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Purpose of YMCA Sports

The sports program is designed to be an aid and tool in the development and growth of the participants. The YMCA is not a building, athletics field or just the sports department’s staff; it is an association of people, a “fellowship of persons united by a common loyalty to Jesus Christ for the purpose of developing Christian personalities and building a Christian society”. The YMCA is not just a sports association; however the YMCA does use sports as one of its programs to foster physical, mental, and spiritual growth. The attainments of exceptional athletics skills and the winning of games, though important, are secondary – the molding of future men and women is the goal.

Purpose of YMCA Volleyball

The activities around volleyball are merely a vehicle by which we, as concerned adults, utilize Christian models to work with young people. The program purpose is:

1. Development and building of self esteem;
2. Development and teaching of physical skills, fitness, and health;
3. Development of social skills and relationship among participants;
4. Support and strengthen family life;
5. Development of responsibility, decision making, and leadership;
6. Creation of a unique and enjoyable leisure family activity.

Winning Games

Keep winning in perspective: Winning games are only one of the many goals which are important in sports. Help players, and their parents, become aware of other important goals: Learning skills, becoming better physically fit, being a good leader and a good follower, dealing with the emotions of sports and having fun!

YMCA Pledge and Procedures

Teams may warm up prior to the start of the game. Before each game the referee will blow the whistle signaling for the teams to line up at mid court. Each team will line up shoulder-to-shoulder facing the opposing team. The referee will then ask the teams to repeat the YMCA pledge after reciting one line at a time.

Coach	Win or lose, I pledge before God,
OOOOOOOOOO	To play the games as well as I know how,
Referee	To obey the rules,
XXXXXXXXXX	To be a good sport at all times,
Coach	And to improve myself,
	In spirit, mind and body.

The referees will then thank the teams, give them any pre-game instructions, and will be able to inform the coaches of any necessary information. When this is done, the teams may move to their bench area and take their positions on the court.

“Now, You are a Coach”

For your players, you, the coach is the single most important leader. You will help the players have fun, learn skills, develop sportsmanship, and discuss values in a meaningful way.

□ **You will:**

- ✓ contact parents and players;
- ✓ conduct parent/players meeting;
- ✓ look at yourself and explore your own motivations, values and goals;
- ✓ listen to and share with other adult leaders;
- ✓ recruit players through your team to complete your roster, if needed;
- ✓ set practice days with start and finish times, plus location;
- ✓ explain your discipline procedures for behavior problems, missed practices, etc., (nothing to severe, unless cleared with the sports director);
- ✓ stress parental and player conduct during a game;
- ✓ inform parents about volleyball equipment, kneepads, water, leather ball, good fitting shoes. Each player is responsible for their own equipment;
- ✓ require clean uniforms for every game;
- ✓ stress the need for players to maintain good school grades;
- ✓ get parents involved; at practice, line judge, team mom, etc.;
- ✓ verify your roster, making sure all players information is correct, pass on any corrections to the YMCA Sports Department;
- ✓ have question and answer periods after every practice and game.

□ **Conduct Practice Session:**

- ✓ get to know your players and parents personally;
- ✓ help your players set goals and work towards them;
- ✓ lead discussions by asking questions and introducing problems and situations for players to deal with;
- ✓ teach volleyball skills and physical fitness;
- ✓ build team work;
- ✓ enjoy yourself and let your players know it.

□ **Game Responsibilities:**

- ✓ see that your players are present and ready to play;
- ✓ pre-game warm-ups;
- ✓ introduce yourself to the game official and the opposing teams coach;
- ✓ control player and parent behavior during and after the game

- ✓ coach and encourage your team during the game, Do Not Try and Officiate the Game From the Sideline!!!!!! If you would like to officiate please call the sports department 817.801.1400.

Coaching Objectives

Players learn through playing the game. In all practice or learning situations, every player should be exposed to the demands made by the game. Every player should be confronted by enjoyable challenges he/she is able to cope with. They should experience success in coping with these challenges and only then should they be exposed to more challenging and more stressful situations. Everyone can play, but not everyone is talented enough to learn advanced techniques and skills. More naturally gifted players need to be exposed to more challenging situations than the less gifted players.

THIRD/FOURTH GRADE

1. This is a ball.
2. This is the net.
3. Put the ball over the net with three hits (by more than one person) or less.
4. Serve! Serve! Serve!
5. Pass! Pass! Pass!
6. Start to learn the basic concepts of the game.
7. Call the ball.

FIFTH GRADE

1. See Third/Fourth Grade.
2. Develop complete and proper technique for passing and setting the ball.
3. Ball control, passing the ball to teammates or an open area across the net.
4. All players should be able to serve the ball over the net and in bounds with consistency. Some will begin working on their overhand serve.
5. Call the Ball, court coverage.

SIXTH GRADE

1. See Fifth Grade.
2. Full court regulation volleyball!!
3. CALL THE BALL!
4. Develop the setting position.
5. Work on hitting.
6. Work on the 3-hit concept, no more jungle volleyball!
7. All players should be working on their overhand serve; service line will be 23' for sixth grade.

