

## **SERVING**

1. The server shall hit the ball with one hand, first or arms while the ball is held.
2. A re-serve shall be called when the server drops the ball to the floor or catches it before service. The server is allowed one additional serve.
3. Each server will continue to serve until the referee calls a "side out".
4. The serve is given from the right back position.
5. A served ball is dead when the ball passes under the net.
6. All players may serve at the second white line approx. 3 feet from the original serve line.

7. Each player will have two (2) opportunities to serve. If they are unsuccessful in each serve then the non-serving coach will toss a free ball over the net to their players.
8. A ball contacting and crossing the net even when served shall remain in play provided there is forward motion over the net.
9. Blocking a served ball is not permitted.

#### **PLAYABLE OVERHEAD OBSTRUCTIONS**

1. A ball striking the ceiling or overhead obstruction above a playable area shall remain in play provided the ball comes in contact with the obstruction on the side occupied by the team that last played the ball.
2. The referee should stop play when:
  - a. A wall, floor obstacle or non-player interferes.
  - b. A player breaks the plane of a non-player area.
  - c. A player gains advantage by contacting any floor obstacle.
  - d. It is necessary to prevent player injury.
  - e. The ball contacts any part of a backboard, which hanging in a vertical position.
3. At the discretion of the official if the ball would have remained in play had the obstruction not occurred than a replay is granted, in all other situations a point or side-out is awarded to the opponent.

#### **OUT OF BOUNDS**

1. A ball is out of bounds if:
  - a. It touches a wall or object without interfering with the ability to play the ball
  - b. Touches the floor
  - c. Touches the antennas or does not pass over the net completely
  - d. Touches or enters a on playable area
  - e. Touches a non-player who is not interfering with a player's legitimate effort to play the ball.

## **SCREENING**

1. Players on the serving team are not allowed to prevent receivers from screening the contact of the server and or path of the served ball. Potential screens exist:
  - a. When a player(s) on the serving team waves arms, jumps, moves sideways or stands close to the server, and the ball is served over the player(s).
  - b. When a group of two or more teammates stands closer together, and the ball is served over them.
  - c. A side out is awarded to the opponent in the event a screen.

## **TIMEOUTS**

1. Each team will receive two times per game, 1 minute in length.
2. The game will resume after a time-out when the team calling the time-out is ready to play, even if it is less than a minute.
3. Officials' time-outs are those taken by officials for any reason they deem necessary.
4. In the event of an injury/illness during the game, the referee may interrupt play and call an official's time-out.

## **GENERAL RULES**

1. A pass is a play in which the ball is hit into the air so that another player can play the ball.
  - a. Forearm pass, overhead pass or setting, set-two, or a dig
2. An attack is while on the front half of the court, hitting the ball from above the height of the net to the other side.
  - a. Spike, tip, dump, or over head pass
3. A block is a play approximately arm's length from the net in which a player whose hands is raised above the head, contact the ball near the top of the net in an attempt to prevent the ball from crossing the net, return the ball back, or change the motion of the ball.
4. Substitutions will occur during the rotation after a side-out.

## UNSPORTSMANLIKE CONDUCT

### **BY coaches, assistants, parents, or spectators**

Any act that is damaging to the goals of good sportsmanship, cursing directed at anyone, excessive yelling, any physical contact or threat of contact. Any conduct that shows intent to disrupt the flow of the game can and will result in a team forfeiting a game. If continued, coach or assistant will be asked to leave the program. **NO EXCEPTIONS!**

***Mission of Youth Sports Program-*** Our league is designed as a recreation league in which everyone that signs up **plays**. It is **not** a competitive league, nor designed to be a competitive league. The league is structured to allow youth an opportunity to recreate, learn basic skills and most of all just have **fun**.

Youth sports rules are available at [www.reedley.com](http://www.reedley.com)