

# Loudoun Youth Volleyball Middle School Volleyball League General Information & Rules Fall 2006 Season

## **Purpose:**

The purpose of Loudoun Youth Volleyball (LYV) is to promote and teach the sport of volleyball. This will be accomplished by providing recreational volleyball opportunities, in the form of an organized league, to male and female residents of Loudoun County in grades 6, 7, & 8 regardless of skill level.

## **Affiliations:**

Loudoun Youth Volleyball is an affiliate of Loudoun County Parks, Recreation, and Community Services (PRCS). LYV is a division of the Northern Virginia Volleyball Association (NVVA). NVVA is an IRS registered 501(c)(3) non-profit affiliated with USA Volleyball (USAV), the national governing body of volleyball in the United States. LYV is a volunteer based organization.

## **Governance/Chain of Command:**

LYV is governed by a volunteer board of directors. The board is comprised of 2 officers (a chairperson and a secretary/treasurer) and up to 6 appointed directors. One of the 6 appointed directors shall be the Director of NVVA's Loudoun Juniors division and be a non-voting member of the board. The remainder of the board will be comprised of the middle school representatives from each of the participating middle schools in the league. The middle school representative is the volunteer coordinator for each middle school and works with the league's administrator. The middle school representative's job may be shared by more than one person. A middle school representative may also serve as an officer. The middle school representative from each school may designate another individual as their schools representative to the board at any time during their tenure, subject to board approval.

## **Participants:**

Participants must be residents of Loudoun County. Sixth, seventh, and eighth grade boys and girls will be placed on teams based on the Loudoun County Public Schools middle school attendance zones. If a participant does not attend a public middle school, that participant is expected to play at the middle school he/she would attend. Exceptions to this rule may be made on a case-by-case basis. A written appeal should be sent to the LYV administrator, who will forward it to the board of directors for consideration.

Applicants from outside of the county of Loudoun in grades 6, 7, & 8 are permitted to participate provided there is space on a roster. The non-resident may not displace a resident of Loudoun County. Non-residents will usually be placed on the middle school team that is geographically closest to their home. If that is not possible, the non-residents will be offered an opportunity to play at a middle school with roster space available. A non-resident whose parent is willing to head coach a team will be granted a priority placement.

Applicants who are in the fifth grade will be considered on a case-by-case basis by the board of directors. Fifth-graders can be permitted to participate provided there is space on a roster at the middle school they will be attending. The fifth-grader may not displace another 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grader at that middle school. A fifth-grader whose parent is willing to head coach a team will be granted a priority placement.

## **Leagues:**

LYV currently offers 4 different divisions in the middle school volleyball league. They are as follows:

**Girls 6<sup>th</sup> Grade Only League:** Comprised of 6<sup>th</sup> grade female players. 5<sup>th</sup> grade females with permission to play are eligible for this league. See above for eligibility rules regarding 5<sup>th</sup> graders. Players in this age group are allowed to play-up in any of the other girl's leagues.

**Girls House League:** Comprised of 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade female players.

**Girls Select League:** Comprised of the highest skilled female volleyball players in each school. Each participating school in the league is expected to field one select team. If there are enough skilled players at a school to support a second select team – those schools may *request* a 2<sup>nd</sup> select team designation. The 2<sup>nd</sup> team designation is subject to board approval. Board of Directors reserves the right to approve or deny a 2<sup>nd</sup> select team designation to accommodate scheduling.

*Commentary on Select Team Coaches: The head coach for the select team is usually the coach with the most experience. Individuals wishing to be the school's select team head coach should contact their middle school representative well in advance of the season. A parent or volunteer cannot simply declare his or herself the select team head coach. If there are numerous candidates for the select team head coach, the council chair and middle school rep will choose.*

**Boys League:** Comprised of 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade male players of all skill levels. 5<sup>th</sup> grade males with permission to play are eligible for this league. If there are not enough boys per middle school to field one boy's team per school – LYV will combine boys from the same geographical area into a combined or conglomerate team. It is possible that the boys teams will be scheduled to play against girls select and/or girls house teams as needed.

Under no circumstances will a boy be allowed to play on a girls team. Under no circumstances will a girl be allowed to play on a boy's team.

**Rosters:**

Rosters and total number of teams per school must be declared by the middle school representative at the coach's meeting at the beginning of the season. Representatives must assign each team in each league a team number.

