

# **Arapahoe Youth League**

## **Volleyball**

## **Rulebook**



**2010 SEASON**

# Volleyball Club Delegates

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# ARAPAHOE YOUTH LEAGUE VOLLEYBALL RULES

**AYL Volleyball follows the formal rules of the game of volleyball as stated in the National Federation of State High School Associations 2009 Rule Book. Please read and familiarize yourself with the information contained within that booklet. Stated below are additions and exceptions for the advancement of youth volleyball within the AYL and its member clubs.**

## SECTION I CONDUCT OF GAME

### RULE 1

TIME: The time for all league matches will be determined by the League Directors and published on the schedules.

### RULE 2

#### GAME OFFICIALS:

- A. The League will supply a Referee.
- B. The League will supply an official score keeper for 9/10 AFC and older teams.
- C. Each team **must** supply the following every week
  1. The **HOME TEAM** is responsible for posting the scores on the Match Sheet for each game and flips the visual score board and audits the scorebook. **Minimum age of 16 years.**
  2. **BOTH teams** must provide 1 Line Judge. **Minimum age of 16 years.** As members of the officiating team they must stand at the corner of the court, remain attentive to the game, and make fair and clear calls.

### RULE 3

UNIFORMS: A player cannot play in any game unless he/she is in uniform. The official club uniform must consist of board-approved matching shirt and shorts of the same color. Coaches will be responsible for the uniformity of their respective teams. Unless, otherwise noted in the AYL rulebook, players not wearing the correct uniform will not be allowed to play. No duplicate numbers will be permitted. This rule will be strictly enforced; no exceptions. The number that a player is assigned at the time of roster sign-off, must be used by that player for the entire season. If a player needs to use another jersey with a different number, then a proper change of number form must be filled out and submitted to the AYL volleyball board and must be kept on file by all delegates. **An illegal number or a non-official club uniform will result in a forfeiture of any games in which that player participated.**

**A. JEWELRY:** Players shall not be allowed to wear jewelry of any kind with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform. NO earrings are allowed. **This includes newly pierced ears. The player will be REQUIRED to remove all earrings prior to play. Tape will NOT be allowed to cover them.**

**B. HAIR:** Hair devices made of soft material may be worn to control the hair. Hair adornments made of soft material may not be more than 2 inches wide. **Metal barrettes, clips or any hard object (i.e.: BEADS, shells, charms, etc) will NOT be allowed (bobby pins 2 inches or less are allowed).**

**C. CASTS AND SPLINTS:** As per the NFHS Volleyball Rule 4 Section 2 – A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance, even though padded, is not permitted on the finger, hand, wrist or forearm.

#### **RULE 4**

**KEEPING ORDER:** Each club shall be responsible for keeping their spectators orderly, off the playing court, and behind the spectators' boundary. Parents and spectators are urged to encourage their teams by cheering them on, but attempting to coach or instruct from the sidelines or shouting in abusive language at the players, officials, coaches, or other spectators is strictly prohibited. The designated board member shall have the discretion to forfeit any game in accordance with high school rule.

**ALL snacks must be eaten in the café Area.**

#### **NO FOOD OR DRINK, OTHER THAN WATER, WILL BE ALLOWED IN ANY GYMS**

This rule includes all coaches, players and spectators and covers all drinks including: pop, coffee, juices and Sports Drinks., **FAILURE TO FOLLOW THIS RULE WILL RESULT IN THE OFFENDING INDIVIDUAL BEING ASKED TO LEAVE THE FACILITY.**

#### **RULE 5**

**Smoothie Rule – Water is the only beverage allowed onto the court surface. Teams with ANY liquid other than water will be penalized by awarding the opponent the serve and 1 point. Teams with a liquid other than water that SPILLS on the court will lose their serve and the opponent will be awarded 5 points.**

#### **RULE 6 CONDUCT:**

##### **COACHES, SPECTATORS AND PLAYERS**

If a player, coach, assistant coach or spectator is ejected from any match they will be suspended from playing, coaching, or attending the next scheduled match. The ejection **must** be noted on the Match Score Log Sheet (Blue Sheet) which is turned into the League. If the same player, coach, assistant coach or spectator is ejected from any following match, he/she will be ineligible to play, coach or spectate for the rest of the season in the Arapahoe Youth League. However, he/she will have the right to appeal to the AYL Board of Directors after a one week suspension.

