



**RULES**

**&**

**REGULATIONS**

**2010**

**Volleyball**

**(3<sup>rd</sup> – 6<sup>th</sup> Grade Girls)**

**"The Bethel Recreation Association** – (1) providing opportunity, facilities and leadership for the youth of the Bethel School District and those that reside in its boundaries to play in a safe, organized recreation leagues during the Bethel School District calendar year and (2) promoting safety, good sportsmanship and fair play".

### **Article I: Player Eligibility**

Section 1: To be eligible a player must:

- A. Be in the appropriate grade level that is offered.
- B. Live within the boundaries or attend a school in the Bethel School District.
- C. Play for the grade they attend.

#### **EXCEPTIONS:**

- ♦ A child has previously been a member of a team and the child was held back at school (the child may continue to play for his/her previous team).
- ♦ A particular grade has insufficient players to complete a team and the area coordinator has exhausted all other options they may play up ONE grade level.

D. Play for the school they attend.

#### **EXCEPTIONS:**

- ♦ Kids that are home schooled that live within the boundaries of the Bethel School District will play for the public school that they would attend if enrolled in a public school.
- ♦ Kids attending private schools that are in the Bethel School District boundaries will play for the public school nearest to that private school. Exception – If the private school has enough players to complete a team, they may have their own team.
- ♦ Students bussed out of their resident school area (not to include Elk Plain School of Choice).
- ♦ Sixth graders at a school that cannot complete a team.

Section 2: Players may be added to the roster up until the Bethel Recreation's published deadline date. Players wanting to join after the deadline date can only do so with permission from the coach, area coordinator, and the approval of the Bethel Recreation Liaison only.

### **Article II: Team Rosters**

Section 1: A completed roster form must be made by the area coordinator and submitted to the Bethel Recreation office by the first day after the week of the waiting list period. The rosters must be issued to the coaches by the same day as above.

Section 2: All players, having paid by the published deadline date, must be placed on teams before adding players from the waiting list to complete a team roster.

Section 3: All coaches must have a yellow copy of all participants on their roster(s) before the participants may practice.

### **Article III: Entry Fee & Registration**

Section 1: All participants must have a completed registration form filled out and must pay the entry fee of \$40.00 (cash or money orders only) during the published sign up days.

Section 2: If approved from off of the waiting list, a \$10.00 late fee will be added to the regular registration fee (\$50.00 total) and must be paid immediately when approved.

### **Article IV: Transfers**

Section 1: Players may transfer teams only when they have also transferred schools.

#### **EXCEPTIONS:**

- ♦ When the Bethel Recreation liaison, area coordinator, coaches, parents, and child agree a transfer is the best for the child.

### **Article V: Releases**

Section 1: No cutting or dropping of players because of having "too many".

Section 2: Players may be dropped for disciplinary reasons. The Bethel Recreation liaison must be notified before player(s) may be dropped. There will be no refund of fees.

### **Article VI: Trading of Players**

Section 1: **NO** trading.

### **Article VII: Forming of Teams**

Section 1: Players are assigned to teams in the third grade. They remain a part of the team (as long as they are signed up properly during the published deadline date) through to the sixth grade when they remain at the same school.

Section 2: When one team becomes large enough to split into two teams, the following procedure must be followed:

- A. Kids that have been on the team the longest (seniority basis) stay on the original team if they desire.
- B. The new team is filled with the kids with the less amount of seniority. Both teams must be evenly split.
- C. The new team must have a coach before the split is made.
- D. No recruiting of kids from other schools or grade levels.
- E. If a child played for another school team (due to not having a team at their own school or own grade level) it only applies for one year. The next year they have to play for their own school or grade level if there is enough to complete a team.

**Article VIII: Schedules**

Section 2: All games must be played as scheduled.

**EXCEPTIONS:**

- ◆ Act of God.

Section 3: There will be no play-off games. The winner of the seasonal head-to-head game will be first place. If tied teams did not play against each other, then both teams will be co-champions of that league.

**Article IX: Forfeits**

Section 1: A team must have a complete team to start a game.

Section 2: A ten-minute grace period from the scheduled time will be granted prior to the game being forfeited.

Section 3: A game may be forfeited because of misconduct by a coach, player, or spectator. That decision will be made by the on-duty Bethel Recreation official.

**Article X: Conduct**

Section 1: Coaches, players, and spectators cannot drink alcohol, smoke, swear, be abusive, strike an official, or remove a team from the game.

**Penalty:**

- ◆ Removal and suspension.

Section 2: When a coach is coaching more than one team he/she must have another person able to take the team when both teams play at the same time. Bethel Recreation will try to accommodate but cannot guarantee that it can.

Section 3: Every team will have only one designated head coach.

Section 4: Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

**Article XI: Protests**

Section 1: None

Section 2: Teams found guilty of violating eligibility and participation rules are subject to suspension and forfeit.