**Roster Size:**

A team must have at least 6 players on the roster to be considered a team. Teams are required to take up to 12 players per team in order to accommodate as many registrants as possible. Roster sizes should be as close to equal as possible within a middle school. Each team's roster size at each school should be within 2-3 players of each other (example: if you have one team at a school with only 6 players on the roster – no other team at that school can have a roster that is larger than 8-9 players).

**Exception:** Select team roster size is exempt from this rule, except for the minimum number. The size of the roster on a select team is up to the middle school representative and the select team coach at each school.

*Commentary on roster size: Teams with a high commitment level or a school with a surplus of coaches who want to maximize playing time for each player should go with 8-9 players at the most. Teams that anticipate players being absent on a regular basis should go with 10-12 players.*

## **Roster Changes:**

No roster changes are permitted after the second weekend of regular season play.

## **Practice Information:**

Each team is allocated a maximum of two 1.5 hour practice sessions per week. The normal times for practices are 6:00 pm – 9:00 pm. Ideally, each team should have exclusive use of one gym (either the main gym or the auxiliary gym) for the duration of their practice. However, there are no guarantees of that. If there are too many teams at a school or the schedule dictates otherwise – teams may be forced to practice with two teams in one gym at the same time.

Middle school reps should attempt to schedule as many teams as possible for practice on the same nights and times.

*Commentary: PRCS makes it possible for LYV to get into the schools and provides us with a facility supervisor at every site we use. The taxpayer-funded supervisor is there to open and close the gyms as well as provide security and first-aid. We must schedule our teams so as to utilize the PRCS supervisors in the most efficient manner.*

All requests for gym use must go through the LYV league administrator and PRCS. An individual coach should **never** attempt to schedule their own practice time with the school's administration or the facility supervisor. Coaches must follow the practice schedule they choose in the beginning of the season for the entire season. If a team needs to alter a practice schedule, even just for one night, contact the LYV league administrator.

*Commentary: The middle school rep should be gathering information from each coach as soon as they are recruited regarding their practice schedule preferences for the season. The middle school rep is required to submit the specific nights and times each team wants to practice on at the coaches meeting in the beginning of the season. The league administrator will furnish a calendar indicating the days and times available at each school. Every middle school will have back-to-school nights on their calendar and other blackout dates. Practices may NOT be scheduled on those nights. PRCS will schedule other groups into the gyms in time slots LYV is not utilizing.*

## **Gym Access:**

Loudoun Youth Volleyball is affiliated with Loudoun County Parks, Recreation, and Community Services (PRCS). LYV is NOT affiliated with Loudoun County Public Schools in any way. The schools have priority use of their own buildings. PRCS offers an after school enrichment program called YAS (Youth-After-School) that uses the middle school gymnasiums and PRCS offices. Each YAS site keeps different hours and some delay LYV's

start time. The county guarantees LYV access to the gyms between 6:00 pm and 6:30 pm as long as we follow the basic guidelines laid out for us. The agreement between Loudoun County Public Schools and PRCS states that every PRCS program held inside their buildings must have a PRCS facility supervisor on site. The PRCS facility supervisor's scheduled start time for LYV is 15 minutes prior to our scheduled start time. Therefore, no coach's or players are allowed into the gyms more than 15 minutes in advance of our posted start time. In the event that the facility supervisor is not on time, it is up to the YAS supervisor who is on site whether or not to allow LYV access to the gym. If granted permission to enter the gym, all LYV players must sit and wait for the facility supervisor to arrive. NO activity is allowed! Hopefully, the PRCS facility supervisor will show up by our posted start time. If the facility supervisor has not arrived by the time the YAS supervisor is leaving, everyone will be asked to leave the building. PRCS does have a sports specialist on-call every day. The YAS supervisor or coach in charge can call the on-call person if the supervisor has not arrived on time (see On-Call Pager for more detailed instructions). If the YAS supervisor agrees to stay and wait for the anticipated facility supervisor or the PRCS specialist "on-call" to arrive – then coaches and players will be allowed to stay inside and begin their activity. If the YAS supervisor cannot stay, and the facility supervisor/on-call person has not yet arrived, all LYV participants will be required to wait outside until the proper supervision arrives. Regardless of what happens it is imperative for LYV coaches to remember their scheduled start time. Coaches should not allow parents to drop and run before they are guaranteed access to the gyms! LYV cannot be in a middle school gym without the proper PRCS supervision.

