Spring Branch-Memorial Sports Association

Volleyball Program

Official Rules and Regulations

Spring Branch-Memorial Sports Association
Volleyball Program

The Board of Directors of the Spring Branch-Memorial Sports Association ("SBMSA" or the "Association") has empowered the Board of the Volleyball Program ("Volleyball Board") to administer all phases of this program (that are not specifically reserved for the SBMSA Board of Directors) as outlined in these rules and that are not in direct violation of the SBMSA by-laws. Within these limits, the majority decisions of the Volleyball Board will be official.

All participants in the SBMSA Volleyball Program are reminded that all matches are between teams made up of players ages 14 and younger. It is important to remember that we are not playing professional volleyball, and nothing important is at stake. Conduct yourself in a manner that will make your child and your family proud of you.

The objectives of our Volleyball Program can be summed up as follows:

- To create an atmosphere of competition and fun for all players and participants;
- To help the players learn the fundamentals of the game and the principles of teamwork; and
- To demonstrate, by example, the concept of good sportsmanship and a healthy competitive attitude.

Keeping these objectives in mind, we ask all participants to recognize the importance of the game referees to our volleyball program. In any sport, the job of referees, umpires and other officials is not an easy one under the best of circumstances. Many of the decisions they must make will appear wrong to fifty percent of the observers, depending on which team you support. This is the nature of the game and competition.

Whatever the circumstances, however, we must insist that the decisions of the officials are respected at all times, and that the officials never be harassed, verbally or otherwise, at any time. In some matches involving our younger players, matches may be officiated by high school age students. Please give them the respect to which they are entitled.

The rules of our Association forbid any type of harassment of officials and players, and the coach / team manager is held responsible for the conduct of the fans of his/her team. We wish to remind you of this and to encourage you to cheer for your team and to support and obey the rules of good sportsmanship and the rules of our Association.

SBMSA Volleyball Program
Acknowledgement of Managerial Responsibilities

Dear Manager, Coach, and Assistant Coaches:

The Volleyball Board would like to thank you for making the commitment to coach our youth. SBMSA is a volunteer organization focused on supporting area youth through athletics. As such, you are a very necessary part of the organization and the development of our youth. Along those lines, there are some basic rules of conduct and play that the Association and the Volleyball Board feel the need to emphasize:
Player Participation: It is your responsibility as a Coach to make sure that *all* of your players satisfy the minimum play requirements for your league. Please see the rulebook for clarification of those requirements. After every game, each Coach must sign a game report affirming that each player on his/her team has met the minimum play requirement for that game. As a courtesy to our statisticians, please also report your final score on these game reports.

Use of Profanity and Excessive Yelling: The use of profanity will not be tolerated! Excessive yelling is destructive to the goals we are all trying to achieve. It is the Head Coach's responsibility as the Manager to monitor your Assistant Coaches and Parents. Please be aware of your surroundings and the overall impact you are making on our youth. BE POSITIVE!

Acceptable Coaching Behavior and Sportsmanship: "Acceptable coaching" involves many facets, such as values, beliefs, leadership, sportsmanship, character, teamwork, love for the kids, and love for the sport. It is also accepting the responsibility that you are in charge of someone else's child. Also, acceptable/ unacceptable coaching can be defined and evaluated by:

- the appropriate tone of voice (i.e., screaming and outbursts are not allowed)
- the appropriate supervision of a child
- recognizing how intimidating an adult can be to a child (verbally or physically)
- how harshly a coach acts when a child makes an error or mistake
- never arguing in front of the child for any reason
- never fighting or arguing with the officials/referees
- never fighting or arguing with another coach or parent
- no verbal "back stabbing" other coaches, parents, referees, and/or children
- a flaring temper
- unsportsmanlike conduct of any kind

At the end of the day, acceptable coaching is about exemplifying healthy values, being a positive role model and good example for our children, displaying good moral character, and showing good sportsmanship, win or lose!

Rulebook Acceptance: In addition to the above, a copy of the *Official Rules and Regulations of the SBMSA Volleyball Program* is online and has been made available to you. The Rulebook provides the rules, regulations, and guidance for you as a Coach. If you have any questions, contact one of your Volleyball Board members for assistance.

Background Checks: SBMSA will conduct a national background check on each Coach. It is imperative that you and all Assistant Coaches register online as a volunteer so that this can be done in a timely manner. If you have not received official clearance from the league, you are not eligible to coach or be on the

sidelines at games. If SBMSA has provided you with credentials, you are responsible for having such credentials with you at all league events (practice and games).

As Manager, Coach, and/or Assistant Coach, I agree to be bound by the rules, regulations, and ethical considerations of the Association. ***Any violation of these rules could subject me to suspension from the league and possible forfeiture of games played. I also grant SBMSA permission to utilize the information given to perform a background check for the purpose of determining my suitability to coach for SBMSA.***

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APPENDIX

I. VOLLEYBALL GAME REPORT CARDS

1.00 PROGRAM STRUCTURE AND ADMINISTRATION

1.01 **Volleyball Program:** SBMSA's Volleyball Program is currently made up of five (5) age groups, exclusively for girls, as follows:

- 4th Grade
- 5th Grade
- 6th Grade
- 7th Grade
- 8th Grade

For all divisions, evidence of school/grade enrollment may be required by SBMSA.

(a) Players may "play up" into a higher age group, at the sole discretion of the age group Commissioners. This includes allowing 3rd graders to play up with 4th graders.

1.02 **Proof of Grade/Age:** For all divisions, evidence of school/grade enrollment may be required by the Program Director and/or age level Commissioner. Players who fail to provide such evidence may result in not being allowed to participate during the current season. Coaches/Team Managers may challenge the age of players on other teams through the Program Director or their Grade or division Commissioner.

