

## ASD # 73 Sports Council Elementary Volleyball Rules

The following is the set of rules designed for Level I Elementary Volleyball play in School District # 73. The intent is that these rules be implemented for all games under the jurisdiction of SD# 73 Elementary Athletics. It is the request of the SD #73 Elementary Sports council that all games (exhibition, league, tournament, zone championships & district championships) be played using the rules outlined below. In some cases, different rules exist for league and championship play. All acceptable variations to the rules are outlined below; therefore, teams are encouraged to avoid making any other independent adjustments, as these will comprise a consistent and standardized understanding of the rules. Please note that all references to the male gender with respect to players, coaches & officials, are for simplicity and apply equally to both male and female participants.

- **The Court**

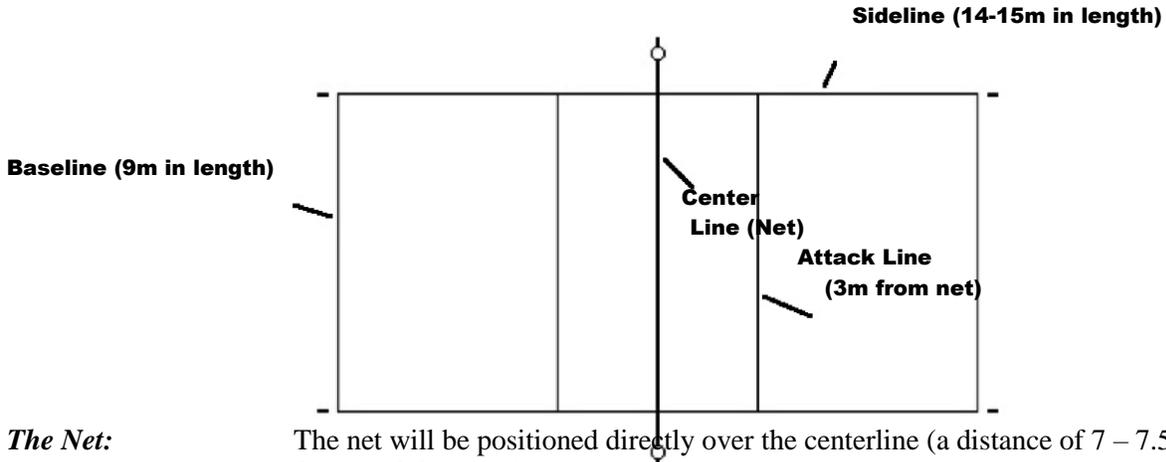
**Lines & Dimensions:** The length of the sidelines will be between 14 m and 15 m in length (depending on gym size).

The baselines will be 9 m in length.

A centerline will join the midpoint of each sideline dividing the court in to equal halves (measuring 7 – 7.5 m from net to baseline).

An attack line will be present on each side of the court. The attack lines will be a distance of 3 m from the centerline and will run parallel to the centerline. Attack lines divide the “front court” from the “back court”.

For clarification of court lines & dimensions, please see the picture below:



**The Net:** The net will be positioned directly over the centerline (a distance of 7 – 7.5 m from each baseline).

The top of the net will be parallel to the floor at a height of 2.05 m.

For safety reasons, net standards should be adequately padded to prevent injuries.

**Antennas:** Should antennas be available, they must be firmly affixed vertically to the net directly over each sideline.

- **Duration of the Match**

**League Play:** Matches will consist of two sets each played to 25 points \*.

\* a set must be won by a minimum of two points, so in some circumstances, sets may require teams to exceed 25 points - **this will apply for championship play; it does not have to be done in league play.**

Teams will switch sides and play in the opposite court for the second set.

Since a clear winner is not required for league play, a third (and deciding) set will not be played.

***Zone / District Championships:*** Since a clear winner must be determined, championship games will use a “best of three” format. The first two sets will follow the same format as league play (see above). Should a third set be required, it will be played to 15 points (again, the winning team must win by two points). Teams will switch sides as soon as one team scores 8 points in the third set.