**B. BENCH CONDUCT DURING THE MATCH:**

**AGE 5-6 and 7-8:** Coaches and Assistant Coaches may stand near the bench or on the opposite side of the court (provided they do not interfere with another net). Coaches may go onto the court and assist the players when the ball is not in play.

**AGE 9-10:** Coaches will be allowed to stand in the team area while the ball is in play.

**AGE 11-12 and 13-14:** Coaches and Assistant Coaches remain in the team area during the match.

**FOR ALL AGES - OFFICIALS HAVE THE RIGHT TO REQUEST ANY COACH TO REMAIN SEATED IF HE/SHE FEELS IT IS IN THE BEST INTEREST OF THE PLAYERS AND THE MATCH.**

**Due to the court configuration at the Inverness facilities. Teams and coaches remain in the team area together. Team benches are not provided. Standing is allowed**

**RULE 7**

**MATCH SCORE LOG SHEETS:** Match Score Log Sheets are BLUE and will be located at each court's score table. Each coach has the responsibility to verify all the games score as entered and sign the blue sheet after their match. **Coaches that do not sign the blue sheet waive their rights to dispute the score as recorded for that match. Disputes/Protests should be noted in detail on the blue Match Score Log and will be brought before the AYL Volleyball board.**

**The blue match sheet is the official record of the games and will not be modified after completion of the play on that day.**

**RULE 8**

**PROTEST PROCEDURE**

1. Any rule violation must be presented prior to the start of the match.
2. Noted on the Blue Match Score Log sheet.
3. If a game/match is protested- the protesting coach must contact his/her Club Delegate. The delegate will inform the board of the intended protest and bring a \$100 deposit to the next scheduled board meeting. The deposit will be returned if the protest is up held.
4. **CALLS MADE BY AN OFFICIAL DURING THE MATCH CAN NOT BE PROTESTED**

**RULE 9**

**POSTPONED GAMES:** Games may or may not be rescheduled at the Sport Boards discretion (Yes, this may include Sundays).

**FORFEITED MATCHES:** Forfeited matches will only be rescheduled due to an error made by a AYL Volleyball Sport Board Member and / or our league scheduler.

**RULE 10**

**DELEGATES AND MEMBER CLUB RESPONSIBILITY:**

Clubs participating in AYL volleyball agree to the following:

- A. Each delegate/club will **coordinate and host** at one or two weekend(s) of games by organizing all net set up, supervision of the gym during the full day of AYL matches, answer official questions, clean up and net tear down at the end of the day. Clubs bringing in more teams will be required to add an additional weekend of hosting duty.
- B. Attendance at weekly meetings prior to and during the complete season.
- C. Mandatory attendance for set-up, supervision and clean up for all Playoffs matches and Championship matches.

**SECTION II  
PLAYER ELIGIBILITY**

**RULE 1**

**AGE LIMIT DETERMINATION:** The youth's age as of August 1 of the **year before** the volleyball season shall determine the division for which they are eligible to play per the following chart

