



Northwest Youth Volleyball 2010 Rules

Northwest Youth Volleyball (NYV) competition will generally follow the Domestic Competition Rules (DCR) as set forth by the USAV in the 2008-2009. However, the newly adopted rules for 2010 will not be instituted at this time.

Where there is a conflict between the USAV DCR rules and NYV exceptions, the noted exceptions will override. Not all USAV exceptions may be specifically highlighted.

All coaches should read and become familiar with the complete rules.

Facilities and Equipment:

All matches will be played at designated game sites. They include, but are not limited to, Langston Hughes and Herndon Middle schools.

Net height will be 7 feet 4 inches.

The game ball(s) will be provided by the home team. The referee will ensure the ball is acceptable.

Team benches and scorer's table will be set up on one side of the court. The official will be on the side located opposite the team benches when possible.

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

Team Rules:

The Fairfax County Department of Community and Recreational Services Rules of Conduct must be adhered to at all times. This applies to all players, coaches, volunteers, and fans.

No jewelry of any kind will be allowed during the warm up period before matches or during the matches. This includes watches, rings, earrings, metal hair clips, and any other item that could, in the view of the referee, cause an injury. Hats or hair bands wider than 1 inch will not be worn during the warm up period or during matches.

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

The coaches may stand on the sideline with the rest of their team and give instructions to players, but cannot distract, disturb or delay the game. Coaches and players should stay at least 4 feet from the court sideline during play. A coach who purposely delays the game to gain an advantage will be issued a warning or penalty.

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 team captain, as the coach's representative, must talk with the referee.

Teams will normally play with six players on the court. A minimum of five players is required to start a game. If a sixth player arrives, that player must enter the game as soon as that player is ready to play and there is a dead ball. If a team has six players present they must be on the court, unless sick or injured and unable to play.

When playing with five players, the team **will not** lose the serve when the sixth player "hole" goes to serve. The next player in the rotation will serve.

If a team is short of the required minimum number to play, it may borrow one or two players from any other available team. A borrowed player may not play in place of a rostered player, however, unless that player is not available to play. Borrowed players may be the fifth and sixth players on the court.

Regular Season and Tournament Match Format and Information:

Every regular season match will consist of three games. Game won-lost records will be used to determine standings.

Match play for post-season tournament will consist of the best 2 out of 3 games to 25, starting at 4 on the scoreboard.

NYV will schedule every team to play 2 matches consecutively whenever possible. However, due to scheduling irregularities, there is no guarantee of that.

Work Teams:

Each team scheduled to play must provide two competent 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 volunteer from each team will share the score flippers job (they may alternate games or do it together.)
- The other volunteer from each team will serve as linesmen. The person assigned duty as a lines person will remain in the same location for the entire match.

Playing Time:

Generally, matches will begin every hour throughout the day, beginning at 8:30 AM. Teams should arrive at the playing site at least 10 minutes prior to the scheduled match time. **Each three-game match will have a 50-minute time limit.**

A short grace period may be granted with approval from both team coaches and referee. The referee will signal when the grace period has ended and play will begin.

Referees:

The referees appointed by NYV will be the official timekeepers and are responsible to see that the matches start and end on time.

The referee will call a captains' meeting at least 5 minutes before the scheduled start time of each match. The two team captains and coaches will meet with the referee for instructions and to conduct the coin toss. The referee will determine which team's captain makes the first coin call. The third game coin call should also be made at this time and by the team captain of the team not making the first call. The coin call for the third game can also be made after the completion of the second game.

The head ref is responsible for making sure all scores for all games are reported.

Pre-game Warm-up:

Teams will share the court during warm up time, including hitting.

Court Information:

Prior to the start of the first game, the players in the starting lineups will stand on the baseline of their court. The referee will summon them 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 games 1 and 2, the players on the court will be signaled by the referee to their bench, 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 directly to their new bench.

During the 3rd game teams will switch courts at the ½ way point. (Approximately at 15 points).

At the end of the match (game 3) the teams will be signaled to the base 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.

Time-Out/Breaks:

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

Each team will be allowed two time-outs per game. Time-outs will last 30 seconds. Time outs may end in less than 30 seconds if both teams are ready to play.

Scoring:

Rally point scoring is used. In rally point scoring, every play results in a point being awarded a team. A serve into the net or out-of-bounds is a point for the other team. Net serves are now considered good if they cross the net to the receiving team's side.

During regular season matches will consist of games to 25 points, starting at 4 on the scoreboard.

The 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. This is also true for the first two games in match play during tournament action. During tournament play the third and deciding game will be a 15 point game. The third game will continue until one team is ahead by 2 points. Teams will change sides in deciding games (at approximately 8 points)

During the third game, if the time limit of 50 minutes has been reached, the team with the highest score will be declared the winner.