1.03 **Board Composition:** The Volleyball Board shall be comprised of no fewer than eleven (11) members, and the Volleyball Board shall administer the program. The Volleyball Board shall consist of: the Program Director, who shall be appointed by the President of the SBMSA and approved by the SBMSA Board of Directors; and the balance of the Volleyball Board, who shall be selected by the Program Director subject to the approval of the SBMSA Board of Directors.

1.04 **Meetings:** The Volleyball Board shall meet from time to time, as called by the Program Director. No meeting is official unless there are at least six (6) members of the Volleyball Board present and one of those members present is the Program Director. The Volleyball Board may meet by telephone or videoconference. The Volleyball Board may vote by telephone, video conference or by e-mail.

1.05 **Responsibilities of the Program Director:** The Program Director answers to the SBMSA Board of Directors; and administers all functions of the Volleyball Board in managing, supervising, and delegating authority within the proper guidelines as directed by the SBMSA Board of Directors. The Program Director may delegate some authority to an Assistant Director, Commissioner Coordinator, Gym/Facilities Coordinator, Scheduler and Scorekeeper, Referee Coordinator, Tournament Coordinator or other positions as appropriate. The Program Director administers the volleyball program and directs the operations of the Grade or division Commissioners.

1.06 **Responsibilities of Commissioners:** Commissioners answer to the Program Director, recruit team coaches and managers, direct the operations of their age group and/or divisions, coordinate with the Program Director (or his/her delegates) in such areas as game and practice scheduling, facility/gym supervision, score-reporting, maintaining division standings, and organizing any post-season tournaments, review all proposals and/or complaints from team coaches, managers and parents, and instruct all team coaches and managers in the administration of those functions designated by the Volleyball Board.

1.07 **Responsibilities of Team Managers:** Team Managers, who are generally the head coaches of their team, report to their age group and/or grade or division Commissioner. Team Managers: (i) direct the operations of their team according to the Rules and Regulations as set forth by the Volleyball Board and SBMSA; (ii) appoint assistant coaches and submit a list of such assistants to the Commissioner for approval prior to the first practice (but please note that the Volleyball Board and/or the SBMSA reserves the right to approve or disapprove any appointments); (iii) promote sportsmanship and control the conduct of assistant coaches, parents, and fans of their team; (iv) assure players meet minimum playing requirements as set by the Volleyball Board; (v) manage all aspects of team participation in the volleyball season; (vi) provide or organize help in maintaining the gyms at their practices and games; and (vii) is responsible for returning balls or other equipment that are the property of SBMSA. A Team Manager may be referred to as "Team Manager", "Manager", "Coach" or "coach" throughout the remainder of this document.

(a) All coaches must have registered as a coach on SBMSA's website and cleared a background check.

2.00 PLAYER ELIGIBILITY, REGISTRATION AND TEAM FORMATION

2.01 **Player Eligibility:** Any child is eligible to play, subject to these rules:

(a) Players participating in the program are required to pay the fee set by the SBMSA Board, unless the fee is waived or reduced by the Program Director.
(b) Players participating in the program are required to submit any forms required by the SBMSA Board, including proper proof of grade/age.
(c) Players register to play prior to the registration deadline.

2.02 **Registration:** Registration will be held on dates specified by the Volleyball Board.

(a) Late registrants will be assigned to a team by the age or grade or division Commissioner in his/her discretion only if there is a need for additional players and such addition will not be disruptive to the team formation process.

2.03 **Playing Up or Down:** Generally, a player will play in the division determined by the player's grade or age. However, in certain cases, a player *might* be able to play up or play down, subject to the following:

(a) Upon written request of a parent or guardian, the Program Director *may* permit a player to play up one age level above the one determined by the player's age if: (i) such request is made at registration and prior to the season, (ii) in the judgment of the Program Director the player has acquired the abilities to compete at that level, and (iii) there is a coach willing to accept such player.

2.04 **Team Formation:** SBMSA reserves the right to form teams at its sole discretion. Teams for 4th, 5th and 6th grade are usually formed by school and grade, although Commissioners may conduct a skills assessment to ensure, optimize or improve competitive balance. Teams for 7th and 8th grade may be formed by school, or may be subject to a draft, at the sole discretion of the Commissioners.

For age groups formed by school, a player who attends a Spring Branch Independent School

District ("SBISD") school will be placed on a team with other players from her school. A player who attends a private school within SBISD's boundaries will usually be placed on a team with other players from that same private school or with players from an area SBISD school. A player who resides within the boundaries of SBISD, but attends school outside of the district, will generally be assigned to the SBISD school to which he/she is zoned. Players may petition the Volleyball Board to allow them to be placed in an area different from the one they are assigned to under these rules.

(a) Players from schools with insufficient registrations to form a complete team will be placed onto other schools' teams.

(b) For schools with a sufficient number of players to form two or more teams in any particular division, teams will be formed by an intra-school draft conducted by the Commissioner and Team Managers at that school. The child or children of Team Managers will be automatically assigned to the Team Manager's team prior to the draft.

(c) For any school that requires a draft, a skills evaluation may be held prior to the draft. Skills evaluation sessions will be conducted in the presence of the Team Managers, or designated representative, at which time every player should have an opportunity to demonstrate her or her volleyball skills. The purpose of the skills evaluation and draft is to allow for competitive balance and the equalization of talent among the various teams at the school.

(d) Drafts are held as soon as practical following the skills evaluation. The precise method for conducting the draft at any particular school will be determined by, or with input from, the Volleyball Board, Program Director and/or the relevant age or grade or division Commissioner.

(e) Sisters in the same age group will be placed on the same team unless their parents specifically request otherwise.