### **On-Call Pager - 703 443-3926:**

Use this number to contact the PRCS employee who is "on-call". Use it only in the event of a true emergency, such as a facility supervisor no-show, being asked to leave the building or being locked out. After dialing the pager, you will hear a series of beeps. Enter the phone number you wish to be called back on and press the # sign. You will then hear another series of beeps. That confirms your entry. Hang up and wait for the on-call person to call you back. Do not abuse this service!

### **Skills Assessments/Team Selection Process:**

Two separate skills assessment sessions are to be held at each middle school. The skills assessment is the means by which each school divides up the talent. The dates and times for the skills assessments are to be determined by the Board of Directors. Usually - one weeknight session and one Saturday session will be offered. Players must attend at least one of the skills assessments and are encouraged to attend both.

Players wishing to be chosen for the select teams should consider the skills assessment a try out.

Prior to the skills assessments, the middle school reps must pick-up their players completed registration forms from the league registrar. Coaches at each school are required to keep their players registration form with them whenever their team is engaged in a LYV related event.

*Commentary: Each player's registration form has important medical information and emergency contact information on it. The forms also have important information related to each individual players volleyball experience and special requests. This info is very helpful to coaches when choosing teams.*

### **Skills Assessments Format:**

The format for the skills assessments are to be determined by the middle school representative and coaches at each school.

*Commentary: The middle school representative and coaches need to decide in advance what format they will use. Setting up different stations (passing, serving, hitting, etc) where each player can demonstrate his/her skill level is probably the best idea. Middle school reps should recruit help from parents at each school in advance of the skills assessments. If a coach is tossing and/or chasing balls, his/her ability to assess will be compromised. If help cannot be recruited – minimize the coach's own involvement in drills by having players toss balls for each other. Save the teaching for later!*

Every coach must be present at the skills assessment. The select team coach gets to choose their players first.

*Commentary on team selection: Loudoun Youth Volleyball does not mandate a draft. There are many factors to consider when forming house teams - number of players registered, number of coaches available, siblings on same team requests, friends on same team requests, car-pooling requests, players not available on certain nights, etc. Coaches must work together in the team selection process. Coaches who are returning from last season should declare to the other coaches at their school, in advance, players that they anticipate being on their roster – sons and/or daughters and returning players. Minimizing the pool of available players can sometimes make the team selection process easier. Middle school reps should meet with their coaches before the skills dates to determine how they will proceed. Remember - LYV is a recreation league and is meant to be fun...be flexible in your approach to team selection.*

**Insurance:**

LYV provides General Liability and Accident Medical insurance for all participants. The medical policy provides for secondary coverage only, with each participants own primary insurance coverage being utilized first. LYV also has a Board of Directors Insurance policy, which does extend coverage to all LYV volunteers involved in any LYV related function. Contact the league administrator for detailed policy information.

**Web Site:**

LYV has an excellent web site. It contains general information, necessary forms, and links to other volleyball-related sites. Game schedules and weekly results are posted. Go to [www.loudounyouthvolleyball.com](http://www.loudounyouthvolleyball.com).

# **RULES of PLAY**

Loudoun Youth Volleyball (LYV) will follow the rules as per the Official United States Volleyball (USAV) 2006 rulebook except as amended as follows:

## **Facilities:**

All matches and practices will be at gymnasiums designated by LYV. Any volleyball activity held at a place not designated by LYV will not be considered an official LYV sanctioned practice or game.

Loudoun County PRCS will provide first-aid certified facility supervisors at all practice and game facilities.

LYV will provide USAV certified game officials or others for all matches. LYV will provide a tournament director for all matches. The tournament directors work with both the game official and the coach's, assisting with rules interpretations and disputed calls, enforcing time limits, coordinating volunteer work teams, etc. The tournament director also works with the PRCS facility supervisor coordinating the set-up and take down, enforcing county policy and with crowd control and security issues.

The Loudoun County PRCS Code of Conduct must be adhered to at all times. This applies to all players, coaches, volunteers, officials, and fans. Loudoun County PRCS Facility Supervisors, certified LYV officials, and LYV Tournament Directors have the authority to remove anyone not complying with the Code of Conduct from the premises.