Substitutions:

The substitution method must be chosen before the match starts. Substitutes may enter the game in one of two ways:

1. Position substitution
2. Continuous rotation substitution

Position substitution is based on the position of a teammate in the starting lineup. Each re-entry must be for the same player or position in the rotation.

Continuous rotation substitution is based on the number of players involved in the rotation and the entry location must be declared at the beginning of the match to the referee and opposing coaches. A coach may remove a player from the continuous rotation at any point during a game, but that player may not enter that game again. A coach may not substitute another player for the removed player, either.

More than one substitute may enter the game at a time. The player subbing in must stand between the 10-foot line and the net. An unlimited number of substitutes 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 Game:

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

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

A player may not contact the ball twice in succession, except for the first hit or after a simultaneous contact by two players. After simultaneous contacts by two or more players, either player is entitled to make the next contact of the ball.

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

A player may NOT touch the net while making a play on the ball or immediately thereafter. A brush of the net with the hair is NOT considered a touch of the net. Minor touches of the net away from the play of the ball are considered incidental contact and are allowed.

If a defensive player is standing at the net and the opponents send 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 three team hits, so long as the contact with the net is within the antennae.

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

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

The Playing Area:

The lines on the court are considered part of the playing area. If any portion of the ball falls on any portion of the line, that ball is IN.

All basketball backboards, rims, and anchoring equipment attaching them to the ceiling are out-of-bounds. If the backboards are raised they become part of the ceiling and balls touching them are playable.

A ball off the walls of the gym is out-of-bounds.

A ball in the bleachers is out-of-bounds.

A ball hitting the gym divider on a serve is out-of-bounds and the point will be awarded to the opposing team.

The rest of the gym is considered playable.

A player may not enter an adjacent court before, after or during a play of the ball.

If during a volley, the ball hits the gym ductwork or ceiling above the playable area, and comes back to the team that hit it, they may continue to play it, as long as they are still within their three hit maximum.

If during a volley, the ball hits the gym 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.

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.

Once the player throws the ball for service, the player may allow the ball to fall to the floor without touching the ball. The referee will then signal a re-serve. Only one re-service is allowed per service effort. If the player catches the ball, or allows it to contact any part of the body, the ball and a point is awarded to the opposing team.

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.

A team serving out of rotation will forfeit the serve and result in a point being awarded to the opposing team. The rotation must be corrected at the time.

USAV Exception: After **four (4)** serves by the same player the serving team will rotate and the next server on that team will continue serving. No player may serve more than four consecutive serves.

USAV Exception: A modified service line is available for the youth program. The line is marked approximately 3 feet shorter than the main service line. Players are encouraged to use the main service line but it is acceptable to use the modified line when:

- Players have a serve that doesn't consistently reach the net (whether over-hand or under-hand)

Here is a re-cap of some specific rules to remember. These are available on the NVVA website under the Northwest Youth Volleyball (NYV) link. They are also available in hard copy. All coaches should read and become familiar with the complete rules.

2010 NYV – Rules to Remember

As the league increases in size and the level of play continues to improve, we have changed a few rules we hope will help our players, coaches and refs.

1. All teams will be required to turn in a line-up at the beginning of each game. Line up sheets will be provided. (See attached) This will help players understand their positions and help refs with subbing and positioning on the court. As this is a developmental league, all players are expected to play during all matches.
2. Subbing may be done two different ways. Players may sub for another player during a match (front line or back line) but always for that same player in any one game. Or, players may sub in at the serving line each time the team rotates. Coaches must choose one or the other method of subbing and indicate which method will be used on the lineup sheet when it is submitted.
3. Servers may serve a maximum of 4 serves before rotating out of the service position. After four serves, the serving team rotates, a new server continues serving for that team and play continues. No loss of point occurs when the players rotate. If a server misses a serve before serving four times, a regular side out occurs.
4. A modified service line is available for the youth program. The line is marked approximately 3 feet shorter than the main service line. Players are encouraged to use the main service line but it is acceptable to use the modified line when:
 - Players have a serve that doesn't consistently reach the net (whether over-hand or under-hand)
5. The head ref is responsible for making sure all scores for all games are reported. Each team is responsible for providing a scorekeeper and a linesperson during play. Remind scorekeepers to give the final score to the head ref for entry in the scorer's book.
6. Good Sportsmanship is required of all players, coaches and parents. Refs are developing as well as players and coaches. Please treat everyone with tolerance and respect.

Note: An administrator will be present at all competitions. Please make sure you talk to her/him about any issues, concerns or questions.