(f) Team Managers should contact each player's parent(s) on their team shortly after the teams have been formed at their school.

(g) All teams will be completely re-drafted or re-formed each year. In other words, there are no holdovers or legacies that remain with the same team from one year to the next.

2.05 **Team Rosters:** All rosters will be reviewed and approved by the age or grade or division Commissioner. Team Managers should complete and maintain a roster form listing all the players on their team. Recommended roster size is 9-14 players for all age groups, but exceptions may be made for special circumstances.

2.06 **Illegal and Ineligible Players:** An illegal player is one who plays on a team for which she could not have become eligible within the current year under any circumstances. Use of an illegal player may result in a game forfeiture if a protest is filed and found valid by the Volleyball Board. An ineligible player is one who fails to meet certain correctable criteria for participation in a specified division. Among the factors which may bar a player from participating are: (i) failure to submit player registration or parent consent forms; failure to be properly listed on the team roster; and failure to submit acceptable proof of age. Use of an ineligible player in a game before the disqualifying factor has been removed may result in forfeiture of the game if a protest is filed and found valid by the Volleyball Board.

(a) A protest regarding the eligibility of a player will be considered valid only if a full written protest is presented to the Program Director or the appropriate grade or division

Commissioner within 24 hours of the game completion. A protest sent via e-mail satisfies the "written" requirement of a protest. A protest sent via e-mail is deemed made at the time it is sent. All other protests are deemed made at the time received by the grade or division Commissioner or Program Director. *NOTE: This section of the rules applies only to protests regarding player eligibility.*

3.00 THE GAME: STARTING, POSTPONING, PLAYERS, ENDING, SCORING, FORFEITS AND PROTESTS

3.01 **Pre-Game Arrival at the Gym:** At each gym location, the Home team of the first game each day will be responsible for setup of any nets and other volleyball equipment. The Home team of the last game each day will be responsible for breakdown of any nets and other volleyball equipment.
Players and coaches of both teams share one sideline – with each team taking half of the gym – and that parents and spectators of both teams share the other sideline. Parents and spectators of each team will occupy the side of the gym opposite their respective team's players and coaches. Coaches are responsible for making sure their parents and supporters adhere to these rules.

(a) Parents and supporters should set themselves well back from the volleyball court, including chairs, coolers or other items. In the event of encroachment, Coaches and/or referees may ask parents to move farther away from the court, to ensure that play is not impacted.

3.02 **Arrival of the Referee and Game Report Card:** When the referee arrives at the gym prior to the match, the home team shall supply the referee with an SBMSA-issued game report card. The home team shall fill out the necessary information on the card including the date, time, gym location, team names, division, etc. This is to be done prior to handing the card to the referee.

(a) Any player or players who will not play in the match because of a suspension, injury or disciplinary action should be so noted on the match card. It is the coach's responsibility to make sure this has been done.

3.03 **Referee No-Show:** In the event a league-assigned referee fails to appear for a scheduled match in the 4th or 5th grade groups, the coaches *must* mutually agree upon an official from available personnel. Unless agreed to by the grade or division Commissioner, no 4th or 5th grade match may be postponed or delayed for lack of a league referee. In the event a league-assigned referee fails to appear for a 6th, 7th or 8th grade match, the coaches *may* mutually agree upon an official from available personnel; if the coaches cannot find, or agree upon, a qualified person to referee the game, the game may be postponed.

(a) If the coaches agree on a person(s) to call the match in the absence of a league-assigned referee, that official will be considered the referee, and his/her decisions and call of the play will be binding.

3.04 **Insufficient Number of Players / Game Forfeit:** A team must have a minimum of six (6) players from its regular season roster to play an official match. If a team has fewer than six (6) rostered players available, or uses any player not on its regular season roster, the match will be recorded as a 0-2 set loss for the forfeiting team.

However, a forfeit should not prevent the teams from playing the match. The primary goal of the

SBMSA Volleyball Program is to provide players with opportunities to develop their skills, gain experience, and enjoy the game. In the event of a forfeit due to insufficient players, coaches are strongly encouraged to proceed with the match by allowing the forfeiting team to borrow enough players to field a full team.

Players may be borrowed from any team in the league, provided they are in the same or a younger age group. The match should be played as normally as possible, with the understanding that the official result will remain a forfeit regardless of the outcome on the court.

3.05 **Bad Weather on Game Day:** All teams must appear at the gym ready to play for each scheduled game unless previously notified of the game's cancellation due to bad weather or other cause. Such prior notification will typically come from an SBMSA official via email, phone call or group thread. If a game has not been officially cancelled, or if there is any uncertainty as to whether the game has been cancelled, or if the "go/no-go" decision will be made at the gym at game time, teams are still responsible for being present at the gym at the scheduled game time. In the case of game-time decisions that are made at the gym when the weather is bad, decisions are made by the grade or division Commissioner, the Program Director and/or the referee. Coaches may not unilaterally call off or reschedule a game.

(a) If a team fails to appear for a game that has not been cancelled, or if a team refuses to play when requested to do so by the referee, the game will be considered a forfeit and scored as a 0-2 set loss for the forfeiting team.
(b) A game that is cancelled due to bad weather will generally be rescheduled by the grade or division Commissioner. The Commissioner will notify each team of the new game date and time.

