

RANCHO SIMI RECREATION AND PARK DISTRICT

INSTRUCTIONAL VOLLEYBALL RULES

1. LEAGUE

- A. The Youth Instructional Volleyball Leagues are governed by National Federation of State High School Associations and the California Interscholastic Federation with the exceptions specified herein:

NOTE: Rancho Simi Recreation and Park District Reserves the right to make any changes deemed necessary to insure safe and efficient operation of the leagues.

2. ELIGIBILITY

- A. Age – The year born is the primary criteria for determining the age for competition. Player(s) must provide official verification of date of birth during evaluations.

B. Divisions

Minor Division – 3rd & 4th Graders

Players who are born in 2008 or 2009 and players born in 2007 and in a grade no higher than 4th are eligible.

Major Division – 5th & 6th Graders

Players who are born in 2006 or 2007 and players born in 2005 and in a grade no higher than 6th are eligible.

Junior Division – 7th & 8th Graders

Players who are born in 2004 or 2005 and players born in 2003 and in a grade no higher than 8th are eligible.

C. Gender Divisions

All Divisions are coed.

- D. Players must participate in the division in which they are eligible (exception – League Director approval).
- E. Players must reside within the boundaries of the Rancho Simi Recreation and Park District (exception – League Director approval).

3. TEAM SELECTION

- A. All players shall be registered and skill rated with the Rancho Simi Recreation and Park District prior to any competition.
- B. Team Selection shall be as follows:
 - 1. Teams shall be formed by a Rancho Simi Recreation and Park District player selection committee.
 - 2. All players will be placed on teams by individual ratings with all teams being as equal in height and talent as possible.
 - 3. Coaches and one assistant coach are guaranteed their son or daughter only.
- C. Team Rosters – Rosters must have a minimum of six players and a maximum of 10 players.
- D. Waiting List – is a replacement list for those teams that lose or have permission to drop players.

Any dropped players must be submitted for approval by League Director. Adds to teams will be the responsibility and decision of the League Director.

4. EQUIPMENT

- A. Shoes that scuff or mark the floor are not permissible. Tennis or volleyball shoes must be worn. Bare feet or stocking feet will not be allowed.
- B. Game/practice balls will be furnished by the Rancho Simi Recreation and Park District.
- C. Volleyballs – All three divisions will use the “Volley Lite” volleyball.

5. MATCHES

- A. Duration of Match
 - 1. Match will consist of three games and/or 55 minutes. Teams are encouraged to use the entire 55 minutes regardless if they have played three games.
 - 2. Each game shall be to 25 points rally scoring. A team that has scored 25 points and has at least a two point advantage is the winner. **RALLY SOCRING** – A point is awarded on every served ball either by the serving team or the receiving team.
 - 3. An additional point will be added to a team each time they hit the ball three times during a point play.
 - 4. After 50 minutes the third game only will cap at 15 points.

B. Warm Ups

1. Prior to matches teams will have a five minute warm up period only if time allows.

C. Net Height

Minor Division play on 6ft net

Major & Junior Division play on 7ft net

6. TIME-OUTS

- A. One, one-minute time out period is allowed per team per match.
- B. During a time out, teams are not required to leave courts. Coach may enter court.

7. MINIMUM PLAY RULE

- A. One player shall rotate into game upon winning the serve.
- B. Players should stay in order of rotation during the entire match.
- C. Notify referee of players not in attendance.

8. TEAMS

- A. All players must be in uniform top.
- B. A team shall compete with six players in all three divisions.

9. GENERAL RULES

A. Serve

1. The referee signals for each service.
2. The right-back player serves from behind the end line.
3. The ball can be served overhand or underhand from behind the end line.
4. The player servicing player may move up to get serve over the net, but they must serve underhanded.
5. Two serves per player.
6. The ball must go into the opponent's court (unless touched by an opponent).
7. The ball can touch the net.
8. The boundary lines are in play.
9. There shall be a two point maximum during serve. After player has served two points it is a side-out and serve goes to opponent.

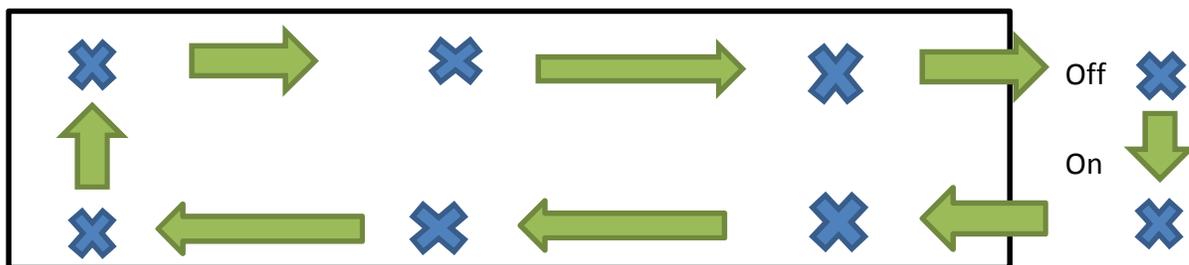
B. Points

1. Rally scoring will be used. A point is scored on every served ball either by the serving team or receiving team.
2. A point is scored when the ball lands on the floor of the opponent's court or if it is touched by an opponent before it lands out of bounds.

C. Rotation

1. After a side-out, the serving team players rotate one position clockwise.
2. When substituting, rotate the left front player out and a new player rotates in.

Rotate in Order



D. Ball Contact

1. A team is allowed three contacts to return the ball into the opponent's court. The ball can hit the net when going over.
2. A player cannot hit the ball twice in a row.
3. A player cannot catch or momentarily hold the ball on contact.
4. It is illegal to contact the ball with open hands and palm up.
5. **MINOR DIVISION ONLY:** the first hit on a side may be a catch, and then lob to a teammate to set the ball to a hitter (Hot Potato).

E. Net Play

1. Players cannot touch the net, reach over the net, or go under the net.
2. It is legal to play the ball out of the net.

10. UNSPORTSMANLIKE CONDUCT

- A. The referees or official, may, at any time, bar from the game any player, coach, or fan guilty of unsportsmanlike conduct, profanity, or talking back. Ejected persons must leave the gymnasium.
- B. The minimum penalty for a player or coach ejected from a game is suspension for the game ejected and the following game.
- C. Unsportsmanlike conduct will not be tolerated and result in the dismissal of the player from the match.

11. BLOOD RULE

A player, coach, or official who is bleeding, or has an open wound, or has blood on their body or clothing, shall be prohibited from participating further in the game until appropriate treatment has been administered.

If first aid is required for a player, the player must be immediately removed from the game unless treatment can be administered within a reasonable amount of time.

A player, coach, or official will not be allowed to participate unless:

1. All bleeding has been stopped.
2. Any exposed cut or scrape which has bled has been completely covered.
3. Bloody clothing has been removed.

12. CONCUSSION RULE

Any player that is suspected of sustaining a concussion and/or head injury during a game or practice will be placed in the following concussion protocol:

1. The player will be removed from play immediately and not be permitted to return for the remainder of the day.
2. The player must receive written clearance from a medical professional or licensed health care provider trained in the evaluation and management of concussions before returning to activity.