Team warm-ups will be conducted in the gymnasiums ONLY. There will be NO ball handling in the hallways. Teams may use the hallways for stretching and light calisthenics.

Food and drinks are prohibited from the spectator seating areas in all schools.

No team snacks are to be consumed in the gyms. Teams must snack outside the building. Teams must clean up after themselves. Do not overflow an existing garbage can. Ask the PRCS facility supervisor for a garbage bag, if needed.

Water bottles with secure lids are allowed in the gymnasiums for the players ONLY at the bench areas ONLY. Please report any spills immediately to the PRCS facility supervisor on duty.

Spectators should stay off the playing courts at all times.

Spectators should stay in the designated seating areas. Unattended children will not be allowed to roam freely in the hallways.

### **Equipment:**

LYV will provide USAV approved poles, safety padding, and nets at all game sites. Middle schools that are not designated game sites will be outfitted with equipment pending availability. Portable nets/poles provided by the schools should be used in the absence of LYV net systems. Older middle schools without floor sleeves must use the schools portable net poles and nets. Report any problems with the equipment immediately to the league administrator.

Net height will be 7 feet 4 inches for boys, girls 6<sup>th</sup> grade, girls house, and girls select divisions.

Game balls and scoring devices will be provided by LYV.

LYV will furnish every school with balls, ball bags, and ball carts. All LYV equipment should be stored in the PRCS offices at each school. Make sure balls are properly stored in the mesh bags provided. If a school does not have a PRCS office, it is OK for coaches to keep balls and carts with them.

Coaches should NEVER bring balls into a game site on game day. The host schools will provide balls for warm-ups on game day.

### **Uniforms:**

The league-provided t-shirt is the official uniform of LYV. Team members must wear the league-issued shirt during games. A team may wear a t-shirt of their own design or choosing at practices or during warm-ups, but must change into their official uniform prior to the start of the match. Any team wearing a t-shirt with a design or logo deemed unsuitable by the PRCS facility supervisor, LYV certified official, or LYV tournament director will be asked to change into their official uniform immediately. Failure to comply by 10 minutes after the hour will result in a forfeit to the other team for game #1. Failure to comply by 20 minutes after the hour will result in a forfeit for game #2. Failure to comply by 30 minutes after the hour will result in a forfeit for game #3.

### **Double-headers:**

If possible, every team will play back-to-back matches on Saturdays. Matches begin at 9:00 am and continue throughout the day, beginning at the top of the hour. Teams should plan on being in the gym for 2 hours every Saturday. In the event of scheduling irregularities, LYV

reserves the right to schedule teams to play at any time. Match sites to be designated by LYV.

### **Match Set-Up:**

Main gyms - Team benches will be set up opposite the bleachers in the main gymnasiums. The official will also be located opposite the bleachers. Score flippers will be opposite the official.

Auxiliary gyms - Team benches and official will be on the same side with the score flippers opposite them.

The spectator seating areas in the auxiliary gyms will be limited to the side opposite the team benches. In the event of an overflow crowd, the spectators may be allowed on the same side as the team benches, but not in the bench area. At no time will spectators in the auxiliary gyms be allowed in the service area.

Teams will be responsible for the set-up and takedown of the nets and other equipment. Assignments will be included in the game schedule.

### **Match Format, Time Limit, and Scoring:**

Every regular season match will consist of 3 games, regardless of who won the first two. Every game counts – the regular season is NOT match play! Total game won-lost records will be used to determine regular season standings.

**Exception:** Match play (best 2 out of 3 games) will be used in the post-season tournaments ONLY.

Each 3-game match will have a 50-minute time limit. If a match starts late, that time is NOT recoverable at the end of the match.

Matches will begin at the top of every hour on game day. Teams should arrive at the playing site at least 20 minutes prior to their scheduled match time.

If a team fails to take the court by 10 minutes after the hour, a forfeit will be awarded to the other team for game #1. If the same team fails to take the court by 20 minutes after the hour, they will forfeit game #2. If the same team fails to take the court by 30 minutes after the hour, they will forfeit game #3.

LYV will use rally point scoring. In rally point scoring, every play results in a point being awarded.

All matches, except in the girls Select division, will consist of 3 games to 25 points. Winner must win by 2 points with a cap of 27 in the event of a tie. The first team to 27, with or without that 2-point lead, is declared the winner.