SEVENTH & EIGHTH GRADE

1. See Sixth Grade
2. Bump, Set, Spike! Please teach your players the way volleyball was meant to be played. Practice hitting (spike) and setting the ball so your players will be more comfortable doing it in a game.
3. Service line is regulation 30', encourage overhand serve, but let's put the ball in play. This is something you can work on through out the season.
4. Serve and receive, coach offense and defensive (just start with the basic). If you are not sure how to, please come to the coaches training.
5. Make your players more aware of the rules of the game.
6. Good Sportsmanship

NINTH – TWELVETH GRADE

1. See all of the above.
2. Team commitment, we know how busy high schools girls can be but you are not asking for a lot of their time. This is a Team Sport. Your team needs to be at practice and the games.
3. We are trying to set and hit every ball.
4. Overhand serve.

These “Coaching Objectives” are here to help you and your teams have a wonderful successful season. Your team may or may not be ready for some of the objective for their age. Fill free to adjust as you see needed to fit your team. Good luck on a great season!

Disciplinary Actions

The YMCA understands the necessity of a coach being permitted to discipline a player. The YMCA will allow this in regards to disruptive behavior at practice or games and practice absences. If the coach elects to utilize this disciplinary option as a teaching method, he/she must abide by the following procedures.

1. Clearance with the Sports Director at the YMCA.
2. Discuss the situation with the parents.
3. Notify the opposing coach prior to the start of the game.
4. Clearance is for one game only, each offense must be processed.

NOTE: This action is to deter a habitual action, not a single unavoidable circumstance.

Any player arriving late for the game may lose their spot in the rotation. This is the coach’s decision.

Ejected

If a player, coach, or a fan is ejected from a game, the head coach must notify the Sports Director within 48 hours. Failure to report an ejection may result in further action taken against the head coach. The player, coach, or fan will be placed on probation for the remainder of the season and will receive a one game suspension to be served at the next game. If the same player, coach, or fan endures a second ejection during the season he/she could face the possibility of being suspended for the remainder of the season depending on the nature of the offense. The YMCA of Arlington Sports Department **will not** issue refunds to any player, coach, or fan ejected from a game or any one involved in a suspended game or season.

Mini Volleyball Rules Boys & Girls 3rd-4th Grade

Starting at 3rd grade players may participate in Mini-Volleyball. Playing the game gives them a chance to develop an interest in the sport of volleyball, and hopefully lead them to discover and appreciate regulation volleyball. The YMCA of Arlington volleyball program will utilize the National Federation of State High School Volleyball Rule Book and the rules listed below.

1. **Teams:** A team may consist of players and coach(es). Only the team members recorded on the roster may participate in the match
2. **Coin Toss:** Before the match the referee conducts a pre-match conference and coin toss in the presence of the two teams. The visiting captain shall call the toss and the winner shall choose either to serve or receive
3. **Playing area, Net, Ball:**
 - a. The playing area shall be 20’ wide and 30’ long. A net divides the playing area in two equal courts 20’ x 15’.
 - b. The height of the net shall be 6’ for 3rd grade and 7’ for 4th grade.

- c. Home team shall provide a game ball that meets the criteria as specified by the official rules.
4. **Number of Players, Position and Rotation:**
- Number of Players:** A team consists of four players on the court and substitutes. A minimum of three players will be required to start a match. If a team has fewer than three players due to illness, injury, or disqualification after the start of the match, they shall continue to play.
 - Position:** The players of a team will position themselves within their court in such a manner that there will be two front-row players, and two back-row players at the time the ball is served. The right back position will be the serving position.
 - Rotation:** When a loss of rally occurs, the team preparing to serve shall rotate clockwise one position.
5. **The Service:** The service is the act of putting the ball in play. This is always done by the right back-row player, who hits the ball with one hand or arm from the service zone.
- The server may move freely within the service zone. At the moment of the service hit or take off for a jump service, the server must be completely in the service zone and not touching the court, including the end line, nor the playing surface outside the zone. After the service, the player may step or land outside the zone including the court.
 - The server must contact the ball within five seconds after the referee whistles for service.
 - A service executed before the referee's whistle is canceled and repeated.
 - A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The referee shall cancel the serve and direct a second and last attempt at serve. The server is allowed a new five seconds for the serve.
 - If the service is to be considered good, the ball may not touch a player or any object above or to the side of the playing area. Also, the ball may not touch the ground outside the playing area. A maximum of six consecutive points may be scored by any one server. When this accrues, the serving team shall retain the serve but one full rotation must take place.
 - The players of the serving team must not screen the opponents from seeing the server or the path of the ball. (Screening)
6. **Hitting the ball During Play:** Legal contact is a touch of the ball by a player's body above and including the waist which does not allow the ball to visibly come to the rest or involve prolonged contact with a player's body.
- After a maximum of three contacts the ball must be sent over the net.
 - The ball may not be contacted by the same player twice consecutively, except blocking. The ball may not be caught, pushed, carried or held.
 - The ball may not; touch the ground, any object above or to the side of the playing area, the ceiling on the opponents side of the court.
7. **Play at the Net:**
- The players may not touch the net when playing the ball. Insignificant contact with the net by a player not involved in the act of playing the ball will be allowed.
 - Players are permitted to penetrate the opponent's court beyond the centerline with the hand as well as the foot provided some part of the penetrating hand or foot remains either in contact with or directly above the centerline.
 - The ball may touch the net. Only when defending their own court (blocking) may players reach over the net. If the ball touches one or more players forming the block, it will not be counted as a hit for the blocking team.
 - If two opponents touch the ball simultaneously above the net, the receiving team has the right to three hits.
8. **Interruption of Play:**
- After the service, the ball is played until the referee blows the whistle.
 - Time-outs may only be requested by the coach or the team captain and only if the ball is "dead". Each team may take two time-outs of one minute each per game.
 - If a match has to be interrupted because of circumstances that could not be foreseen, the match will be resumed with the score and the line-up given at the time of the interruption. However, this applies only to those cases where the period of interruption does not exceed one hour. If the delay exceeds one hour, the score will be canceled and the match will be replayed.
9. **Scoring/Rally Scoring/Winning a Game and Match:**
- A point shall be scored by the opponent each time a team commits a fault.
 - If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally it scores a point and gains the serve. Each time a team gains the serve, it must rotate one position clockwise before serving.

