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### Grade Specific Rules

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Rule Changes & Points of Emphasis For 2020

- The Blue Valley School District has allowed our volleyball program to use their gyms. It is the responsibility of players, parents and coaches to take care of the gyms and schools. When in the schools, players and all children must be supervised at all times.

- Good sportsmanship must be exhibited by coaches, players, parents and spectators.

- Numbers are required on front and back of the jersey.

- The receiving team must rotate before their first serve of each set.

- If a player(s) does not enter into the match during the first set, due to lack of rotating, those players must start set 2.

- Excessive and/or inappropriate comments will result in the loss of the coach’s privilege to stand.

- Jewelry – Metal, ceramic or rock jewelry will not be allowed during play.
  - Players will choose to either remove the jewelry or not be allowed to play.
• Substitute players must wear their own BVRC team’s uniform from their original team so they are easily identified.

• Do NOT bounce volleyballs in the hallways at any time or in the gym when games are in progress.

• 6th-7th Grade teams have the choice to rotate all players into middle back OR follow substitution rules.
  1. Players may be substituted into the match.
  2. All players will play at least 3 out of the 6 positions.
  3. Teams may choose to use a Libero or not.
     a. Libero must wear a different color T-shirt with a number.

• While a player is preparing to serve, no chants, cheering or loud noises are allowed by players, fans or coaches.
  • “Down and ready!” must be said before the official’s whistle, calling for service.
  • Yelling “Ball is up!”, after the server tosses the ball in the air, is not allowed.

• A served ball that hits any basketball goal will be called “OUT”. The ball and point will be awarded to the other team.
Introduction
The following rules, supplemented by the National Federation of State High School Associations, shall govern play and conduct at all BVRC youth volleyball games. These rules have been drawn with the purpose and aims of BVRC, and have as their basis the development and teaching of good sportsmanship and fair play. The BVRC and the Volleyball Advisory Council shall be the interpreter of these rules.

Coaches and players are responsible for knowing the game rules. Coaches please go over these rules with the parents to prevent them from questioning calls made by the official. Any questioning of a call or ruling must be made by the coach, NOT a parent, player or spectator.

Blue Valley Recreation Volleyball
2020 Rules
The following rules, supplemented by KSHSAA shall govern play and conduct at all Blue Valley Recreation youth volleyball games.

Rule 1: Sportsmanship
A. Sportsmanship shall be a top priority. Good sportsmanship must be exhibited by coaches, players, parents and spectators. The officials and staff will have complete authority to enforce good sportsmanship.
B. Head coaches will be responsible for the conduct of their assistant coaches, players and fans.
   1. Coaches are encouraged to hold a team meeting with all parents and players to discuss their conduct, the rules and player responsibilities.
C. There will be a zero-tolerance policy on swearing for all players, coaches and fans.
D. Cheers or chanting of any kind must be positive in nature and may not be directed at an opposing individual or team.
E. Tobacco and alcohol are not allowed on the premises. All BVRC facilities are smoke free.
F. Coaches who abuse the rules, or fail to demonstrate proper conduct and sportsmanship, will be subject to a disciplinary hearing which could result in suspension.

Rule 2: Gym Conduct
A. The Blue Valley School District has allowed our volleyball program to use their gyms. It is the responsibility of the players, parents and coaches to take care of the gyms and schools.
   1. If any damage is found, please report it to the BVRC.
B. No food or drink is allowed in the gym.
1. Water bottles are allowed, but please make sure they have a lid.
C. Do NOT bounce volleyballs in the hallways at any time or in the gym when games are in progress.
D. All teams, parents and fans are expected to respect the facility and any damage that is caused will result in the parents being charged for repairs.
   1. When in the schools, players and all children must be supervised at all times.

Rule 3: Matches
A. Matches will not begin prior to the scheduled game time.
B. There will be a minimum of 5 minutes of warm-up time between matches, even if the matches are running behind schedule.
C. A player may be on the roster for only one BVRC team.
D. No pregame lining up or shaking hands is required.
   1. After the match (all 3 sets) is complete all players and coaches will line up and shake hands under the net.
E. Rally-scoring is used.
   1. A point is awarded after every play.
F. All sets will be played to 25 points, win by 2 with a cap of 27 points.
G. All three sets will be played no matter what the outcome is of the first two.
H. League standings will be based on the number of sets won/lost, not the match results.