Girl's select-league matches will consist of 3 games to 21 points. Score flippers will begin each game with the score at 4-4. Winner must win by 2 points with a cap of 27 in the event of a tie. The first team to 27, with or without that 2-point lead, is declared the winner.

If the time limit of 50 minutes is invoked in any of these scenarios, the team ahead at the expiration of time will be declared the winner of that game.

In the event of an emergency or some other unforeseen problem with the time-limits – the referee and/or the tournament director may impose either of the following options: A 3-game match will consist of 2 games to 25 points OR 2 games to 21 points, with the same 2 point cap tie breaker rule as above, with the third game winner being the first team to reach 15 points.

In the event of an emergency or some other extreme circumstances - the referee and/or the tournament director do have the authority to extend match play time.

The referees appointed by LYV will be the official timekeepers and are responsible to see that the matches start and end on time. The clock on the wall in each gymnasium will be the official clock for that court. A 2-minute warning will be announced verbally by the game official or tournament director prior to the expiration of time.

Breaks between games during a match will not exceed 2 minutes.

### **Pre-Match:**

Teams are allowed to begin their warm-ups at 10 minutes before the hour once the previous teams have vacated the court. If the previous match has finished early, the next teams playing may take advantage of a vacant court.

Teams will share the court during warm up time. If coaches request hitting time – 5 minutes of the pre-game warm-up should be broken into 2 minutes of hitting for each team followed with 1 minute of shared serving (2-2-1).

The referee will call a captain's meeting at least 5 minutes before the scheduled start time of each match. The two team's captains will meet with the referee for instructions and to conduct two coin tosses- the first game coin toss and the third game coin toss. The referee will determine which team's captain will make the first coin call. The third game coin call will be made by the team captain of the team not making the first call. The team winning the coin toss for the first game can choose the right to serve or to receive the service OR the side

of the court. The other team takes the remaining alternative. If team A serves first in game #1, team B will serve first in game #2. The second coin toss is ONLY to determine who will serve or receive in the third game.

### **Line Judges/Scorekeepers:**

It is the responsibility of the head coach of each team to provide 2 parent volunteers for every match. Each match requires a work team consisting of 1 score flipper and 2 end-line judges working with the official on the stand. One parent from each team will share the score flippers job (they may alternate games or do it together). The other parent from each team will serve as linesperson and call the end and sidelines, on the opposing team's side. The line judges should meet with the official before the match for a quick review of their responsibilities. The match referee or tournament director reserves the right to overturn any call made by the linespersons.

*Commentary: It is not the referee's job to recruit the parent volunteers. LYV's tournament directors will also help recruit parent volunteers, if needed.*

### **Minimum players to play:**

A minimum of 5 players on the court is required to play an official game in the girl's leagues. If a 6<sup>th</sup> player arrives, that player may enter the game after the next stop in play. When playing with 5 players, the team will not lose the serve when the 6<sup>th</sup> player "hole" goes to serve. The next player in the rotation will serve.

#### **Exception:**

Boys League - A minimum of 4 players on the court is required to play an official game.

### **Player Borrowing:**

During the regular season, if a team does not have the required 5 minimum players to play (4 for the boys), it may borrow up to two players from one of their schools other teams in the same division. Girls are not allowed to play on a boy's team. Boys are not allowed to play on a girl's team. Players 1-4 (1-3 for the boys) must be on the team's original roster. A borrowed player may not play in place of a rostered player, unless the rostered player is injured or not available to play. Borrowed players are not allowed to be borrowed in consecutive weeks. A select team member may not play down on any team. A girls 6<sup>th</sup> grade team player or house team player may play up to any other girls team.

During post-season play – if a girl's team has only 5 players, they must play with 5. If a boy's team has only 4 players, they must play with 4. In the event of an injury during the game – an exceptional substitution/borrowed player, if available, will be allowed. If a team

does not have the required minimum 5 players to play (4 for the boys), that team will forfeit their post-season match.

### **Jewelry:**

No jewelry of any kind will be allowed. This includes watches, rings, earrings, metal hair clips, and any other thing that could, in the view of the referee, cause an injury. Stud earrings may be taped over if removal is not possible. Medic alert necklaces and religious medals must be taped to the players body if they cannot be removed. Livestrong-type bracelets must be removed.

### **Bench Rules:**

Players, coaches, and assistant coaches are the only ones allowed in the bench area.