- c. A team wins a game by scoring 25 points with a two-point advantage. In the event of a 26-26 tie, the team scoring the 27th point wins a non-deciding game with a one-point advantage (27 point cap). A 15-point deciding game with no point cap. Best two out of three games win the match.

10. **Conduct of the Match:**

- a. The match is conducted by a referee. He/she takes care that the rules are not violated and ensures that the match will be played correctly and keeping with fair play principles.
- b. The referee conducts the match by blowing the whistle to initiate the play and to interrupt the match in case of violations of the rules.
- c. The referee and the YMCA of Arlington demands that coaches, players, and fans behave in a sportsmanship like manner. In case of serious offenses or if an offense is repeated the referee may disqualify the coach, player, or fan for the remainder of the match.

Volleyball Rules Boys & Girls 5th – 12th Grade

Rule 1 The Game

SECTION 1 DEFINITION

ART. 1...Volleyball is a game played by two teams of six players each with an inflated ball on a rectangular court separated into two areas by a net. One team serves the ball over the net, trying to make it land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area.

SECTION 2 SCORING POINTS

ART. 1...A point shall be scored by the opponent each time a team commits a fault.

ART. 2...If the serving wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve. Each time a team gains the serve, it must rotate one position clockwise before serving.

SECTION 3 PRE-MATCH CONFERENCE AND COIN TOSS

ART. 1...A conference shall be conducted with a coach and the captain from each team prior to timed warm-ups.

ART. 2...A coin toss shall be conducted between the captains of each team prior to timed warm-ups and, if necessary, prior to the deciding game of a match. The visiting captain shall call the toss. The winner shall choose either to serve or receive.

ART. 3...If necessary prior to the deciding game of a match the home captain shall call the toss. The winner shall choose to serve/receive or the playing area. The loser of the toss shall be given the remaining choice.

SECTION 4 TERMINATION OF GAME

ART. 1...A team that scored 25 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. In a non-deciding game (game one or two of the match) 21 their shall be a point cap of 27. Example: Team A 27; Team B 26; Team A shall be declared the winner.

SECTION 5 MATCHES

ART. 1...A match shall consist of the best two-out-of-three games. The first team to win two games shall be the winner of the match. The third game shall not be played unless it is necessary to determine the winner of the match. The third game shall be played to 15 points with a two-point advantage, no point cap.

Rule 2 The Court

SECTION 1 THE COURT AND MARKINGS

ART. 1...The court shall be 60 feet long and 30 feet wide, measured to the outer edges of the boundary lines.

ART. 2...A centerline, 2 inches wide, parallel to and equidistant from the end lines, shall separate the court into two playing areas.

ART. 3...An attack line, 2 inches wide, shall be drawn across each playing area from sideline to sideline, the midpoint of which shall be 10 feet from the midpoint of the center line and parallel to it.

SECTION 2 PLAYABLE OVERHEAD OBSTURCTIONS

ART. 1...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 last played the ball, and the ball is legally played next by the same team.

SECTION 3 OUT OF BOUNDS

ART. 1...A ball is out of bounds and becomes dead when it:

- a. Touches a wall, objects mounted flush with a wall, or objects on the floor outside the court without interfering with a player's legitimate effort to play the ball;
- b. Touches the floor completely outside the court's boundary lines;
- c. Touches the net antennas or does not pass over the net entirely between the net antennas;
- d. Touches the net cables or net completely outside the antenna, net supports or referee's platform;
- e. Touches a non-player who is not interfering with a player's legitimate effort to play the ball;
- f. Touches the ceiling or overhead obstructions beyond the vertical plane of the net and its out-of-bounds extension;
- g. Touches or enters (from the direction of the court) a non-player area such as adjacent courts scheduled for play, bleachers, benches, officials table, etc.
- h. Touches any part of a backboard, which is hanging in a vertical position, over a playable area if it is a served ball or, in the judgment of the official, the ball would not have remained in play if the backboard had not been there. Supports are considered part of a backboard.