- **Scoring**

***Rally-Point:*** All games will be scored using the rally-point system. This means that a point is awarded in each rally to the team that does not commit a fault. In other words points are earned to the team winning the rally regardless of which team has served the ball.

~~***Service Limit:***~~ During league play, players may serve a maximum of 5 serves in succession. If a player's 5<sup>th</sup> serve is successful (his team wins the point), the ball goes to the opponents who will rotate prior to serving to start the next rally.

~~During championship play (Zone & District), there will be no limit to the number of serves a player may complete in succession.~~

- **Substitutes & Substitutions**

***League Play:*** During league play, teams may choose to:

**Bench Rotation:** rotate their players using the system where a rotation occurs following every rally, and this team regains the serve (side-out). Under this system, after every side-out (regaining the serve), the player in the server's position would exit the court (sub out), and the player entering would go to the position in the middle back row. Every other player would move one position ahead before serving to start the next rally

**OR**

**Fair Play Substitution** that all six players play until the coach decides to substitute a player (must follow the **Fair Play Substitution Rule below**)

- **Fair Play Substitution Rule:** 6 starting players must play at least 1 full rotation, or 15 points reached by one team in a set (one game in a match). The minimum 4 players that did not play in the first set, must start in the 2nd set. These players also must play one full rotation, or once one team reaches 15 points.

Teams may have less than 10 players for games in league play.

***Championship Play:***

Teams must consist of a minimum of 10 players (6 starters and four substitutes) **unless the Volleyball Commissioner has given permission.**

Teams may make a maximum of 12 substitutions per set.

**Fair Play Substitution Rule:** 6 starting players must play at least 1 full rotation, or 15 points reached by one team in a set (one game in a match). The minimum 4 players that did not play in the first set, must start in the 2nd set. These players also must play one full rotation, or once one team reaches 15 points.

No player may be replaced more than once per set. (Therefore, starting players may return to a set, but must play the remainder of that set).

A starting player that returns to a set must replace the player that replaced him earlier.

**During championships play, teams may choose:**

Bench Rotation: to rotate a player from the bench on to the court after gaining possession of the ball. The player that rotates from the server position goes on to the bench and the new player goes in the middle back position.

**OR**

Fair Play Substitution: use the format that all six players play until the coach decides to substitute a player (this must follow the **Fair Play Substitution Rule**)

Coaches must choose and state which option they will be using for the entire game (rotation or substitution format - see above)

- **Time Outs**

Teams may call a maximum of two time-outs per set (each with a duration of one minute). **They cannot be called during a 3-ball sequence.**

Time-outs not used in earlier sets may not be used in subsequent sets.

- **Rotation & Formation**

***Starting Position:***

Prior to each serve, all three front row players must have some part of each foot nearer to the net than their corresponding back row player. If this formation is not clearly visible, a “receiving fault” will be issued.

***Rotational Order:***

Prior to each serve, all players must ensure that their positioning is consistent with the starting rotation (determined at the beginning of each set). Failure to maintain a consistent rotation will result in a “rotation fault” being issued.

Any points that have been earned while a team was out of their initial rotational sequence will be forfeit, and subsequently removed from their score.

***Positional Limitations:***

Following service contact, players may move about the court as they wish; however,

- front row players remain front row players, and back row players remain

back row players for the following purposes:

- Back row players may not hit the ball above the height of the net unless they have last touched the floor behind their attack line.
- Should a back row player hit the ball having last touched the ground on or in front of the attack line it is a fault unless the contact is made below the height of the net.

- **Tripleball**

*Overview of the Tripleball Sequence:*

The game follows a sequence of three rallies (service, tossed ball 1, tossed ball 2).

1st rally – introduced by the server

2nd rally – tossed ball given to the receiving team

3rd rally – tossed ball given to the serving team

The service rotates between teams after each three-ball sequence.

A team must rotate and introduce a new server when it is their turn to serve.

Every ball introduced is worth one point.

*Tripleball Rules:*

Switching to a different position from your service order during a rally is NOT ALLOWED.

Each rotation will have a different designated setter. The player in position #3 or #2 in service reception will be the designated setter; this position must be noted on the score-sheet by the coach.