<b>Age on 8/1/2009</b>	<b>5-6</b>		<b>7-8</b>		<b>9-10</b>		<b>11-12</b>		<b>13-14</b>	
<b>Birth Month</b>	<b>Age 5</b>	<b>Age 6</b>	<b>Age 7</b>	<b>Age 8</b>	<b>Age 9</b>	<b>Age 10</b>	<b>Age 11</b>	<b>Age 12</b>	<b>Age 13</b>	<b>Age 14</b>
1-January	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995
2-February	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995
3-March	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995
4-April	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995
5-May	2004	2003	2002	2001	2000	1999	1998	1997	1996	1995
6-June	2004	2003	2002	2001	2000	1999	1997	1997	1996	1995
7-July	2004	2003	2002	2001	2000	1999	1997	1997	1996	1995
<b>8-August</b>	<b>2003</b>	<b>2002</b>	<b>2001</b>	<b>2000</b>	<b>1999</b>	<b>1998</b>	<b>1997</b>	<b>1996</b>	<b>1995</b>	<b>1994</b>
9-September	<b>2003</b>	2002	2001	2000	1999	1998	1997	1996	1995	1994
10-October	<b>2003</b>	2002	2001	2000	1999	1998	1997	1996	1995	1994
11-November	<b>2003</b>	2002	2001	2000	1999	1998	1997	1996	1995	1994
12-December	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994

## **RULE 2**

**PROOF OF AGE:** The roster for each team must be accompanied by a League-acceptable proof-of-age document. The following documents will be accepted as proof of birth, provided there is a birth date and an official signature:

1. Birth certificate
2. Military papers of ID
3. Adoption papers
4. Passport
5. Birth registration
6. Notification of birth
7. Hospital certificate
8. Supporting letter from parent for different last names
9. Previous year's official roster

The following documents **WILL NOT** be accepted as proof of birth:

1. Baptismal records
3. School records
4. Any other personal or family records

A temporary waiver of "Proof of Age" may be obtained only when accompanied by a \$100.00 refundable deposit by the Club requesting the waiver. This waiver shall be valid for only one month from the date filed with the League. If proof of age is not obtained, the \$100.00 deposit shall be forfeited and the League may decide to impose further penalties.

## **SECTION III AYL VOLLEYBALL SPECIFICS**

### **Teams:**

A. Volleyball will be offered to 5 age groups:

1. 6 and under - Limited to 8 players per team.
2. 7 & 8 year olds
3. 9 & 10 year olds
4. 11 & 12 year olds
5. 13 & 14 year olds

### **Age as of August 1, 2009**

B. Players may play up one level, but may not play down. Players may play up more than One level upon board approval.

C. Each club will designate their top teams in the 13 & 14 year old, 11 & 12 year old and 9 & 10 year old level to compete in the National Division and the remaining teams will compete in the American Division. In the event that a club can only produce one or zero teams for the National Division, then the AYL board can select at-large teams from another club. If the number of teams is 12 or less for a division, then this rule will not be used. If the AYL Board can not balance the two divisions, then all the teams will be put In to a blind draw.

**Court Dimensions:**

- A. All courts will be 30 feet by 60 feet except for 6 and under.
- B. The court dimensions for 6 and under will be 30' wide by 40' long.

**Equipment:**

- A. Net Height:
  - 1. Ages 10 and under - 6 feet 6 inches
  - 2. Ages 11 and up - 7 feet 4 inches
- B. Volleyball
  - 1. 5/6 and 7/8 year olds - Oversized Trainer.
  - 2. 9 /10 year old - Super Soft /Volleyball Lite.
  - 3. 11/12 year old and 13/14 year old - Any High School approved regulation volleyball.

**Players/Rosters:**

- A. All age groups will play 6 players on the court except for 6 and Under. The 6 and under division will play 4 on a court.
- B. Teams may have a maximum of 12 players per roster. More than 12 will need to be approved by the AYL volleyball board.
- C. An official roster will be at the facility as needed. Teams may use the player count sheets to track their team as well as the other team.
- D. Players may be added late to rosters during the season with AYL volleyball board approval under the following circumstances:
  - 1. When a player quits or is injured for the season.
  - 2. When the number of players on a team falls to 6 or lower

Any players added late (after roster sign offs), will need to pay a \$10.00 late fee to AYL volleyball and other fees to their club where deemed appropriate.