PENALTY: Loss of rally/point is awarded the opponent.

Rule 3 Game Equipment

SECTION 1 THE NET

ART. 1...Net placement shall be such that the net crosses the court midway between and parallel to the end lines. The height of the net 7 feet, 41/8 inches measured at the center of the net. The net measured at the ends shall not exceed this height by more than 3/4 inch.

SECTION 2 THE BALL

ART. 1...The ball shall be spherical with a lace less molded cover of 12 or more pieces (all of which shall be white) of genuine simulated smooth leather. It shall measure at least 25 inches but no more than 27 inches in circumference, with a weight of 9-10 ounces when inflated with 4.3-4.6 pounds per square inch of air pressure.

ART. 2...The home team shall provide the game ball.

ART. 3...The ball shall include the NFHS Authenticating Mark. A current list of NFHS authenticated products can be found on the web site, www.nfs.org.

SECTION 3 TEAM BENCHES

ART. 1...Team benches shall be on the same side of the court as the officials' table.

Rule 4 Player Equipment and Uniform

SECTION 1 EQUIPMENT

ART. 1...A guard, cast or brace made of hard and unyielding leather, plaster, pliable plastic, or metal or any other hard substance, even though padded, is not permitted on the finger, hand, wrist or foreman.

ART. 2...Supports/braces are permitted on other parts of the body (an elbow brace shall not extend more than halfway down the forearm) if in the judgment of the referee, they are not considered dangerous. The referee shall, however, require a support/brace to be covered or padded if a sharp edge or point is exposed.

ART. 3...Any equipment that in the judgment of the referee increases a player's advantage or presents a safety concern is prohibited.

ART. 4...Hair devices made of soft material may be worn to control the hair. Hair adornment made of soft material and no more than 2 inches wide may be worn.

ART. 5...Jewelry shall not be worn by players during warm-ups and/or competition. Medical-alert medals are not considered jewelry and must be worn under the uniform and taped to the body.

PENALTIES:

1. When a player wearing illegal equipment attempt to enter the game, unnecessary delay shall be assessed the team. The player shall not enter game until the illegal equipment is removed or made legal.
2. When a player wearing illegal equipment is discovered in the game, unnecessary delay shall be assessed the team. If the team has a time-out remaining, the player may remain in the game provided the illegal equipment is removed or made legal during the time-out period. If the team has no time-outs remaining, loss of rally/point shall be awarded the opponent. The player shall be removed unless the illegal equipment is removed or made legal immediately.
3. For subsequent violations by the same team during the match, loss of rally/point shall be awarded the opponent.

SECTION 2 LEGAL UNIFORM

ART. 1...All players on a team shall wear like-colored uniforms. The uniform also may include compression shorts that are unadorned and of a single color similar to the predominant color of the uniform bottom.

ART. 2...Each player shall be identified by a number on the uniform top, which is not a duplicate of a teammate's number.

ART. 3...If a visible number is worn on the uniform bottom, it shall be the same number as on the uniform top.

ART. 4...Appropriate-playing shoes shall be worn.

ART. 5...If undergarments such a T-shirts, body suits, sports bras, etc. are worn in such a manner that they are exposed, they shall be of a single color similar to the predominant color of the uniform top.

ART. 6...Players shall not wear undergarments or tights, which extend below the uniform bottom.

Rule 5 The Team: Composition and Positions

SECTION 1 TEAM PLAYERS

ART. 1...A team shall consists of six players to begin the match. If a team has fewer than six players to begin the match, a forfeit shall be declared.

ART. 2...If a team has fewer than six eligible players due to illness, injury or disqualification after the start of a match, it shall continue play.

SECTION 2 THE CAPTAIN

ART. 1...A playing captain shall be designated by each team, and this is the only player who may communicate with officials. If this player is replaced by a substitute, the coach shall designate another player as captain who shall remain as such until substituted for or until the original playing captain returns to the game.

ART. 2...During any dead ball, the playing captain may request the following for his/her team:

- a. Time-out;
- b. Verification of time-outs used;
- c. Verification of serving order;

The playing captain may request verification of the proper server for the opponent, and, if a signal is missed, ask the referee to repeat the call.

SECTION 3 PLAYER POSITIONS

ART. 1...The position of players in order of the serve shall be Right Back, Right Front, Center Front, Left Front, Left Back, and Center Back (see court diagram).

ART. 2...At the moment of serve:

All players, except the server, shall be within the team's playing area and may be in contact with the boundary lines or centerline, but may not have any part of the body touching the floor outside those lines.

All players shall be in correct serving order. Each right-side player shall have at least part of one foot touching the floor closer to the right sideline than both feet of the center player in the corresponding row (except the server and the center back of the serving team). Each left side player shall have at least part of one foot touching the floor closer to the left sideline than both feet of the center player in the corresponding row.

Each front-row player shall have at least part of one foot touching the floor closer to the center line than both feet of the corresponding back row player.

After the ball is contacted for the serve, players may move from their respective positions.