See the **Format for entering players into the game**

Time-outs cannot occur during a 3-ball sequence.

Tier 1 and Tier 2 Athletes must play the tossed ball with a forearm pass, otherwise one replay will occur. 2<sup>nd</sup> time – point for other team. Tier 3 may play a forearm pass or a set on a toss.

- All Tiers may use a forearm pass or volley on a serve.
- Tier 3 Athletes may send the ball the tossed ball over the net.  
Tier 1 and 2 Athletes cannot intentionally send the tossed ball over the net, otherwise a replay will occur.

All other standard volleyball rules not listed above continue to apply.

*Recommendations* Officials to use an elastic band to keep track of serving order

*Guidelines for Tossers* The Head Coach, Assistant Coach or a competent volunteer may be the “Tosser” and introduce balls to their own team.

Balls are tossed underhand with two hands, with little to no spin and above the height of the antennae to allow athletes time to play the ball.

The Tosser can step into the court to introduce the ball but must immediately move a safe distance away from the court after the toss.

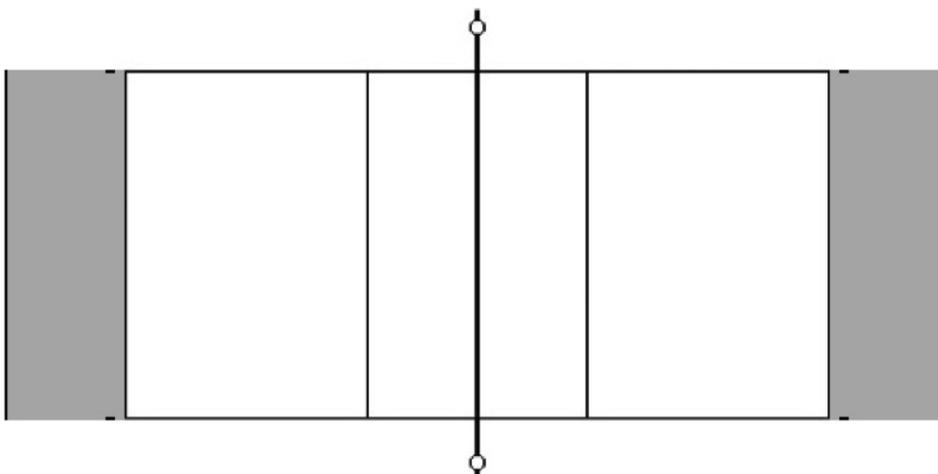
The free ball must be tossed directly to the athlete in position six, otherwise a replay will occur.

The free ball will be introduced when the front row players are at the net and ready to transition; the Tosser verbally cues the athletes by calling “Free Ball”. Tossers encourage a fast paced transition between an end of a rally and the next toss.

Video demonstration of tripleball: <http://vcdm.org/teachers/resources/gr-8-9-13-14-triple-ball> or [www.vcdm.org](http://www.vcdm.org)

- **The Serve**

**Location:** Players may legally serve from any point behind the baseline provided that they remain within the extended boundaries of the court sidelines. See area shaded grey below:



**Execution:** All **player** serves are to be underhand, and contact made with the ball below the server’s waist.

Contact with the ball is to be made on or below the server’s wrist.

The arm swing must be executed with the arm in close proximity to the body (not more than 45 degrees from vertical).

Serves must demonstrate a clear “hitting” contact without any lifting / swinging motion by the non-hitting hand during or prior to contact.

**Time Limit:** Players will have 5 seconds to serve the ball following a signal from the referee (verbal or with a whistle).

**NOTE:** A serve that contacts the net and drops into the opponents’ court is legal and the ball is considered “in play”

**Faults:** A fault is committed during a serve if:

- the server's foot extends outside of the sideline extensions prior to contacting the ball
- both of the server's feet cross or touch the baseline prior to contacting the ball (one foot is permissible)
- the server commits any of the four violations in execution (listed above) during the serve.
- the server takes more than the maximum 5 seconds to serve the ball following the referee's signal

- **Receiving the Serve**

The first contact by a team receiving a serve must be a forearm pass (bump) or an overhead pass (set / volley).