3.06 **Schedule Changes for Reasons Other Than Bad Weather:** Occasionally, because of a conflict with SBISD facility availability or other events (e.g. school play, school musical or scout camp-out), a larger number of players from a team may be unable to play a volleyball game on a given night. The best way to handle such conflicts, when they are known in advance, is for the Managers to advise their grade or division Commissioner of "no play" dates before the season schedules are finalized. Nevertheless, not all such circumstances can be planned around in advance. When, during the season, a Manager can reasonably predict that he or she will be unable to field the minimum number of players for a particular game due to some conflicting activity, that Manager may request of his/her or her grade or division Commissioner that the game be rescheduled. Such request should be made as far in advance as possible. At a minimum, the request must be made no less than four (4) days before the scheduled game time. The predicted absence of a coach or strong player(s) is not a sufficient reason for rescheduling a game. The grade or division Commissioner shall use best efforts to promptly determine whether to approve the postponement / rescheduling request. The Commissioner's decision on this request is final, and not subject to any further review.

(a) Under no circumstances may Managers unilaterally reschedule a game without the involvement and consent of their grade or division Commissioner.
(b) A game which has been approved for postponement may only be rescheduled by the grade or division Commissioner with the approval of both the Referee Coordinator and the league Scheduler. The grade or division Commissioner will notify each team of the new game date and time.

3.07 **Scheduled Game Start Time:** By the scheduled game start time, the referee will have inspected the playing gym, players' uniforms and players' equipment to make sure all is in proper order. In addition, the referee will have conducted the coin flip to determine which team will start serving the game. With these preliminaries completed, and assuming each team has present the required minimum number of players along with at least one coach, the game should start at the scheduled game start time.

(a) If a team does not have the minimum number of players (6) ready to play at the scheduled game start time, there is a 10-minute grace period. If a team is unable to field the minimum number of (6) players by no later than ten (10) minutes after the scheduled game start time (by the referee's clock), the game will be considered a forfeit and the game will be scored as 0-2 set loss by the forfeiting team.

(b) If a team fails to have a league-approved and PCA certified Manager present in the gym at the scheduled game start time, there is a ten-minute grace period. If a team is unable to field at least one coach by no later than ten (10) minutes after the scheduled game start time (by the referee's clock), the game will be considered a forfeit and the game will be scored as a 0-2 set loss by the forfeiting team.

(c) If a team refuses to play a scheduled game when requested to do so by the referee, the game will be considered a forfeit and the game will be scored as a 0-2 set loss by the forfeiting team.

3.08 **The Game:** All games will be played in accordance with the official indoor rules as established by USA Volleyball, together with certain rule modifications established by SBMSA for each age group, as set forth herein.

3.09 **Player Participation:** Player participation rules and "minimum play" requirements differ across SBMSA's age groups, and such rules and requirements are set forth herein in the relevant grade level rules sections. Failure to adhere to the minimum play requirements will result in a forfeit of the game and will be scored as a 0-2 set loss by the forfeiting team. There are certain exceptions to these rules and requirements, such as the common-sense exception that a player who arrives at the game late, or leaves the game early, may not be able to satisfy the minimum play requirement as set forth in their age group. The spirit of our league is to ensure this player achieves the "minimum play" requirements pro-rated for the time the player is actually present.

(a) **Players Present But Not Playing:** Before the start of the game, Managers must notify the opposing coach and the referee of any roster players who are present but not scheduled to play because of injury, sickness, or for disciplinary reasons.

(b) **Player Discipline:** If a Manager wants to discipline a player by sitting him the entire game, he may do so only with the prior consent of his/her grade or division Commissioner. In order to use discipline as a reason for not meeting the minimum play requirements, a Manager should be prepared: (i) to justify the reason for the discipline, and (ii) to affirm that the discipline rules were communicated to his/her team prior to the start of the game, and that the discipline rules are applied to all team members. Failure to observe these rules and policies may result in the team forfeiting the game.

3.10 **Ending or Suspending a Game Due to Dangerous Conditions:** If a game is called due to dangerous playing conditions of the gym or otherwise, it is a regulation game if two (2) or more sets have been completed. Once the game has started, the referee has final authority to stop the game for various reasons, including gym safety conditions. It is considered immediate grounds for

delay or stoppage if there is a distinct possibility of player injury due to gym safety conditions. Player discomfort is not a reason for stoppage.

(a) If a game is called due to dangerous conditions after it has become a regulation game, the official score shall be the game score at the time the game was officially called off by the referee. An abbreviated game such as this may end in a tie.
(b) If a game is called due to dangerous conditions before it has become a regulation game, the referee shall declare it suspended and it shall be resumed or re-played on a later date. In such event:

(i) If the 1st set was not completed at the time the match was suspended, the match shall be resumed from the beginning at 0-0;

(ii) If only the 1st set of the game was completed at the time the match was suspended (i.e. the match was called during the 2nd set), the match shall be resumed starting with the 2nd set starting at 0-0.

(iii) If the 2nd set of the match was completed at the time the match was suspended and the teams split the first 2 sets 1-1 (i.e. the game was called during the 3rd set), the game shall be resumed with the 3rd set starting at 0-0.

3.11 **End of the Match and Game Report Card:** At the end of the match, the referee shall enter all appropriate match information on the game report card, and return the game report card to the Home coach. This includes: (i) name of the referee, (ii) team scores for all sets played, and (iii) other match info as requested by Commissioners or deemed important by the referees.

(a) Upon completion of the match, the referee shall check the game report card for accuracy before signing his/her name. Either coach may review the game card at the conclusion of the match. Both coaches must sign the game card, doing so under a sentence which reads: "By signing this card, I affirm that each player on my team met the minimum play requirements in our age group. Both Coaches should photograph/copy the game report card to ensure scores are reported correctly online.
(b) The Manager of the winning team is responsible for entering the match scores online and/or submitting the game report card if required by the age Commissioner. Scores and a game report card must be filed for every match played, even if the match is abandoned or terminated.