ART. 3...When a loss of rally occurs, the team preparing to serve shall rotate clockwise one position including their bench. A point is awarded as this team rotates.

PENALTIES:

1. For illegal alignment, loss of rally/point is awarded to the opponent for:
 - a. Overlapping by players other than the server at the moment a legal serve occurs;
 - b. Positioning, at the moment of a legal serve, of any player, other than the server, outside the boundaries of the playing area.
2. For an improper server, loss of rally shall be awarded as soon as the improper server is discovered and verified.
 - a. When an improper server is discovered prior to the contact of the first serve by the opposing team, all points earned by the improper server shall be canceled.
 - b. When an improper server is not discovered until after the serve has alternated and the first serve has been contacted, there shall be no cancellation of points, and no penalty is assessed.
 - c. Proper serving order shall be regained immediately.

SECTION 4 SCREENING

ART. 1...Players on the serving team shall not take action to prevent receivers from seeing the contact of the serve and/or path of the served ball. Potential screens exist, but are not limited to:

- 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 stand close together, and the ball is served over them.

PENALTY: A loss of rally/point is awarded to the opponent.

Rule 6 The Serve

SECTION 1 DEFINITION

ART. 1...A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, fist or arm while the ball is held, or after the server releases it. The ball shall be contacted within five seconds after the referee's signal to serve.

ART. 2...The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving boundary lines, having left the floor from within the serving area.

ART. 3...A team's term of service begins when a player assumes the right back position as the server and ends when a loss of rally is awarded.

ART. 4...A player's term of service begins when the player assumes the right back position as the server and ends when a loss of rally is awarded or a substitution for the player is made prior to the end of the team's term of service. Each player may have only one re-serve during a team's term of service.

ART. 5...A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The referee shall cancel the serve and direct a second and last attempt at serve. The server is allowed a new five second for the re-serve.

A re-serve is considered to be a part of a single attempt to serve. Therefore, after the referee's signal for service, no requests (e.g., time-out, service order, lineup, substitution, etc.) may be recognized until after the ball has been served.

SECTION 2 GENERAL

ART. 1...The first server of the game is the right back position. Thereafter, when a team is awarded a loss of rally, the player in the right front position rotates to the serving area.

ART. 2...A team continues serving until it loses the rally or the game ends.

ART. 3...The serve alternates when the serving team loses the rally.

ART. 4...The team not serving first in the previous game of a match shall serve first in the second game.

ART. 5...A serve is illegal and the ball remains dead if the server:

- a. Hits the ball illegally; (signals 3, illegal hit)
- b. Is touching the end line or the floor outside the serving area when the ball is contacted; (signal 2, line violation)
- c. Does not contact the ball to serve within five seconds; (signal 4, delay of service)
- d. Is out of serving order or is from the wrong team; (signal 1, illegal alignment/improper server)
- e. Deliberately serves before the referee's signal to begin the serve; (Unsportsmanlike Conduct)
- f. Releases the ball for service, then catches it or drops it to the floor more than once during one term of service.

ART. 6...A served ball is a service fault and becomes dead when the ball:

- a. Does not legally cross the net; such as when the ball;
 1. Passes under the net;
 2. Touches one of the server's teammates;
 3. Touches the floor on the server's side of the net.
- b. Crosses the net not entirely between the net antennas, or lands out of bounds;
- c. Touches the ceiling or any obstruction.

ART. 7...When a receiving team player is out of position on the serve and:

- a. The ball is served illegally, the serving team is penalized;
- b. A service fault occurs, the receiving team is penalized.

PENALTIES:

1. For an illegal serve, a service fault, or the receiving team being out of position when there is an illegal serve, loss of rally/point is awarded the receiving team.
2. For the receiving team being out of position when there is a service fault, a point is awarded the serving team.
3. For the server having a second re-serve during team's term of service, a loss of rally/point is awarded the receiving team.

Rule 7 During Play

SECTION 1 TEAM BENCHES

ART. 1...All non-playing team members, including coaches, assistant coaches and other team personnel shall be seated on the designated bench during the game.

SECTION 2 COURT PROTOCOL

ART. 1...For game two in a three-game match, teams shall change playing areas and benches immediately when directed by the referee.

ART. 2...After each game, teams shall line up on their respective end lines.

- a. When directed by the referee to change courts, the non-playing team members proceed immediately to their new team benches, and the players proceed counterclockwise along the sidelines past the standard to their new team benches.
- b. When directed to do so by the referee, the teams proceed immediately to their respective team benches.

SECTION 3 LIVE AND DEAD BALLS

ART. 1...A live ball is in play; from the moment the ball is legally contacted by the correct server until a dead ball occurs.

ART. 2...A dead ball is declared by an official for any decision temporarily suspending play until the ball is legally contacted again for the serve.

ART. 3...A live ball becomes dead when:

- a. The ball touches the net antennas or does not pass entirely between the net antennas;

- b. The ball lands out of bounds;
- c. The ball contacts the ceiling or an overhead obstruction and is not legally played next by the offending team;
- d. The ball contacts the ceiling or an overhead obstruction after the third hit;
- e. The ball contacts a wall or ceiling obstruction which is over a non-playable area;
- f. The ball becomes motionless in the net or on an overhead obstruction;
- g. The ball touches the floor;
- h. The ball passes completely under the net;
- i. The ball contacts a non-player in a playable area;
- j. A ball (from the direction of the court) breaks the plane of a non-playable area and goes beyond the legal reach of a player;
- k. An official's whistle sounds.

