

CAL Sports Academy Volleyball League Rules

League Coordinator: Timothy Jones

Purpose: CAL Sports Youth Volleyball Program is organized to provide a recreational activity for girls. The program is designed for the following purposes:

We strive to develop players at all levels of play (recreational, travel, and premier) by building and improving their skills, confidence, fitness, initiative and a sense of teamwork.

We promote and encourage high standards of sportsmanship.

We look to aggressively expand volleyball opportunities to areas that are traditionally under served.

Organizational Structure:

Governing Rules: CAL Sports Academy Youth Volleyball League is governed by the current rules and regulations of the National Federation of State High School Association (NFHS) and USA Volleyball.

Coaching Requirements:

A person of high moral character who is a respected member of the community.

A coach should have a basic knowledge and understanding of the fundamentals of volleyball.

A coach should never incite his players or parents by criticizing an official or League Coordinator.

A coach should never use profanity, drink alcoholic beverages, smoke, or use tobacco in any form during any activity.

A coach should never be overly concerned with winning, but more concerned that each child on the team has fun and learns the fundamentals while participating.

A coach is expected to be present at all practice sessions, games, and meetings or have an approved coach present.

A coach should try to the best of his/her ability, to keep each player (especially the weaker players) interested and participating throughout the season.

The coaches must remain in the coach's box during games; players not in the game are to remain on the bench.

League Rules: Team rosters consist of no more than ten (10) players per team. No additions are made once the league has started unless a player is injured and considered out for the rest of the season, and not the last two (2) weeks of the regular season.

Logistics:

Uniforms must be worn to each game, no excuses. No jewelry worn during game play.

- If a player does not wear their shirt, they player will not be allowed to participate in the first set
- Second offense: the player cannot participate in that day's match

The Volleyball used will be official size and weight as defined by the National Federation of State High School rules book.

The net will be set at 7 foot 4 1/8 inches which is standard height for a regulation women's volleyball match.

Scorekeepers should not be emotionally involved in the game (i.e. coaching, disagreeing with the officials, screaming and yelling, etc.). Any scorekeeper that does not comply will be removed from the score table.

Game Time:

Matches consist of a "best of three" sets. The first set is played to 25 (win by two). If each team splits the first two sets, the winner of the third set, played to 15 points (win by two) is declared the winner. If one team wins each of the first two sets, that team is declared the winner. If time permits, a third set will be determined by the League Coordinator.

There will be two (2) 30-second time-outs per game.

Playing Time:

All available players participate in each set, following standard league playing time protocol. Standard substitutions are made in a way for all available players rotate into the lineup evenly. However, two players may be designated to remain on the court in all rotations. This modification allows for significant playing time for all players, while allowing the coaches flexibility to keep stronger players and/or setters on the floor to strengthen team play. Each teams' rotation must be kept in order.

Team forfeits will be at the discretion of the League Coordinator. We strive to have complete 6 on 6 matches. Generally, 5 or more players are required to avoid a forfeit. However, if the coordinator believes the level of a team of 4 can compete for a match, the team will not forfeit. Anything below 4 players is a match forfeit.

Each team's rotation must be kept in order. Crossing the person next to you or in front of you constitutes an "overlap" violation.

Substitutes must be handled in proper manner, players calling for a substitute to the ref, meeting in front of the 10-foot line, and waiting until the ref and scorekeeper allow you to go.

Specific Rules:

Servers are given two attempts to get the first serve inbounds before the serving team loses that point. After the server successfully gets one serve in, any subsequent missed serve will result in a loss of the rally. In addition, servers can move forward in front of the baseline when serving if the player needs assistance to clear the net on a serve.

Serves must be done in eight (8) seconds as NFHS rules suggest. If a player exceeds this amount, the team will lose the point and give the other team the serve.

Players are not allowed to touch the tape of the net at any time. Brushing/Touching of the netting is allowed if it does not interfere with the play.

No double contacts. You cannot contact the ball twice in a row.

The ball must be hit cleanly and not caught or thrown. Prolonged contact with the ball is a fault. The ball can rebound in any direction.

A player may not block a serve as it comes over the net. Blocking is used against hitting.

The official will use a liberal interpretation of violations such as a "lift" or "held ball" when players are attempting to use proper setting techniques. The referee will use discretion to overlook mild transgressions including net violations or illegal back row attacks when no competitive advantage is gained by the player, if the violation is deemed to be accidental. The referee will use some of these instances as opportunities to explain rules and educate players to improve their knowledge of the game rather than to halt play.

Unsportsmanlike Conduct: The following shall result in an unsportsmanlike conduct technical foul:

Disrespectfully addressing or contacting an official.

Using profanity and vulgarity.

Taunting, baiting, or ridiculing.

Ejection from a game results in a \$25 fine and a letter of apology to his/her team. League Coordinator will assess all incidents and determine if the individual can be reinstated.

Play-offs and Championship Game:

When more than 4 teams are in the league, the top four (4) teams participate in the play-offs. Championship Weekend will consist of 2 games. The first game will be a playoff game between the 2nd Place and 3rd Place Team of the league, 1st Place Team will be the working team for Playoffs. The playoff game will be one game to 25 Points. Immediately following the playoff match, the Championship Match will take place between the 1st Place Team and the Winner of the Playoff match. The loser of the playoff match will be expected to work the Championship game.

Teams are seeded by their regular season record and league placement. The top seeds play lower seeds (1 vs 4) (2 vs 3).

All players must play in at least one (1) game during play-offs.

Awards are given to the first place team

Protests: Protests must be filed within 24 hours after completion of the game, in writing, to CAL Sports Academy's email address – office@calsportsacademy.com

Conduct: The penalty for fighting, or flagrant conduct such as profanity is ejection from the present game and the following game. Any ejection will constitute a one game suspension. On the 2nd offense the player or coach is suspended from the program. Problems with coaches or spectators:

First – warning or technical foul

Second – technical foul or ejection (official's judgement)

Third – Removal from gym or program without refund

Game Postponement: For inclement weather or other situations out of CAL Sports control, the league coordinator will notify all players and coaches of game postponement.