Section 3: The viewing of video tapes will have no bearing on games completed.

**Article XIII: Lines of Authority in Bethel Recreation**

Section 1: When concerns arise, please follow the lines of authority:

- A. Coach/Parent
- B. Area Coordinator
- C. Bethel Recreation Liaison
- D. Bethel Recreation Board of Directors

## Girls Volleyball Rules

Volleyball is played by two teams of 6 players in grade's 3rd - 6th each whose primary objective is to make the ball hit the floor on their opponent's side of the net. Conversely, to win they must keep the ball from hitting the floor on their own side of the net. Rally scoring will be used for all grades. A point will be scored on each serve or toss, either by the serving team (if receiving team allows the ball to touch the floor in the inbounds portion of the court or fails to return the serve after three hits) or by the receiving team if the above is true.

The first play of the game is the serve (except 3rd & 4th grade), which is made by the right back player. The receiving team may play the ball no more than three times before it goes back over the net. The ball must be played in the air and must be clearly hit or batted; it may not be visibly thrown or held.

### GENERAL RULES

- 1) Captains toss a coin for choice of serve or court.
- 2) The first server is the right back player, and she may not touch the boundary line while hitting the serve. She may strike the ball with her hand in any manner-underhand, sidearm or overhand.
- 3) In playing the ball, all players must clearly hit or bat the ball.
- 4) No player may encroach on the opponent's court. The centerline, under the net, may be stepped on but not over.
- 5) No player may contact the net.
- 6) No player may play the ball twice in succession unless two players touch the ball simultaneously, as in passing or blocking the ball. A player may play the ball on the first and third hit.
- 7) Each team may not play the ball more than three times before it is returned over the net.
- 8) If a ball touches the boundary line it is good. (All boundary lines are inside of the court.)
- 9) A player may run outside her own court to play a ball.
- 10) The ball, to be legal, must pass between or over the side boundary lines as it crosses the net. (Any part of ball passing over a marker is legal.)
- 11) A team wins the game when that team scores twenty-one (21) points and has a two-point advantage.
- 12) A match consists of the best two out of three games with all games played to 21points at all grade levels.
- 13) The team that did not serve the first game will serve the second game. The team that serves the first game will serve the third game.
- 14) The team's exchange courts at the end of each game and maintain a continuous rotation.
- 15) Two time-outs are allowed each team during each game.
- 16) Rotation will begin with the server and continue to complete all back row position, then from the left back position to front left, and complete all front row positions – then out. (see diagram)
- 17) Height of the net shall be six (6) feet for grades 3, 4 & 5 and 7 ft. for the 6th grade.
- 18) New game = continue with rotation from previous game.
- 19) Safety Rules - No jewelry (tapping jewelry is NOT acceptable), no gum, tennis shoes required.
- 20) All grade levels will use volleyball lites.

### SPECIFIC RULES

#### A. COURT

The dimensions of the volleyball court are 30 ft. wide by 60 ft. long, (as illustrated below).

60'

30'



B. SERVER & PLAYER POSITIONS

- 1) The server is the right back player of the serving team. Her position must be:
  - 3rd & 4th Grade - Up to 10 feet in front of back line
  - 5th Grade - Up to 5 feet in front of back line.
  - 6th Grade - Behind back line.Girl in front of server can stand off to side.
- 2) In sixth grade 3 players may start at the net with the 3 remaining players to be back.
- 3) After the ball is struck on the serve, players may interchange positions anywhere on the court.

C. CHOICE OF SIDES OR SERVICE

- 1) For the first game, the winner of the toss has the choice of serving or receiving, or the choice of courts.
- 2) In subsequent games, teams shall change courts at the end of each game of the same match, and shall alternate the beginning serve.

D. SERVING FAULTS

The service is a fault when the server:

- 1) Commits a foot fault by stepping on grade level line or court before ball is contacted on service.
- 2) Hits the ball into the net.
- 3) Hits the ball so it crosses completely outside the sidelines as it passes over the net. (Any part of the ball crossing outside a marker makes the serve good.)
- 4) Hits the ball into any post or overhead structure.

E. A SIDE-OUT FOR SERVING TEAM

The serving team loses the ball for service when:

- 1) Any service fault occurs.
- 2) Any member of the serving team is not in proper order.
- 3) Any serving team player contacts the net.
- 4) The serving team fails to return the ball over the net with a maximum of three hits, or illegally plays the ball.
- 5) The serving team players make remarks, stomp their feet, or wave their hands to distract an opponent.
- 6) The serving team players step over the centerline (they may step on this line).
- 7) Excess time-outs occur.
- 8) The server serves out of turn.
  - a. Serving out of turn could be discovered by official.
  - b. If receiving team notices serving team is serving out of order, receiving team must approach the official with the complaint prior to the next serve.