SECTION 4 CONTACTING THE BALL

ART. 1...A contact is any touch of the ball by a player (excluding the player's hair).

ART. 2...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's side of the court.

ART. 3...A team shall not have more than three hits before the ball crosses the net into the opponent's playing area. When the team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first hit.

ART. 4...A ball is considered to have crossed the net when:

- a. It has passed beyond the vertical plane of the net;
- b. It is partially over the net and is contacted by an opponent;
- c. No part of the ball has crossed the net, and it is legally blocked.

ART. 5...Legal contact is a touch of the ball by a player's body above and including the waist, which does not allow the ball to visibly come to rest or involve, prolonged contact with a player's body.

ART. 6...Simultaneous contact is more than one contact of the ball made at the same instant.

- a. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
- b. When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block which does not count as a hit). Any player may make the next hit.
- c. A "joust" occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A "joust" is not a foul, and play continues as if the contact was instantaneous.
- d. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.

ART. 7...Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not have successive contacts of the ball unless there is:

- a. Simultaneous contact by teammates;
- b. Simultaneous contact by opposing players;
- c. Successive contacts by a player whose first contact is a block; then the second contact shall count as the first hit by the player's team.

ART. 8...Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:

- a. When the first ball over the net rebounds from one part of the player's body to one or more other legal parts in one attempt to block;
- b. On any first team hit whether or not the ball is touched by the block.

PENALTIES:

- 1. Loss of rally/point is awarded to the opponent when a team has more than three hits;
- 2. Loss of rally/point is awarded to the opponent when there is any illegal contact, illegal successive contacts and/or illegal multiple contacts of the ball.

SECTION 5 PLAYER ACTIONS

ART. 1...Definitions

- a. Pass—A play in which the ball is hit into the air so another player can get into position to contact the ball
 - 1. Forearm pass—a controlled skill; generally used as a team's first hit, in which the ball rebounds from the forearms of the receiver to a teammate.
 - 2. Overhead pass (setting action)—two-hand finger action directing the ball

3. Set—two (or one) hand finger action directing the ball to an attacker.
 4. Dig—an underhand or overhead defensive saving skill in which the ball is contacted by the forearms, fists, or hands.
- b. Attack—Any action other than a block or a serve that directs the ball toward the opponent’s court. A team’s third hit is always considered an attack. A completed attack occurs the instant the ball completely crosses the vertical plane of the net, or is legally blocked.
1. Spike – An attack play in which the ball is forcibly hit into the opponent’s court with a one-hand overhead motion.
 2. Tip – a fingertip attack on the ball, which directs the ball into the opponent’s court.
 3. Dump – a fingertip attack most commonly used by a setter on the second hit to direct the ball into the opponent’s court.
 4. Overhead pass – two-hand finger action directing the ball over the net.
- a. Block – the action of a player(s) close to the net that deflects the ball coming from the opponent by reaching higher than the top of the net at the moment of contact. A block may involve wrist action provided there is no prolonged contact.
1. Block attempt—the action of blocking without touching the ball. An attempt to block does not constitute a block.
 2. Completed block—when the ball is touches by a blocker. Only front row players are permitted to complete a block.
 3. Collective block—a block executed by more than one blocker in close proximity. It is completed when one of the players touches the ball. It is a blocking fault if a back-row player participates in a completed collective block.

ART. 2...Front-row players may contact the ball from any position inside or outside the court provided the ball has not completely crossed the vertical plane of the net or the net extended.

ART. 3...Back-row players, while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.

ART. 4...A back-row player, on or in front of the attack line, cannot contact the ball completely above the height of the net, and complete an attack.

ART. 5...A back-row player shall not:

- a. Participate in a completed block;
- b. Attack a ball which is completely above the height of the net while positioned:
 1. On or in front of the attack line or its out-of-bounds extension;
 2. In the air, having left the floor on or in front of the attack line.

NOTE: A foul shall not be called on a back-row player until the ball is considered to have crossed the net.

ART. 6...A player may touch the floor across the centerline with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the centerline. Contacting the floor across the centerline with any other part of the body is illegal.

ART. 7...A player may cross the extension of the centerline outside the court at any time provided he/she does not interfere with play by the opposing team. While across the centerline extension outside the court, any player may play a ball that has not completely crossed the vertical plane of the net extended.

PENALTIES: Loss of rally/point is awarded the opponent for an illegal hit, centerline violation or back-row player foul.

SECTION 6 NET PLAY

ART. 1...A ball contacting and crossing the net, shall remain in play provided contact is entirely within the net antennas. A serve contacting and crossing the net shall remain in play providing that the ball is entirely within the net antennas.

ART. 2...Recovering a ball hit into the net shall be permitted.

ART. 3...A player shall not contact a ball, which is completely on the opponent’s side of the net unless the contact is a legal block.