Players are required to stay seated on the bench, but are allowed to stand and cheer. Players are not allowed to stand in front of the bench. If a player wants to stand - they must either stand behind the bench or even with the bench at the end of the bench. No players or coaches are allowed in the substitution area between the centerline and the 10' line, except when substituting.

Coaches may stand anywhere in their team bench area, except the substitution area, and give instructions to players. Coaches must maintain a 4' distance from the courts boundary lines during play. Coaches cannot distract, disturb or delay the game. A coach who purposely delays the game to gain an advantage will be issued a warning. A second incident will result in a yellow card penalty (a point awarded to the other team).

The designated team captain is the only player allowed to talk with the referee during a game. If a coach desires an interpretation or explanation of a call made by the referee, the coach may approach the official on his or her own.

### **Match Protocol:**

Prior to the start of the first game, the players in the starting lineups will be summoned to the end line of their court. There will be no pre-game handshake. The referee will then signal the starting players onto the court. At the start of games 2 and 3 the players go directly to their positions on the court without directions from the referee.

At the conclusion of game # 1, teams are required to switch sides. The players on the court will be signaled by the referee to their end line, with the team on the left of the referee moving behind the referee and then directly to their new bench. The team on the right of the referee will go to their new bench by walking around the net pole on the far side of the court, in front of the referee. Coaches and players of the team on the right who are already on the

bench are not required to walk around. If the players on the court have properly begun the switch before the referee's signal – they may continue with the switch. They do not have to return to the end line. Coaches should NOT huddle their teams until the switch is complete.

Teams will stay on the sides they are on after game # 2. Teams will not change sides for game # 3 or at the midpoint of game # 3.

Commentary: *LYV's time limits do not allow for excessive switching of courts.*

At the end of the third game of the match, the teams will be signaled to the end line by the referee. Subsequently the referee will signal the teams forward to shake hands at the net. All players on the benches and the coaches are expected to participate.

During time-outs, the ball should be rolled to the line judge on the serving teams side.

After a side-out or whistle, the ball is rolled under the net in a sportsmanlike manner towards the next server.

At the conclusion of the game, the game ball should be returned to the official.

At the conclusion of the match, coaches must verify the scores of the match and initial the scorebooks.

### **Playing Time:**

LYV is a rec-league - every participant is guaranteed to play, regardless of skill level.

Coaches in the boys league, girls 6<sup>th</sup> grade league, girls house league, and girls select league should make their best effort to distribute playing time evenly between players during the regular season, with every player playing no less than one and a half complete games per 3-game match.

During post-season play in the boys league, girls 6<sup>th</sup> grade league, girls house league, and girls select league – every player should play at least one-half of a game per match.

A player's playing time may be limited due to disciplinary and/or attendance reasons. In the event of any disciplinary action, the player's parents must be notified. A coach who is benching a player for disciplinary or other reasons should notify the game official, tournament director, and opposing coach at the beginning of the match.

## **Substitutions:**

Substitutes may enter the game in the position of a teammate in the starting lineup. Each re-entry must be for the same player or position in the rotation. More than one substitute may enter the game at a time, but the coach must announce how many subs at the time of the initial request. The player or players subbing in must stand in the substitution area between the 10-foot line and the net. An unlimited number of substitutions are allowed.

If a player is injured and there is only one substitute available, that sub may enter the game for the injured player, regardless of where he/she subbed in before (the exceptional substitution).

Coaches are responsible for tracking their own substitutions by name (on a pad or clipboard) to guarantee compliance.

*Commentary: Substitutions are usually tracked by a scorekeeper, and jersey numbers are required to keep them straight. Since LYV does not employ either – we rely on our coach's to keep track of their subs.*

In the event of an illegal substitution – whether intentional or not - the offending team must make the correction in rotation or position immediately.

Continuous rotations will be allowed. The number of players involved in the rotation must be declared at the beginning of the game to the referee and opposing coaches. The point of entry/exit must stay the same throughout the game. Once a continuous rotation has been declared, the team is committed to that rotation for the entire game. NO substitutions will be allowed, except for an injury (the exceptional substitution). In the event that a team gets out of rotation – whether intentional or not - the offending team must correct the rotation immediately.

## **Time Outs:**

Each team will be allowed two time-outs per game. Time-outs last 30 seconds. If any time-outs are called after the 2-minute warning has been issued, the referee will grant the time-out and extend play beyond the 50-minute time limit by the length of the time-outs.