Rule 4: Game Play
A. Each team has a maximum of 3 hits to return the ball over the net.
   1. Hits include intentional hits by a player as well as unintentional contact with the ball.
B. Players may use any part of the body (head and feet included) to play the ball.
C. Lifts, (ball comes to rest), will be a judgment call.
D. Multiple contacts, (double hits), are permitted on the team’s first contact, each time over the net.
E. Players may not touch any part of the net.
   1. Excluding incidental contact by a player’s hair or if the ball is hit into the net and pushes the net into a player.

Rule 5: Coaches
A. There may be no more than 3 adults sitting on the bench or near the bench area.
B. Same as in High School Federation rules, only the head coach may stand during play and only if the coach is instructing or encouraging the players.
1. The coach that will be allowed to stand will be the same coach that attended the pregame meeting with the official and captains.

C. Coaches are encouraged to wear volleyball appropriate attire.

Rule 6: Pre-Match Coaches’/Captains’ Meeting

A. The head coach and captain from each team will meet with the official prior to the match.
   1. Introductions, questions and the coin flip will be done at the meeting.

B. The first serve of the 1st and 3rd sets will be decided by a coin toss.

C. The captain that wins the coin toss will have the choice to serve, receive serve OR pick the side.
   1. If serve is chosen, the other captain will then get to pick the side.
   2. If receive serve is chosen, the other captain will serve and get to pick the side.
   3. If side is chosen, the other captain will then choose to serve or receive.

D. Whichever team does not serve first for the 1st set, will serve first for the 2nd set.

E. After the 2nd set is complete, captains will meet with the official again for a coin toss to determine who will serve first for the 3rd set.
Rule 7: Interaction with Officials

A. Interaction and communication is encouraged by the head coach only.

B. Participants must accept the officials’ decisions with sportsmanlike conduct and without dispute.
   1. In case of doubt, clarification may be requested through the head coach only.

C. Coaches are not allowed to discuss a judgment call with an official. Any discussion of a judgment call could be grounds for immediate ejection.

D. If an immediate rule clarification is required, the coach, in a professional manner, may ask for a time out and ask the official for a rule clarification.
   1. If needed, the Gym Supervisor is available for additional assistance. Together as a group, the coaches, official and gym supervisor will come to the fairest solution.

E. Abusive language at any time will result in an automatic ejection from the game, plus a mandatory appearance before the Volleyball Advisory Council.

Rule 8: Scorekeeper & Line Judge (Parent Volunteers)

A. Each team is responsible to provide a volunteer.
   1. One volunteer will scorekeep and the other will line judge.
   2. The volunteer may NOT be an assistant coach.
B. Adults are encouraged to be the volunteers.
   1. Anyone under 18 must be agreed upon by both coaches prior to the game and be supervised by an adult.

C. Scorekeepers and line judges are also game officials and should be treated with the same courtesy and respect as an official.

D. Scorekeeper responsibilities include:
   1. At the end of each set, the official scorekeeper will record the score and winning coach’s name on the “Official Game Card”.
   2. Each coach should confirm the information on the score card and make a copy for their records.
   3. The Official Game Card and coaches’ records will be used by the Program Supervisor to settle any discrepancy.

E. Line Judge responsibilities include:
   1. Line judges should stand on the corner of the far side line away from the bleachers.
   2. Indicate whether the ball is inbounds or out of bounds when it lands near the line.
   3. Indicate whether the ball touches the antenna or goes around the outside of the antenna, (out of bounds).
4. The line judge is not allowed to talk to any players at any time.
5. The line judge must remain impartial and not vocalize or show any disagreement with the officials’ calls.

In bounds

Out of bounds

Rule 9: The Court & Equipment
A. The court shall be 60 feet by 30 feet.
B. Coaches and players on the bench must stay at least 5 feet back from the court boundary lines.
C. Net heights
   1. 2nd - 4th grades – 6’ 6”
   2. 5th & 6th grades – 7’ 0”
   3. 7th grade – 7’ 4”
D. Volleyballs
   1. 2nd grade – Tachikara Primary
   2. 3rd - 6th grade – “Volley-Lite” ball
   3. 7th grade – Regulation high school ball
E. BVRC will provide each team with one practice ball.
F. BVRC will provide game balls.