ART. 4...Blocking a ball that is entirely on the opponent’s side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the:

- a. Attacking team has completes its three allowable hits;
- b. Attacking team has had the opportunity to complete the attack or, in the official’s judgment, directs the ball toward the opponent’s court;
- c. Ball is falling near the net and, in the official’s judgment; no member of the attacking team could make a play on the ball.

ART. 5...Blocking a served ball is not permitted.

ART. 6...A ball may be attacked, excluding a served ball, when it has partially crossed the net. Attacking a served ball while the ball is completely above the height of the net is not permitted.

ART. 7...A net foul occurs while the ball is in play and:

- a. A player contacts any part of the net including net cables or net antennas. It is not a foul when a player’s hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player;
- b. A player gains an advantage by contacting the floor/wall cables, standards or referee’s platform;
- c. There is dangerous contact by a player with the floor/wall cables, standards or referee’s platform.

PENALTY: For a net foul or over the net foul, loss of rally/point is awarded to the opponent.

SECTION 7 FOULS

ART. 1...A foul is a failure to play as permitted by the rules.

ART. 2...A double foul occurs when opposing players commit rule violations at the same instant.

ART. 3...A multiple foul occurs when the same team commits more than one violation of a single rule at the same instant during play or dead ball.

ART. 4...A simultaneous foul occurs when a team violates more than one rule at the same instant during play or dead ball.

ART. 5...A double hit occurs when a player's successive or multiple contacts are illegal.

ART. 6...A foot fault occurs when a player violates the serving area or centerline restrictions.

PENALTIES:

1. For a single foul e.g., double hit or foot fault, loss of rally/point is awarded to the opponent.
2. For a double foul during a:
 - a. Live-ball play, a replay is called;
 - b. Dead ball, the penalty is assessed against the serving team followed by the receiving team with both teams rotating.
3. For a multiple foul, only one penalty is assessed loss of rally/point.
4. For a simultaneous foul during a:
 - a. Live-ball play, only one penalty is assessed;
 - b. Dead-ball, all applicable penalties are assessed.

SECTION 8 REPLAY

ART. 1...A replay is the act of putting the ball in play without awarding a loss of rally/point and without a rotation for the serve. A replay shall be declared when:

- a. An official's mistaken whistle interrupts play;
- b. A double whistle occurs on the serve;
- c. A player unintentionally serves the ball prior to the referee's signal to serve;
- d. There is a double foul during a live ball;
- e. There are conflicting calls, which the referee cannot resolve.
- f. The ball contacts a backboard or its supports hanging in a vertical position over a playable area and, in the judgment of the official, the ball would have remained in play had the backboard not been there, and a player is able to make a legitimate play for the ball.

SECTION 9 UNNECESSARY DELAY

ART. 1...Unnecessary delay includes, but is not limited to when:

- a. A team is not immediately ready to start play when indicated by the official;
- b. Delay results from a substitute attempting to enter, or when a player in the game is wearing illegal equipment of an illegal uniform;
- c. A coach/captain makes excessive requests for the serving order;
- d. A team delays substitution;
- e. A team repeatedly uses illegal substitution procedure;
- f. A coach does not make a decision about an injured player within 30 seconds;
- g. A team requests a time-out in a game after it has taken its allotted time-outs;

PENALTY: For a coach, player, substitute or team charged with unnecessary delay, a time-out shall be assessed and the 60 second given. If the team has used all its time-outs, loss of rally/point is awarded to the opponent, and the game is resumed immediately.

Rule 8 Time-Outs and Intermission

SECTION 1 DEFINITIONS

ART. 1...Charged time-outs are those requested by a team or charged to a team by the referee.

ART. 2...Official's time-outs are those taken by officials for any reason they deem necessary.

SECTION 2 GENERAL

ART. 1...Request for time-outs shall be signaled by the head coach or playing captain only during dead balls, but not after the referee has signaled for the next serve.

ART. 2...A time-out requested prior to the start of the game shall be honored.

ART. 3...Charged time-outs begin when the official recognizes the request with the whistle and signal. Charged time-outs shall not exceed 60 seconds. Each team is limited to two time-outs per game. Requests for additional time-outs shall be denied and the requesting team penalized. Time-outs may be taken consecutively without play between them.

ART. 4...During officials' or team time-outs, teams may confer with their coaches only on their court or at their team bench area.

PENALTIES:

1. For a team not conferring in the specified area or delaying its return to the floor after a time-out, unnecessary delay shall be charged. A time-out shall be assessed the offending team and the team shall be given the 60 seconds, if it has a time-out remaining.
2. If a team has used all its time-outs, loss of rally/point is awarded the opponent and the game shall be resumed immediately.

SECTION 3 INJURIES

ART. 1...In the case of an injury/illness during the game, the referee may interrupt play and call an official's time-outs. Within 30 seconds, the head coach shall:

- a. Request a substitution for the player;
- b. Leave the player in the game with play beginning immediately, or;
- c. Take a team time-out if the team has not used its allotted time-outs.

The game shall resume with a replay.

NOTE: If the decision is made to substitute for the injured player, the team shall be allowed the necessary time to safely move the player from the court.