F. A POINT FOR THE SERVING TEAM

A point is scored when:

- 1) Opponents fail to return the ball legally within a maximum of three hits.
- 2) Opponents contact the net or step over the centerline.
- 3) Opponents use excess time-outs.
- 4) Opponents are not in proper rotation order as the ball is served.
- 5) Opponents are guilty of unsportsmanlike conduct.

G. ROTATION

- 1) Coaches will exchange line-up cards with match rotation.
- 2) Continuous rotation must be used throughout the entire match. A change of rotation will not be allowed at the end of each game.
- 3) Every participant must be included in the team's rotation and remain in the same position within that rotation for the entire match.

H. SCORING: Rally scoring will be used (All grade levels)

A game is won when:

- 1) One team scores twenty-one (21) points with a two-point advantage.  
All Games will be played to twenty-one (21) points.
- 2) If a team is not two points ahead when 21 points have been scored, play continues until one team is two points ahead.
- 3) The team that wins two games out of three wins a match. The third game of a completed match may be played at coaches' discretion and if time allows.

I. OFFICIALS

The umpire's position is at one end of the net. The responsibilities are:

- 1) To decide when the ball is in play.
- 2) To decide when the ball is dead.
- 3) To decide when a point is made.
- 4) To decide when a side is out.
- 5) To direct a replay of any service.
- 6) To make decision not covered in the rules.
- 7) To call violations on the center line.
- 8) To keep official time of time-outs, injuries, and time between games.

The scorer has a position opposite of the referee. The responsibilities are:

- 9) To handle all scoring devices and assist the umpire. All decisions of officials on matters of (whether a ball was held, thrown, etc.) are not subject to protest.

J. PLAYING THE BALL

The following rules apply when playing the ball:

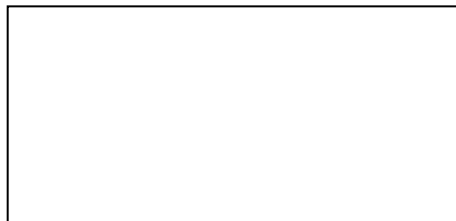
- 1) The ball must be visibly hit (not caught or held).
- 2) Simultaneous contacts of teammates are considered one play.
- 3) A player may not make successive contacts of the ball except following a simultaneous contact of a teammate.
- 4) A player may go outside her court to play the ball if she does not cross the centerline.
- 5) If two opposing players contact the ball simultaneously directly above the net, either may play the ball on the next hit.
- 6) The ball is dead if it crosses the net completely outside the side line, touches the ceiling or posts holding the net, or lands out of bounds.
- 7) If a spike strikes a multiple block, it is considered one play and any player making the block may next play the ball.
- 8) If the serve from the server hits the net but goes over to the inbounds playing area of the receiving team (let serve), it is a live serve and the responsibility of the receiving team to return the ball in a maximum of three (3) hits.

K. MISCELLANEOUS

- 1) Team shall consist of girls from the 3rd & 4th grade in the Digger League, 5th grade in the Bumper League, and 6th grade in the Spiker's League living in the Bethel School District.
- 2) Each player must pay a fee. This will be turned in to Bethel Recreation along with the roster.
- 3) A continuous team rotation must be used for the entire match. Six girls on the court and all others in a line off the court on the same side of server. Upon each rotation the first girl in the line should enter the serving position. (see diagram)

TEAM ROTATION DIAGRAM

3<sup>rd</sup> - 6<sup>th</sup> Grade



### 3<sup>rd</sup> & 4<sup>th</sup> Grade Combined Rules

For the 3<sup>rd</sup> & 4<sup>th</sup> grade combined league the rules of play are as follows:

1. Six (6) players on the court for each team.
2. Receiving team is determined by coin toss.
3. The game will begin when the coach of the receiving team:
  - a. Positions him/herself on the opposite side of the net from his/her team and tosses the ball over the net to the player in the “middle back” position (coach toss always goes to the middle back player).
  - b. The team receiving, has three (3) hits to return the ball to the opposite side of the net or, if not being able to do so, has a point scored against them.
  - c. This process is repeated two more times, after three (3) total times the ball is turned over to the opposing team for their “3” tosses.
  - d. After each coach toss, the receiving team must rotate so that a new player assumes the “middle back” position each time the coach tosses the ball over the net to his/her team. (see diagram for rotation)
  - e. After either team reaches a total of twelve (12) points, both teams are then required to have their players serve from the designated service line. From this point on both teams play regular volleyball with the team that arrives at twelve (12) points first being awarded the serve. Rally scoring will be used until one team reaches twenty-one (21) points. The winning team must win by two (2) points.
4. All combined 3<sup>rd</sup> & 4<sup>th</sup> grade teams will play in the 4<sup>th</sup> grade league.
5. A school can have a team consisting of all 3<sup>rd</sup> grade players only if all 4<sup>th</sup> grade rosters have been completed.

*Updated: 9/15/10*