3.12 **Score Reporting and Divisional Standings:** The winning Manager is responsible for reporting the correct game score to his/her grade or division Commissioner and Scorekeeper. If a game ends in a tie, both Managers should report the score. Sending a quick email to the grade or division Commissioner and Scorekeeper on the night of the game or first thing in the morning is a very good approach. If the winning coach fails to report the score within a reasonable time frame, the Commissioner or Scorekeeper may score the game as a 1-1 tie.

(a) Using the accurate and timely scores reported by winning Managers, grade or division Commissioners together with the league Scorekeeper, if any, shall maintain divisional and league standings, based on the criteria established by the Volleyball Board and/or each age

group Commissioner. The grade or division Commissioner and/or Scorekeeper are responsible for reporting divisional standings on a timely basis. Generally, all scores and standings will be posted to SBMSA's website for the viewing pleasure of all interested parties.

3.13 **Forfeits:** Forfeits will be scored as a 0-2 set loss for the forfeiting team. Grounds for forfeits of games are as follows:

(a) Failing to appear ready for play with the required (6) minimum number of eligible players by no later than ten (10) minutes after the scheduled game start time by the referee's clock;
(b) Failing to have a Team Manager, coach or responsible adult present in the gym by no later than ten (10) minutes after the scheduled game start time by the referee's clock;
(c) Refusing to play a scheduled game when requested to do so by the referee;
(d) Failing to play because of the non-appearance of a designated referee in the 4th or 5th grade age groups;
(e) Fielding an ineligible player;
(f) Failing to meet the minimum play requirements for an eligible player as set forth in that age group;
(g) Not controlling a player, coach, parent or supporter that has been ejected from the gym;
(h) Breach of the Rules of Conduct or violation of other playing rules as determined by the Volleyball Program Director.

3.14 **Protests:** The only protest allowed is a protest based on the contention that a team has violated the rules by playing an ineligible player; playing an eligible player less than the minimum playing time; using a suspended Manager, coach or player; or interference by a coach, supporter, or parent that affects the outcome of the game.

(a) If a team desires to protest a game, such protest will be considered valid only if a full written protest is presented to the appropriate grade or division Commissioner or, in his/her absence, the Volleyball Program Director within 24 hours of the match completion. A protest sent via email satisfies the "written" requirement of a protest. A protest sent via email is deemed made at the time it is sent. All other protests are deemed made at the time received by the grade or division Commissioner or Program Director. For an ineligible or suspended player, the protest must give the name and playing number of the player in question. For a suspended Manager or coach, the protest must give the name of the person in question. Notwithstanding the above, the Volleyball Board may hear a protest regarding violation of the player participation rules at any reasonable time, regardless of whether the Volleyball Board received the protest within 24 hours.
(b) The Volleyball Board will use best efforts to make a ruling on the protest within 72 hours. If the protest is allowed, the offending team will forfeit the protested game, with the score reported as a 0-2 set loss for the forfeiting team. No appeals are permitted.

4.0 PLAYING RULES FOR ALL DIVISIONS

4.01 Pre-match Court Preparation

(a) Court Size/ Net Height/Serving Lines/Game Ball

	4th and 5th Grade Divisions	**6th Grade Division**	**7th and 8th Grade Divisions**
Court size	Regulation Court Size	Regulation Court Size	Regulation Court Size
Net Height	7' 4"	7' 4"	7' 4"
Serving Lines	5 ft in front of the end line Serving Lines will be taped off prior to any match	5 ft in front of the end line Serving Lines will be taped off prior to any match	Regulation court line
Game Ball	Volley-Lite ball	Leather ball SV5W Gold/similar	Leather ball SV5W Gold/similar

(b) Referee/Line Judge/Scorekeeper

(i) Referee
The referee will call for at least one captain to represent their team in the coin toss. The league's predetermined Home team will call the toss. The winner of the toss will choose to serve first or choose which side of the court they wish to start on. The following game, teams will switch sides and the other team will now have the opportunity to serve first.

(ii) Line Judge
Each team will provide a line judge prior to the match. The line judge is to report to the referee to receive instructions for the proper signaling of inbounds, out-of-bounds, and foot fault during the match.

The line judge must be at least 14 years of age and may not have any distractions such as cell phones, children, pagers, etc., that may cause interference with the calls made during the match. If the referee finds the line judge to be distracted for any reason, they have the right to remove that person as line judge at any time without explanation.

The line judge is to remain in the left corner, opposite of server, and may not cheer, coach, or sit down during match play.

The head referee reserves the right to overrule **any** call made by the line judge.

(iii) Scorekeeper
Home team will provide someone to run the scoresheet/scorebook. It is required that the

official scorekeeper (scorebook) be an adult.

Away team will provide someone to run the scoreboard/clock.

The Commissioner for each league will determine the approved version of scorebook that is to be used for all league matches. The approved scorebook at the table is the official scorebook. If a coach has a conflict with the score they may call attention of the conflict to the referee. If the referee agree with the coach then the scorebook will be corrected but otherwise the score that is on the timekeepers score sheet is the official score.

4.02 Pre-Match Team Preparation

(a) Coach

Each team may have a head coach and 1-2 assistant coaches provided that they are SBMSA league-approved and have undergone a background investigation within the past 24 months. All coaches on the sideline must wear a current SBMSA coach's badge.

(b) Players

(i) Eligibility

All players must be on the official teams roster in order to participate in any SBMSA league game.

Players may only participate in one grade division per season.

Only female players are allowed to play in the league.

(ii) Uniform

Jerseys will be provided by SBMSA

(iii) Jewelry and Other Objects

Players may not wear rings, necklaces, earrings, or bracelets during match play. There are NO exceptions to this rule. Earrings may not be taped over. They must be removed. This is to protect the safety of the participant and their team members.