ART. 2...When it is detected that a player is bleeding, has an open wound or has a uniform with an excessive amount of blood on it, the game shall be stopped at the earliest possible time. This interruption of play shall be administered as an injury time-out. In all situations, the player(s) shall receive proper treatment before resuming participation.

SECTION 4 BETWEEN GAMES

The time period between games of a match shall be no more than three minutes, beginning when the referee signals the teams to their appropriate team benches.

Rule 9 Conduct

NOTES:

1. No official or game personnel shall use any form of alcohol or tobacco product beginning with arrival at the competition site until departure following the completion of the match.
2. Prior to the match officials shall meet with the head coach and captains to discuss sportsmanship expectations.

SECTION 1 DEFINITION

Unsportsmanlike conduct includes actions, which are unbecoming to an ethical, fair, honorable individual. It consists of acts of deceit, disrespect or vulgarity and includes taunting.

SECTION 2 CONDUCT: PLAYERS AND COACHES

ART. 1...No player, coach and/or team attendant shall act in an unsportsmanlike manner while on or near the court before, during or between games.

ART. 2...It is considered a serious offense (red card) for any player or coach to use any form of tobacco product.

ART. 3...The captain and coach from each team shall attend the pre-match conference.

ART. 4...A team shall not refuse to play when directed to do so by the referee.

ART. 5...Coaches shall remain seated on the bench during a game except to:

- a. Request a time-out or substitution during a dead ball;
- b. During any dead ball, request a review of accuracy of the score, verify the number of time-outs used or the serving order of his/her team, or to verify the proper server for the opponent;
- c. Stand at the bench to greet a replaced player;
- d. Confer with players during time-outs;

- e. Spontaneously react to an outstanding play by a member(s) of their own team;
- f. Confer with officials during specifically requested time-outs;
- g. Attend an injured player with permission of the official.

ART. 6...Non-playing team members shall remain seated on the team bench during a game except to:

- a. Spontaneously react to an outstanding play by members of their own team;
- b. Go to a non-playable area to warm up without balls prior to entry into the game as a substitute;
- c. Stand at the bench to greet a replaced player(s), then immediately sit down.

ART. 7...Unsportsmanlike conduct for a coach, substitute, or team attendant includes, but is not limited to the following:

- a. Use of disconcerting acts or words when an opponent is about to play the ball;
- b. Entering the court while the ball is in play;
- c. Attempting to influence a decision by an official;
- d. Disrespectfully addressing an official;
- e. Questioning an official's judgment
- f. Disrespectfully addressing, baiting, or taunting an opponent;

ART. 8...Unsportsmanlike conduct by a player includes: But is not limited to:

- a. Use of disconcerting acts or words when an opponent is about to play the ball;
- b. Disrespectfully addressing an official;
- c. Questioning or trying to influence officials' decisions;
- d. Showing disgust with officials decisions;
- e. Using profane or insulting language or gestures or baiting/taunting an opponent;
- f. Making any contact with an opponent which is deemed unnecessary and which incites roughness;
- g. Using any part of a teammate's body or any object to gain physical support for advantage in playing the ball;
- h. Deliberately serving prior to the signal for serve;
- i. Abusing the re-serve rule;
- j. Spitting other than into the proper receptacle;
- k. Making any excessive request designed to disrupt the game.

PENALTIES:

1. Unsporting conduct shall be penalized as follows:

- a. Warning (yellow card) for first minor offenses;
- b. Unsporting penalty (red card) for first serious offense or second minor offense and loss of rally/point awarded opponent;
- c. Disqualification (yellow and red card) for first flagrant offense, second serious offense; or third minor offense and loss of rally/point awarded to opponent. Offender is disqualified from further participation in match and may be removed from the vicinity of the team bench.

SECTION 3 UNSPORTSMANLIKE CONDUCT: SPECTATORS

ART. 1...When a spectator becomes unruly or interferes with the orderly progress of the game, the referee shall suspend the game until the host management resolves the situation and the game can proceed in an orderly manner.

Note: in the absence of a designated school representative or site supervisor, the head coach shall serve as the host management.

First Aid

- 1. Coaches and parents are responsible for providing first aid to their own team members and child.
- 2. Cover all open sores prior to the game.
- 3. A team member who has an open wound will be prohibited from participating further in the game until appropriate treatment has been administered.
- 4. If medical care or treatment can be administered in a reasonable amount of time, the individual would not have to leave the game. The official judges the length of time that is considered reasonable.
- 5. Suggested guidelines for providing first aid:
 - a. Wear gloves when contact with blood or other body fluids is anticipated.
 - b. Immediately wash hands and other skin surfaces with soap and water if in contact with blood or body fluids.
 - c. The bloodied portion of the uniform must be properly disinfected or the uniform changed before the individual may participate.
 - d. Clean all blood contaminated surfaces and equipment with a solution of 1:10 bleach and water or other disinfectant.
 - e. Articles contaminated with blood or body fluids should be properly disinfected or disposed as soon as possible.

Disposed means place contaminated material in a plastic bag, seal the bag, then dispose of material.