- E. Any AYL player, that is listed on a roster with proof of playing for a USAV sponsored team, a YMCA team or any feeder or recreation district sponsored team, is exempt from the AYL practice rule restrictions when they are practicing with that team. Any volleyball practice where a combination of players who are only rostered AYL and the other teams previously mentioned are deemed as counting towards AYL practices.
- F. Teams may have a maximum of 25% of their roster from a competing volleyball club.
- G. **No more than 2 male players will be allowed on the court. However teams may have more than 2 male players on a team.**
- H. **NO LIBERO PLAYERS ARE ALLOWED**
- I. **7/8 and older teams may play with a minimum of 4 players, without forfeiting. In the event that less than 6 players are available at the beginning of a match a “Ghost” player will be added to the line up for each missing player. When each “Ghost” position rotates into the serving position the opposing team will be awarded a rally point and the serve.**

**Length of Games:**

No warm up time is allotted

Coaches are NOT allowed to bring balls into the facilities on game day.

**55 Minute running clock per match. The clock does NOT stop.**

**A. 5/6 teams will play 3 - 15 minute games. Each team will switch sides after each 15 minute session. No scores will be recorded. No score book will be used. No standings will be recorded. Each player will be allowed to serve 3 contacts every rotation regardless of the result of the serve. Teams are limited to 8 players per team.**

B. 7/8 division will play three (3) games to 25 points per game rally scoring. The winning team must win by two points. All teams will play 3 games, time permitting. If time expires and the score is tied, the next point scored will determine the winner.

C. 9/10, 11/12 and 13/14 divisions will play two (2) games to 25 points and one (1) game to 15 points rally scoring. The winning team must win by two points with a fifty five (55) minute match limit. If time expires and the score is tied, the next point scored will determine the winner.

D. Each team is allowed **2 time-outs per game**. The clock does not stop during this time. An additional time-out is NOT awarded if the game is tied at 25 and requires extra points.

**Forfeit Of the Match:**

BE ON TIME- Game **one** is considered a forfeit **at the time the match is scheduled to begin**. Game **two** is considered a forfeit **15 minutes** after the scheduled start of the match. Game **three** is considered a forfeit **30 minutes** after the scheduled start of the match.

**Playing Periods:**

A. A playing period is defined as a practice or game/match in which three (3) or more players rostered on the same team and a coach are engaged in organized instruction of play or practice. It is recommended that practice periods shall not exceed 2 hours. For the purpose hereof, the week begins at 12:01 am Monday and ends at 12:00midnight on Sunday.

B. Each team is limited to a maximum of three (3) playing periods per week.

C. Practicing prior to the start of the season is not allowed. The start of the season is defined as the 1st of January.

**Setting:**

- A. All levels will be encouraged to learn how to set. When an attempt to set is made, no fault will be called unless it is held longer than 1 second, and is an obvious carry (from left to right, before releasing the ball).

**Hitting:**

5/6 yr old teams and 7/8 yr old teams and 9/10 AFC teams - No two hit rule will be enforced at this time - although we encourage players to strive to hit the ball at least twice.

**2 Hit rule will be enforced for all 9/10 NFC, 11/12 and 13/14 teams**

Any ball in play which is first contacted when the BALL is behind the 10 foot line must be touched by another player before it crosses the net. Teams that put the ball that was hit behind the 10 ft line, back across the net on one contact will be called for a violation. Loss of rally point and serve is awarded.

**BALLS THAT ARE RETURNED ON THE FIRST CONTACT AS A RESULT OF A “GOOD VOLLEYBALL PLAY” WILL BE ALLOWED AT THE OFFICIALS DISCRETION.**

**Balls hit in front of the 10 ft line can be hit over the net on the first contact without penalty.**

**Co-Ed teams - If the ball is contacted more than one time, one contact must be by a female player prior to the ball crossing the net.**

**Blocking:**

- A. All levels: Blocking is allowed. It is not considered to be one of the 3 hits or touches allowed on each side. See High School Rule Book as needed.
- B. The **serve** may not be blocked or attacked. A block requires that contact is made while the ball is above the net.