Players may not participate in the game with any type of cast on or any other object that would provide an artificial advantage to the player. (This does not include ankle braces.) Players may NOT tie their uniform in the back or secure it with a band or hair tie. Again, this is to prevent injury to player.

The head coach is ultimately responsible for administering these rules. The first warning will be an unnecessary delay warning (YUD – yellow card) assessed to the team. The second instance will be a second unnecessary delay (RUD – Red card), this will result in a loss point/rally.

(iv) Cell Phones and Electronic Devices

Players may not use cell phones or other personal electronic devices at any time during a match, including while on the bench, during timeouts, or between sets. All devices must be put away before the match begins and remain put away until the match concludes. Head coaches are responsible for enforcing this rule. Exceptions may be made by the

head coach for emergencies.

(c) Coin Toss

The referee will call for at least one captain to represent their team in the coin toss. The league's predetermined home team will call the toss. The winner of the toss will choose to serve first or choose which side of the court they wish to start on. The following game, teams will switch sides, unless mutually agreed otherwise, and the other team will now have the opportunity to serve first.

See Third Set Coin Toss Rule

(d) Line-up / Continuous Rotation Rules

While rotating clockwise after a side-out or change of possession due to maximum service points met, the players will start and rotate onto/off the court in full lineup order as following:

Position #2 rotates to position #1 (server).
Position #1 (server) rotates off-court to the end of the bench.
The next bench player rotates on-court to position #6 (center/back).

The previous server will sub out of the game and the next player from the continuous line up will enter the court into the middle back position to take their place.

If a player is injured and must leave the court, the remaining players will shift forward in rotation to fill the vacant position, and the next player on the bench will enter at position #6 (center back).

If the injured player is serving (position #1), the player in position #2 will take over serving. The five-point consecutive serving limit will carry over to the replacement server. For example, if the injured player has scored two consecutive serving points, the replacement may serve for up to three additional points..

4th and 5th Grade Divisions	**6th, 7th and 8th Grade Divisions**
The head coach from each team must submit a lineup, in serving order, to the scorekeeper before the 1st set and again before the 3rd set, if a 3rd set is necessary.	The head coach from each team must submit a lineup, in serving order, to the scorekeeper before **each set.**
Continuous rotation will be used throughout **each set.** The lineup and serving order must remain unchanged through the first two sets. At the start of the 2nd set, the last server from the 1st set will rotate off the court, and the next player in the lineup will advance to the serving position, regardless of which team serves first. If a 3rd set is necessary, coaches may change	Continuous rotation will be used throughout **each set.** When one set ends, the head coach will submit a new lineup for the 2nd set (and again for the 3rd set, if necessary). The lineup order may change before the start of the next set.

their lineup and serving order before submitting the new lineup.	

(e) Team Warm-Up

4th and 5th Grade Divisions	**6th, 7th and 8th Grade Divisions**
Warm-up is 3-3-2. Both teams will be allotted three (3) minutes of warm-up time prior to beginning of the match. The remaining (2) minutes will be a simultaneous serving warm up.	Warm-up is 4-4-2. Both teams will be allotted four (4) minutes of warm-up time prior to the beginning of the match. The remaining (2) minutes will be a simultaneous serving warm up.

In between the sets of a match, each team is allowed three (3) minutes.

At the end of the warm-up session, each player will line up at their end line and the referee will signal for the players to proceed to their right sideline. The teams will reach the net, proceed to the left down the net and shake the opponents' hand prior to the start of the match.

4.03 Match Play

(a) Scoring
All regular season matches will be played best 2 out of 3 sets.

All sets will be played with the rally scoring system where a point is awarded after each defensive or offensive play. In the first 2 sets the first team to **25 wins**. Teams must win by 2 and has a **cap of 30**. For example, if first or second set is tied 29-29, team who gets next point wins.

The third set is to **15.** Team must win by 2 with a **cap to 20.**

(b) Coaching Staff/Time Outs
Each team is allotted two (2) thirty (30) second time outs per set. No additional time outs are permitted.

During a timeout, the coach and the players must be off of the volleyball court.

If an additional time out is called, by the serving team, the penalty is loss of ball and a point is awarded to the opposing team.

If an additional time out is called, by the non-serving team a point will be awarded to the opposing team.

In the event of injury to a player, or a player is bleeding, the referee will take a time out.

During a referee time out, the players on the court must line up at the end line on their side of the court until the referee signals to proceed with the game.

Any bleeding wound must be covered prior to that player returning to the game. If blood is on any part of the uniform of the player, that item of clothing must be replaced prior to the player returning to the game.

(c) Conduct During a Match

Coaches may choose to sit on the bench with the players or stand behind/next to the bench during the game. At no point during the match may the coach stand in between the 10-foot line and the net just outside of the court perimeters.

If there is a question regarding the score, the coach may request a score check.

If there is a question regarding line up, the coach may request a line up check.
If there is a question regarding a referee's call during the game, the coach is requested to utilize the court captain to ask any direct questions to the referee. This is not to be used as a time out.

Also see the SBMSA Volleyball Program Acknowledgement of Managerial Responsibilities section.

(d) End of Game Sportsmanship

At the end of each match, the player will line up at their end line and the referee will signal for the players to proceed to their right sideline. The teams will reach the net, proceed to the left down the net and shake the opponents' hand at the completion of the match. It is not mandatory, but highly encouraged, that the players also shake the hand of the referee.

Any player that is reported for making rude, obscene or unnecessary comments to the opposing team will be suspended for the following scheduled match.

(e) Third Set

Coin Toss: In the event that a third set is necessary, both teams are to stand at the end line (serving line) and a captain from each team will come forward to the referee. The league's predetermined home team will call the toss. The winner of the coin toss will choose to serve first or choose which side of the court they wish to start on.