## **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.

When in the down position - all basketball backboards, rims, and anchoring equipment attaching them to the ceiling are out-of-bounds. If the backboards are raised into the up position, they become part of the ceiling and balls touching them are playable.

*Commentary: Position of the basketball equipment is up to the PRCS facility supervisor and the LYV competition director.*

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 overhead 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.

If during a volley, the ball hits the gym divider, ductwork, or ceiling/rafters, and goes over to the other team, it is a dead ball and a point is awarded to the opposing team.

### **Frequently Asked About Rules:**

Each team is entitled to a maximum of 3 hits to return the ball to their opponents.

A block or touch of the ball at the net does NOT count as a hit.

A block is defined as a deflection of the ball coming from the opponent by a player close to the net.

The first hit of the ball after a block, may be executed by any player, including the player who made the block, and is considered the first of the three hits.

A player may not contact the ball twice in succession, except for the first hit, when it is part of one continuous action.

*Commentary: A serve or other first contact received with the hands may rattle around a bit and be ugly – but as long as it is one continuous action and the ball never stops in the players hands – it is legal.*

A ball may NOT be caught, thrown, held, or lifted.

A player may NOT touch the net while making a play on the ball or immediately thereafter. If a brush of the net with the hair or ponytail is incidental contact and does not affect the outcome of the play – it is not a violation.

If a defensive player is standing at the net and the opponent sends the ball into the net forcing the net to contact the defensive player, the contact does NOT constitute the defensive player being in the net.

A ball driven into the net may be recovered within the limits of the 3-team hits, so long as the ball contact with the net is within the antennae.

A player's hands and feet are allowed to be on or directly above the centerline, but NOT completely across the centerline. If any other part of the player's body touches the floor on the opponent's court, it is a violation.

A ball hitting the net and going over the net is legal and in play, even on the serve.

A player may not block a serve. A player may not attack a serve if the ball is entirely above the height of the net and in front of the 10' line.

A ball is out if it hits the antenna. A ball is out if it crosses the net outside of the antenna.

A ball may touch any part of the body. The ball is still in play if it rebounds off a player's foot.

A back-row player may attack the ball at any height provided the back-row hitters feet are behind the 10' line at take-off. A back-row player may attack the ball in front of the 10' line provided that at contact, the ball is not entirely above the top of the net.

Back-row players may not block.

LYV does not allow the use of the 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.

The server is allowed 8 seconds to serve the ball once the official has signaled for the serve.

Servers must always be positioned behind the end line prior to contacting the ball. The entire width of the court is available to the server. 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.

**Exceptions:**

Servers in the boys league, the girls 6<sup>th</sup> grade league, and the girls house league can use the USAV modified service line, which is a line 6 feet 6 inches in from the end line marked on the floor with tape. Servers must be positioned behind the modified service line prior to the serve. A foot on the modified service line at the time the ball is contacted is a foot fault and will result in loss of serve and a point being awarded to the other team.

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 per serve. The server is allowed 5 seconds to execute the re-serve.

A team serving out of rotation – whether intentional or not - will result in the rotation being corrected at that time.

**Code of Conduct, Sportsmanship and Disciplinary Action:**

Every player, coach, and parent/spectator agrees to abide by the Loudoun County Code of Conduct. Participants agree to act courteously to opposing teams and officials and to never approach an official in a confrontational manner.

Negative cheering and yelling or purposeful distractions during play, *especially during an opponents serve*, will not be tolerated.

In the event of a problem with a coach, player, or spectator, the following procedure will be followed:

- 1<sup>st</sup> incident – Referee or tournament director will issue a verbal warning.
- 2<sup>nd</sup> incident – Referee or tournament director will issue a yellow card, resulting in the loss of rally with the opponent being awarded one point.
- 3<sup>rd</sup> incident – Referee or tournament director will issue a red card that will result in immediate expulsion from the match. There are no additional penalties beyond the expulsion. In the event of an expulsion, the guilty party must leave the playing area/gymnasium immediately.

There are no additional penalties or suspensions beyond the match that the incident occurred in. If the coach, player, or spectator was ejected in the first of their team's two matches, they may return for the second match. If a coach, player, or spectator is ejected from more than one match in a season, further disciplinary action (i.e. suspension) may be taken.