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Rule 10: The Ceiling & Playing Area
A. All lights, rafters, basketball goals, and anything attached to the ceiling counts as part of the ceiling.
B. If the ball hits the ceiling and comes back down on the same side of the court, it is still in play.
   1. As long as that team has not used all 3 hits.
C. If the ball hits the ceiling and comes back down on the other side of the court, it is out of bounds.
   1. A point will be awarded to the other team.
D. If a serve hits any part of the ceiling or any basketball goal, it will be called “OUT”. The ball and point will be awarded to the other team.
E. If the ball contacts any dividers, bleachers, or walls the ball is called out of bounds.
   1. If a player plays the ball and then touches the bleachers, the ball remains live.
F. A player may not enter another court while attempting to play the ball.
   1. If a player goes onto another court, even after contacting the ball, the play is dead, and ball given to the other team.

Rule 11: Playing Time & Rotation
A. Players must rotate after every side-out.
B. After each rotation, the player that rotates to the middle-back position will come out of the match and a substitute will enter in middle-back.
1. Exception – The receiving team has to rotate after they win the first side-out of each set. The player rotating into the center-back position has not served. This player will NOT rotate out, until they play all six positions and get one term of service.

2. Exception – 6th-7th grades may use substitutions to enter the match.

3. Exception – A player from the bench is used as a substitution, if an injury occurs.

C. If a player(s) does not enter into the match during the first set, due to lack of rotating, those players must start set 2.

D. Each team will have the option of calling one 30 second timeout per set.

1. Timeouts may not be carried over to the next set.

Rule 12: Serving

A. The server shall hit the ball with one hand, fist or arm while the ball is held or after it is tossed.

B. Players must wait for the whistle before service.

C. The ball shall be contacted within 8 seconds, after the whistle is blown.

D. Let serves are allowed.

E. Players on the receiving side may not block or attack the serve in front of the attack line.

F. 2nd – 5th Grade:
1. Each player will only be allowed to serve up to 5 consecutive serves.
2. After 5 successful serves, the ball will be given to the other team, however no point will be awarded to the other team.

G. 6th – 7th Grade:
1. Each player will only be allowed to serve up to 5 consecutive serves.
2. After 5 successful serves, the team will rotate, and the serve will be given to the next player on the same team.

H. The server may serve anywhere on the baseline.
I. Both feet of the serving player must be behind the designated serving line at the time the ball is contacted for serve.
   1. EXCEPTION – If there is not 5 feet of service area, one step inside the court will be allowed. This will be decided at the coaches’ meeting prior to the match.

<table>
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<tr>
<th>Grade</th>
<th>Net Height</th>
<th>Serving Line</th>
<th>Distance from Baseline</th>
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<tr>
<td>2, 3 &amp; 4</td>
<td>6’6”</td>
<td>20’ from net</td>
<td>10 feet in</td>
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<tr>
<td>5</td>
<td>7’0”</td>
<td>25’ from net</td>
<td>5 feet in</td>
</tr>
<tr>
<td>6</td>
<td>7’0”</td>
<td>30’ from net</td>
<td>Baseline</td>
</tr>
<tr>
<td>7</td>
<td>7’4”</td>
<td>30’ from net</td>
<td>Baseline</td>
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J. In case of a bad toss, the serving player may either catch the ball or let the ball hit the ground.
1. After a tossing error, the official must blow the whistle and signal for service again.
2. One service tossing error is permitted per (each player’s) 5 serves.

**Rule 13: Uniforms & Jewelry**

A. All teams purchase their own uniforms.
B. All players must have matching uniform tops. Matching shorts are not required.
C. A number is required on the front & back of jersey.
   1. Any number between 0-99.
D. No splints or casts may be worn, even if padded.
   1. Knee and elbow braces are allowed if worn as the manufacturer has intended.
E. Metal, ceramic or rock jewelry will not be allowed during play.
   1. Players will choose to either remove the jewelry or not be allowed to play.
F. Soft headbands and small bobby pins (under 2 inches) may be worn for hair control.
G. Players are encouraged to wear kneepads.

