

Mission:

To provide a safe and fun environment for area youth and teens and to further develop volleyball fundamentals and skills. Although winning is an important part of sports, it is not the primary focus of this league. This league will continue to grow as long as the participants have a positive experience. The coach's primary responsibility is to teach the game of volleyball and sportsmanship. The coach is also a representative of FCPRD and should act as an example to all players, parents, and staff.

The following rules apply to the regular season and the final match-up/playoffs:

Game Play:

- a. **Kindergarten – 1st Grade:** Three-15-point games, (first to 15 wins), running 50-minute timeclock, no score kept.
- b. **Grades 2nd-5th:** Three-20-point games, (first to 20 wins), running 50-minute timeclock, score kept.
- c. **MS/HS:** Two-25-point games, must win by 2 or (first to 30 wins). The third game is to 15-points, must win by 2 or (first to 20 wins), running 50-minute timeclock, score kept.
- d. **All Age Levels: ALL MATCHES** will go three games even if a team has two set wins. Teams will switch sides after each game concludes. 1-minute break between each game.

Rules and Regulations:

- a. The start of the game will begin with a coin toss to determine who serves first. The winner of the coin toss will start warm-ups. Each team will be given 4 minutes to warm up. Warmups may be shortened at the referee's discretion due to time constraints.
- b. Teams can play with a minimum of 4 players on the court. Once a player arrives, they will enter the court in position 1 and all players would rotate over one position.
- c. Each team is granted two timeout per game (30 seconds in length). Timeouts cannot be rolled over into the next quarter.
- d. Rally scoring will be used for all divisions.
- e. "Let Serve" is considered a live ball when the ball hits the net on a serve and bounces over on the opponent's side of the court.
- f. The ceiling or anything hanging from the ceiling is out of play on a serve or if the opposing team's ball hits the ceiling and then crosses the net. The ball can hit the ceiling and stay on your team's side before crossing the net. The side walls are considered out of play.
- g. Each team has three hits to get the ball over the net to the opposing team. No player can hit the ball two consecutive times.
- h. Kicking the ball is allowed in all divisions. Kicking the ball on a serve is not allowed.
- i. Hitting the ball with your head is only permitted in the MS/HS divisions.
- j. A coaching box is designated as the area in front of the bench. The head coach may stand and move in this area. Any Assistant coaches, players, or other team personnel must remain seated during gameplay. A violation of this rule will result in either a warning or an unsportsmanlike foul against the offending team/coach.

Serving:

- a. **Kindergarten-3rd Grade:** The serving line will be **one foot in front of the basketball foul line**. The serving line for this division will be marked with cones. Once a fair serve is made over the net the entire regulation court will be in play (not just the newly formed serving line). Two re-do's will be allowed. If the ball makes it over the net but is not in play they will not be rewarded with a re-do. Re-does only apply to a first serve per rotation.
- b. **Grades 4th-5th:** The serving line will be the basketball foul line. The serving line for this division will be marked with cones. Once a fair serve is made over the net the entire regulation court will be in play (not just the newly formed serving line). One re-do will be allowed. If the ball makes it over the net but is not in play they will not be rewarded with a re-do. Re-do's only apply to a first serve per rotation.

- c. **All Age Levels:** A single server will be allowed to achieve a maximum of 6 consecutive points. Once that server reaches their 6 consecutive points that team will rotate. The team will retain the ball.

Net Height:

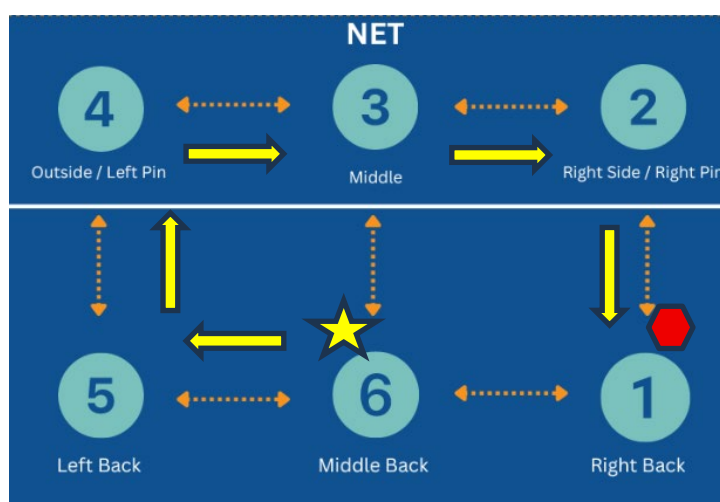
- a. **Kindergarten – 1st Grade:** quick start nets, **Grades 2nd-3rd:** 6 feet 6 inches, **Grades 4th-5th:** 7 feet, **MS/HS:** 7 feet 4 inches

Ball Size:

- a. **Kindergarten – 5th Grade:** Volley-Lite, **Grades 6th-8th:** Regulation Volleyball

Substitutions:

- a. All players must play equally in games one and two.
- b. Substitutions in games one and two must be made one player at a time just after the serving team sides out and the next team begins to serve. **The newly substituted player must enter the game at position 6 (middle back row) (noted on the diagram as the star). Position 1 is the server. Once a team sides out position 1 “the server” (noted on the diagram as the stop sign) (will enter the bench and the next available player will enter at position 6 rotating all other players).**
- c. Substitutions will be done **clockwise** starting with position 6 middle back line.
- d. If there is an injured player, the next available substitute on the bench can enter the game in the position of the injured player.
- e. Substitutions for the third game are unlimited. Substitutions may be made during side outs in the third game by reporting to the scorer’s table and reporting the substituted players.



Please show the referee the utmost respect and set an example to your players by not questioning calls or showing up the official. If you have a question or concern with the referee, take it up with him or her during a timeout, halftime, or after the game is over. Give these individuals your support!

Unsportsmanlike Conduct/Technical Foul/Ejections:

- a. **Coach/Player:** If a player/coach is given an unsportsmanlike foul, that will serve as a warning. Any player receiving an unsportsmanlike foul must be subbed out and sit on the bench for the remainder of that game. If a player/coach is given a second unsportsmanlike foul, he/she will be ejected from that game and will sit out the team’s next GAMEDAY. After two unsportsmanlike fouls, you will not receive a coach’s refund. If you coach multiple teams in different age groups, you will not be eligible to coach any game on the next scheduled game day. If a player/coach is given three total unsportsmanlike technical fouls during the year, he/she will be ejected from the game and removed from the league. All unsportsmanlike fouls are subjective for review. Unsportsmanlike fouls will follow the coach no matter how many leagues you coach in. A coach is subject to removal by the FCPRD Sports & Athletics staff and could face a 2-year suspension. Abusive language/behavior

will not be permitted by coaches/players. Violating this rule will result in an unsportsmanlike foul on the offending coach/player. This will be grounds for more severe penalties depending on the circumstances.

- b. **Spectator:** A spectator may be ejected from a game by a referee or the facility supervisor. Depending on the severity, the individual may be subject to a 2-year suspension from all FCPRD programs and facilities.

Inclement Weather Check:

- a. Download the Statusfy app and search for Frederick County Parks and Recreation, VA