Rules: Each team will be allotted two (2) thirty (30) second time outs.

(f) Results

At the conclusion of each match, the referee will provide the official Game Report Card to the coaches. The coaches will update/enter scores into TeamSideline (coaches will receive automated emails after each match requesting results).

(g) League Standings

Regular season League Standings tiebreakers will be determined, in the following order:

a. Highest number of regular season matches won;
b. Lowest number of regular season sets lost;
c. Head-to-head results;
d. Coin toss.

4.04 Match Play Rules

(a) Rotation
Players will rotate in a clockwise formation.

	4th and 5th Grade Division	**6th Grade Division**	**7th and 8th Grade Divisions**
Serve Line	The serve line is 5 feet from the end line. It should be taped prior to the match starting.	The serve line is 5 feet from the end line. It should be taped prior to the match starting.	Players serve from behind the end line.
Overhand vs. Underhand	Players are allowed to serve overhand or underhand, without restriction.	Players are allowed to serve overhand or underhand. But all players are encouraged to serve overhand. After 3 successful underhand serves in the same rotation, a player must serve overhand for the remainder of that rotation. To clarify, at the next rotation, server can again serve up to 3 successful underhand serves.	Players are allowed to serve overhand or underhand. But all players are encouraged to serve overhand. After 3 successful underhand serves in the same rotation, a player must serve overhand for the remainder of that rotation. To clarify, at the next rotation, server can again serve up to 3 successful underhand serves. Coaches will use discretion for overhand servers not able to complete the serve from the end line.
5-Serve Limit	A single player is allowed to make five (5) consecutive serving points. If this rule is met, the other team will be awarded the serve but **not** a point.	A single player is allowed to make five (5) consecutive serving points. If this rule is met, the other team will be awarded the serve but **not** a point.	A single player is allowed to make five (5) consecutive serving points. If this rule is met, the other team will be awarded the serve but **not** a point.
Tossing Errors	Only three (3) tossing errors are permitted for each service/rotation.	Only one (1) tossing error is permitted for each service/rotation.	Only one (1) tossing error is permitted for each service/rotation.
Serve / "Tossing" Errors	If a server's first serve attempt fails to be a ball in play (goes out of bounds, does not go over the net, or is served outside of the antennas), the server is allowed a "re-serve" on their first attempt only of each rotation. The referee will call a re-serve and the player will be allowed another serve attempt. This will only apply on each player's first serve during each rotation of service.	No "re-serves". Failure to put the ball in play results in loss of point to the other team, and loss of serve.	No "re-serves". Failure to put the ball in play results in loss of point to the other team, and loss of serve.

Player Position Rotations	Continuous rotation will be used throughout the first two sets of each match. Before the match, the head coach will submit a lineup in serving order. Players must remain in this order throughout both sets. At the start of the first set, neither team will rotate before its first serving opportunity. The player in position #1 will be the first server, regardless of which team serves first. The lineup will not reset between the first two sets. At the start of the second set, both teams will advance one rotation, with the last server from the first set rotating off the court and the next player in the lineup advancing to the serving position. No additional rotation is required before either team's first serving opportunity. If a third set is necessary, each coach must submit a new lineup and may change the serving order. Continuous rotation will apply throughout the third set.	Teams will rotate prior to their first serving opportunity. (For example: If Team A won the coin toss and has chosen to serve first, their first server will start in the right back position on the court. The opponent's, Team B's, first server would start the set in the right front position. Continuous rotation is used throughout each set. When one set ends, the head coach will submit a new lineup for the 2nd set (and again for the 3rd set, if necessary). The lineup order may change before the start of the next set.	Teams will rotate prior to their first serving opportunity. (For example: If Team A won the coin toss and has chosen to serve first, their first server will start in the right back position on the court. The opponent's, Team B's, first server would start the set in the right front position. Continuous rotation is used throughout each set. When one set ends, the head coach will submit a new lineup for the 2nd set (and again for the 3rd set, if necessary). The lineup order may change before the start of the next set.

(b) Substitutions
See Lineup / Continuous Rotation Rule Line-up / Continuous Rotation Rules

(c) The Serve

Let serve shall be allowed and played as live ball.

A player in the right back position will contact the ball with one hand, or arm in their attempt to serve over the net. The ball must be released and suspended in air, if only for a brief moment, and then contacted with one hand.

The server may not step on or over the serving end line prior to or during contact. The serving line extends across the width of the court from sideline to sideline and the ball must be contacted within those parameters. The referee will signal a foot fault and loss of ball and a point awarded to the opposing team will occur.

All players from both teams, except the server, must remain inside the court during the serve until contact is made.

The player is to watch and listen for the referee to give a hand signal and a whistle to start their service attempt. One (1) warning will be given to each player if they attempt the serve without the signals from the referee. After the warning, a side out will occur and

a point will be awarded to the opposing team.

The player has eight (8) seconds to contact the ball when both signals have been given by the referee.

A re-serve shall be called when the server releases the ball for service, then catches it or it drops to the floor (due to a "tossing" error) In this instance, the referee shall cancel the serve and direct a second and last attempt at serve. Note: This provision is distinct from the re-serve allowed in the 4th and 5th grade divisions due to a bad "attempt".

Players must receive the serve with both arms simultaneously, an underarm pass, with the exception of a diving attempt where the ball may have a single contact with any part of the body above the waist.

For team with fewer than six players, each time a vacant position rotates to serve in the right back position, a loss of rally/point is awarded to the opponent.