## ALL TEAMS

**In order to assure that all players have an opportunity to play, those players who did not start the first game, must start the second game. Coaches must submit a new line up for every game in a match.**

### Minimum play rule:

#### **Total # of Points per match.**

$((\text{minimum points in the match}) / (\text{number of players on the team})) * 4$

the following examples are for a match that is won 25-0, 25-0, 15-0

- 7 players minimum play is 37 points
- 8 players minimum play is 33 points
- 9 players minimum play is 29 points
- 10 players minimum play is 26 points
- 11 players minimum play is 24 points
- 12 players minimum play is 22 points

**Failure to meet the minimum play rule will result in the forfeiture of the match.**

### Side Out and Serve Limit:

A. Ages **7/8**-*mandatory side out\* after 3 point run on the score.* Exception-If a team is behind by more than 3 points, they retain the serve until they side out or until the score is tied. (at which point a mandatory side out\* is called)

B Ages **9/10 & 11/12** - *mandatory side out\* after 5 point run on the score.* Exception - if a team is behind by more than 5 points, they retain serve until they side out or until the score is tied (at which point a *mandatory side out\** is called)

C. Ages 13 & 14 - as per High School Rules.

**\*MANDATORY SIDE OUTS** are called to transfer service to the other team. NO rally point is awarded

A. Underhand serves are legal.

B. Serve area.

1. Ages 8 and under may serve from any area between 10 foot line and back wall (or other designated out of bounds).
2. Ages 9 & 10 may serve from any area between 20 foot line and back wall (or other designated out of bounds).
3. Ages 11 & up must serve from behind the back line.
5. Server may serve from anywhere between sidelines.

C. Net serves will be allowed at all levels.

## **PLAYOFF AND CHAMPIONSHIP SPECIFIC RULES:**

All teams are invited to participate in the postseason volleyball playoffs. If there are more than 12 teams in any age group that have not previously been placed by Division, then they will be divided into two equally numbered divisions. The teams with the stronger record will be placed in the National Division playoffs and the teams with the weaker record will be placed in the American Division playoffs. If there are an odd number of teams, the team in the middle of the standings will be placed in the National League playoffs if their record is 500% or better or the American League playoff if their record is below 500%. The tournament is single elimination with the championship games to be played no later than one week after the playoff games at a site to be determined by the AYL volleyball board. The following rules are to be used in the playoffs:

**Home teams are the higher seed.** Home teams serve first and select the side of the court; visitor serve the second game and a coin flip will determine service for the third game if needed. Visitor is the right. Teams will switch sides after each game.

### **Playoff Rule 1**

All regular season AYL rules still apply.

### **Playoff Rule 2**

Teams are still required to provide one score keeper and one line judge for each match they play. Coaches: Please have your **positions assigned prior to the start of the match** to speed up the start of the first game.

### **Playoff Rule 3**

All matches are best 2 out of 3. The third game will NOT be played unless a deciding game is required. Games 1 & 2 are played to 25 points and must be won by 2 points. Game 3 as needed is played to 15 points and must be won by 2 points.

### **Playoff Rule 4**

No time limits on any of the games.

### **Playoff Rule 5**

No court warm-up time will be allowed.

### **Playoff Rule 6**

Games will start at scheduled times. Games can start ahead of schedule, if agreed upon by both coaches and the game official. **Rosters are due 5 minutes before the start of the match.**

### **Playoff Rule 7**

This tournament is a non-protest tournament.

**For Championship games ONLY:**

1. No time limits on any championship games.
2. Win by 2 points is required.
3. Match play 25/25/15 All divisions No point cap.
4. Line judges and scorekeepers will be provided by AYL
5. All official rosters will be checked prior to the start of the match. Anyone not on the roster or not wearing their correct number will not be allowed to play in their championship gam.