**Rule 14: Substitute Players**

A. Substitute players must be from another BVRC team and announced at the pregame conference to the official and the other coach.
B. Substitute players must wear their own BVRC team’s uniform, so they are easily identified.
C. If a team has 6 players or less, the coach may use substitute player(s) from another BVRC team.
   1. The maximum number of players a coach may invite is two.
   2. One substitute player may participate if the team has only 6 roster players.
   3. Two substitute players may participate if the team has only 5 roster players.
D. If a team is short players, they must follow the listing below to find a substitute player.

Grade 2
- Teams in 2nd grade may invite another player from any 2nd grade team.

Grades 3-7
- Tiger division team may invite a Husky, Timberwolf or Mustang player from their grade or any player from one grade below.
- Husky division team may invite a Timberwolf or Mustang player from their grade or any player from one grade below.
- Mustang division team may invite a player from one grade below.
Rule 15: Forfeits
A. Game time is forfeit time. A forfeit may not be called without approval from the gym supervisor.
B. A team must start a game with a minimum of 4 players but may finish with less than 4 players if necessary due to injury.
C. If a forfeit is called, teams may divide and play, but all play must be stopped 15 minutes before the scheduled start of the next game. Officials are required to work forfeits.

Rule 16: Protests
A. Grades 2-3: Matches may not be protested.
B. Grades 4-7: The officials and coaches should attempt to resolve rule disputes to avoid protests.
   1. A coach may only protest a rule interpretation or player eligibility.
   2. No judgment calls may be protested.
C. Regarding a rule interpretation - The coach must protest the match before they leave the gym.
   1. The gym supervisor will note the protest on the official game card.
   2. In addition, a written protest must then be filed by the protesting coach immediately after the match on the proper form with the gym supervisor.
D. If a protest concerns player eligibility, the manager will be given 24 hours to protest the game.
   1. A written protest must then be emailed by the protesting coach to the program supervisor. Including teams involved, player in question and game time.
E. The Volleyball Advisory Council will act on all protests. Even if it is held that the protested decision violated a rule, no replay of the game will be ordered, unless, in the opinion of the Advisory Council, the violation adversely affected the protesting team’s chances of winning the game.

Rule 17: Ejections
A. Anyone ejected from a match must leave the gym immediately.
B. Player
   - First ejection – suspended for the next match.
   - Second ejection – suspended for the next two matches and appearance before the Advisory Council may be required.
   - **Stricter penalties may be invoked should the situation warrant.**
C. Coach, Parent or Fan
   - First ejection – suspended for the next match. Advisory Council appearance may be required.
- Second ejection – Suspended for the next two matches and mandatory appearance before the Advisory Council.
- Stricter penalties may be invoked should the situation warrant.

Grade Specific Rules

A. 2nd Grade – Same as 3rd & 4th Grade except:
   1. The Ball – Tachikara Primary

B. 3rd & 4th Grade
   1. The Ball – “Volley Lite”
   2. The Net – 6’ 6”
   3. The Serving Line – 10 feet in from baseline
   4. After 5 serves by the same player:
      b. The ball goes to the other team.
      c. No point is awarded to other team.

B. 5th Grade
   1. The Ball – “Volley Lite”
   2. The Net – 7’ 0”
   3. The Serving Line – 5 feet in from baseline
   4. After 5 serves by the same player:
      a. The ball goes to the other team.
      b. No point is awarded to other team.

C. 6th Grade
   1. The Ball – “Volley Lite”
2. The Net – 7’ 0”
3. The Serving Line – Baseline (Regulation)
4. After 5 serves by the same player:
   a. The serving team keeps the ball.
   b. The serving team will rotate and the next player will serve.

D. 7th Grade
1. The Ball – Regulation high school ball
2. The Net – 7’ 4”
3. The Serving Line – Baseline (Regulation)
4. After 5 serves by the same player:
   a. The serving team keeps the ball.
   b. The serving team will rotate and the next player will serve.

E. 6th-7th Grade – Substitution Teams
   Same rules as 6th and 7th grade rules above, along with the following:
   1. Players may be substituted into the match.
   2. All players will play at least 3 out of the 6 positions.
   3. Teams may choose to use a Libero or not.
      a. Libero must wear a different color T-shirt with a number.

HAVE A GREAT SEASON!

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