(d) Contact Rules

Each team is allowed three (3) touches, or contacts, per side per play. The ball must be returned to the opposing teams side of the court prior to, or on, the last permitted touch of the play.

The ball may not be contacted by the same player consecutively unless:

- A block has occurred and the blocker legally contacts the ball to keep the ball in play.
- To save a hard driven attack, pending the absence of "finger" action.

Any contact made to the ball in play may not be lifted, held, carried, pushed, or caught at any time.

If two players contact the ball simultaneously, it will be considered as one contact. Either one of those players may contact the ball again pending there is another legal contact permitted.

(e) The Pass

A player will contact the ball with both arms simultaneously and hands must be connected. If arms are separated and do not contact the ball simultaneously, a "Double" contact penalty will be called by the referee.

Returning the ball to the opposing team with the first touch is permitted, however, SBMSA would strongly encourage the use of multiple contacts to return the ball (specifically 6th grade and above divisions).

(f) The Set

The set is to be contacted above the player's head with their open hands simultaneously receiving and releasing the ball in a fluid motion. In the event the ball releases from the hands in a rotational spin, the referee can call a "Lift" penalty.

In alignment with NFHS rules, an accidental double contact on a team's second hit will not be called a violation when the ball remains on that team's side of the net and is next

played by a teammate. This commonly occurs when a player attempts to set the ball and contacts it twice during the same attempt.

For example, if a player passes the serve, the setter makes an imperfect set that contacts her hands unevenly, and a teammate then plays the ball, play continues.

This exception applies only to a double contact during one attempt to play the ball. A caught, thrown, or prolonged contact is still a violation.

(g) The Attack

Also known as a spike, the player is to contact the ball with a single hand above their head with a forward swinging motion.

Any player on the court may attack the ball, however, if a player is in a back row rotational position they may not leave their feet in front, or on, the ten (10) foot line. In the event that this should happen, the referee will call a "Back Row Attack" penalty. The back row player, however, may land in front of the ten (10) foot line after they have attacked the ball.

(h) The Block

The ball may contact one (1) or both hands above the net. The player blocking the ball may not cross the plain above the net as to interfere with the opposing team's attempt to keep the ball in play. A player blocking the ball may contact the ball again, immediately following the block attempt, as the block is not included in the team's three (3) contact attempts.

Players may not block any serving attempt by the opposing team.

No blocking, or blocking attempts, will be made by a back row rotational positioned player.

(i) Net Rules

Antenna:

- If at any point during a rally or serve the ball is to contact or break the plain of the antennas, it will be considered a dead ball on the team that last contacted the ball.
- If at any point during the game a player touches the antenna it will be considered as a "Net Violation" on that player.

Net:

- Players may not touch the net with any part of their body with the exception of loose hair, such as a ponytail.
- Players may not cross the centerline painted on the floor below the net. A player may step on or have their foot partially crossing the centerline.
- If any part of the body of the player is to completely cross the centerline, a violation has occurred and will be signaled by the referee.

(j) Out of Rotation

A coach has the right to call for a line up check during the game. However, this does significantly decrease the rhythm of the game.

Any team to be found out of service rotation or positional rotation will be given one (1) warning. Players will be placed in correct rotation by the referee.

A second violation of this rule will result in loss of ball and /or a point awarded to the opposing team.

If it is found that the server is the player out of rotation, any points earned by that player will be removed from the scoreboard. NO EXCEPTIONS.

(k) Overhead Obstruction

Basketball Goals: Every effort will be made to retract the basketball goals into the ceiling. In the event, due to mechanical error, the goals are in the down position, the following rules will apply:

- If the basketball goal (backboard or rim) is outside of the court playing space, on contact of the obstruction the ball will be considered to be out-of-bounds by the team who contacted the ball last.
- If the basketball goal is inside the court playing space and the volleyball contacts the obstruction, the ball will be determined playable if it occurs on that team's side of the court and pending that team has a legal hit remaining on their side of the court.

Ceiling: If the volleyball during play contacts the ceiling above one team's side of the court, the ball will be determined playable if it occurs on that team's side of the court and pending that team has a legal hit remaining on their side of the court.

Referee Discretion: As always, the referee of the match reserves the right to call a replay of any previous volley if they deem necessary to give both teams an equal opportunity to earn the point.

5.0 Code of Conduct During Match

(a) Players / Parents / Spectators

Spectators, spectators and parents are to act in a way that is encouraging towards all players that are involved. **NO CHANTING OR INTENTIONAL DISTRACTIONS DURING SERVES.**

Only a floor captain for each team is allowed to talk to the referees during that match. If a coach or player has a problem they are to tell the captain and the captain shall inform the referee.

At no time is a spectator or parent allowed to directly talk to, or approach, a line judge, scorekeeper, or referee. **THE DECISIONS OF THE REFEREE ARE FINAL.**

(b) Coaches

All coaches must sign a copy of the SBMSA Coaches Code of Conduct and turn it into their Commissioner before the start of the first game.

Coaches receiving an ejection from a match by a referee will be subject to SBMSA disciplinary action, including mandatory suspension for at least the next match. A player

receiving an ejection from a match should be immediately removed from the contest and will be suspended for at least the next match. SBMSA Sportsmanship Committee will review each ejection on a case-by-case basis to determine if the coach or player ejected should miss additional matches.

The coach will be the ultimate example of sportsmanship for his/her team and will abide by all rules and regulations set forth herein above.

If a coach has an issue during the match they will need to inform the team's captain and then the captain shall inform the referee.

Coaches are responsible for the actions of their team's fans and players. If the referee or SBMSA staff has a problem with a parent they will come to the coach first and ask them to address it. If the problem is not addressed then the team will be charged with an administrative yellow card to the coach and the coach must remain seated for the rest of the game.