- **Forearm Pass (The Bump)**

All forearm passes (bumps) must contact the ball at or below the player's shoulders.

Forearm passes (bumps) must be executed with two arms in a manner that ensures only one contact. An attempted forearm pass (bump) that results in multiple contacts is considered a fault.

A fault will be issued if players attempting a "forearm pass (bump)" while receiving a serve do so incorrectly by raising their arms above their head or in front of their face.

- **Overhead Pass (Set / Volley)**

An overhead pass (set / volley) must consist of a clear contact, released cleanly & executed instantaneously using the fingertips. The ball must not visibly come to rest in the hands at any time during contact (fault for a "held ball").

Any forward wrist flexion during the release of an overhead pass (set / volley) is considered directing (throwing) the ball, and is considered a fault.

Overhead passes (volleys / sets) are intended for contact above the forehead. Players who push the ball from their chest area or below are often guilty of committing a fault for "carrying the ball". Also, players reaching behind their heads to overhead pass (set / volley) are often guilty of "carrying the ball".

A fault will be issued if a player, executing an overhead pass (set / volley) while receiving a serve, has his hands below shoulder height during contact with the ball.

- **Contacts with One Hand (Spike / Kill, Tip)**

**Tips:** Tips must consist of a clear instantaneous contact where the ball is redirected over the net without carrying the ball.

Players may use fingertips of an open hand, the back of their hand or a closed hand (fist) to execute a tip.

**Spikes / Kills:** Spikes must also show a clear, instantaneous contact without carrying / throwing the ball.

Please remember that a players may not touch the net while the ball is in play during the execution of a spike.

See the portion of section 6 pertaining to "positional limitations" to review which players may spike and under what conditions / limitations.

**Illegal Contact:** It is considered a fault if a player “scoops” the ball (lifts the ball with an underhand swinging motion using either the palm of an open hand, the heel of the hand or a closed hand).

- **Blocking**

No players may block a serve.

Back row players may not block.

Apart from the exception for blocking a serve, any front row player may block any ball aimed at or over the net.

A player attempting a block must ensure that he has not interfered with an opponent’s ability to execute a set or bump (when either of these latter skills are intended to set up an attacking hit or spike by a teammate).

The referee will decide if the flight of the ball is aimed at / over the net (legal for front row to block) or if the flight of the ball was such that a pass was intended (not legal for front row to block).

- **General Play**

**Starting Play:** A coin toss will determine which team serves first to start the first set.

The team that did not serve first in the first set will serve first to start the second set.

Should a third set be required, a coin toss will determine which team serves first.

**Faults:** A fault is committed during general play if:

- a team fails to put the ball over the net and between the antennas using three or fewer contacts\*
- the ball is played over the net, but fails to land in the opponent’s court (a ball landing on the line is considered “in”).
- the ball is played and contacts the ceiling of the gym (including rafters, etc.)
- the ball is played using any type of illegal contact (specific examples of faults are listed in sections pertaining to the various types of contacts - i.e. bump, volley, block, tip, spike, serve, etc).
- a player, while the ball is in play, contacts the net
- a player, while the ball is in play, steps completely over the center line\*\* (players may have part of their foot on or over the line, so a fault is only committed if the entire foot is judged to have been completely across the line).
- the ball travels over the net but outside of the antennas
- the ball contacts either of the antennas

\* An attempted block in which the “blocker” touches the ball, but does not prevent the ball from passing over the net into his court IS NOT considered a contact (three contacts may still be made following an unsuccessful block attempt).

\*\* Most schools have courts with a clearly marked centerline. In cases where a line is not painted on, and a temporary line can’t be taped, etc, the referee will determine the location of the centerline, and will make decisions as though the line were visible.

***Simultaneous Faults:*** If at any time during a rally, a referee notices simultaneous faults being committed (one by each team), a re-serve will be issued, and no points awarded for the rally containing the coinciding faults.

- **Communication With Officials**

Direct communication with match officials is a privilege limited to team coaches and team captains. With that said, it is imperative that such communication / questioning be delivered with tact & respect & never in a confrontational manner.