



# Allison Sports Town Volleyball League Rulebook

## Youth Volleyball League Mission

The goal of our youth volleyball program is to provide athletes with instruction, education and competition. Every athlete, coach and guest are expected to show integrity and good sportsmanship to provide a fun, safe and inclusive environment for all parties involved.

## League Overview

1. The volleyball league consists of four sessions - Fall, Spring and Winter 1 and Winter 2. All sessions are currently (4) weeks long. All players will receive (8) games and (5) practice sessions.
2. Volleyball games are played on Friday nights after 5:00pm at Allison Sports Town. All teams will receive two games per night, best out of three per night.
3. The game schedule will be posted on the Volleyball Homepage at [Allisonsportstown.com](http://Allisonsportstown.com)
4. All spectators, excluding players and coaches, will pay an entry fee. Children in elementary school and under are free.
5. Net Height
  - a. 3<sup>rd</sup>/4<sup>th</sup> grade – 6'6"
  - b. 5<sup>th</sup>/6<sup>th</sup> grade – 7'0"
  - c. 7<sup>th</sup>/8<sup>th</sup> grade – 7'4 1/8"
6. The facility will provide one up referee and one scorekeeper/ down referee. All teams must provide two-line judges. Line judges may be no younger than 15 years old.

## Team Regulations/Expectations

1. Teams entering the league must create an account and register online through the facility website. Team rosters must have a minimum of 6 players. We recommend a team have no more than 10 players to a roster.
2. Coaches and players added to the roster will be mandated to pay an annual \$20.00 roster fee collected by the facility. Players will also be required to sign an online safety waiver through their member portal.
3. Players who are not listed on the team roster prior to the beginning of the season will not be allowed to participate in the league. Players listed on another team's roster can play with a different team if they are added to the roster before the match begins. All coaches will be required to sign a printed roster prior to competition.
4. Males are allowed to play; however, team rosters must be at least 50% female. Additionally, a maximum of 3 males (50% or less of players) is allowed to play on the court at any given time.
5. Practice time can be booked by calling the facility at 417-530-1600 or by emailing the Programming Coordinator [derek@sgfsports.com](mailto:derek@sgfsports.com).

6. The facility has volleyballs and volley lites available for use, however supply is limited. We recommend teams bring their own balls and ball cart to avoid not having enough balls for practice.

## League Rules

### Game Play

1. All players must wear a uniform or t-shirt with a legible number 00-99 during the competition. Closed-toed athletic shoes are required. Eligible bottoms include shorts, spandex, skorts, leggings or pants.
2. All teams will receive 2 minutes of shared warm-up and 4 minutes of team warm-up on the court. Facility volleyballs will be provided during warm-ups for both teams.
3. The first two games will start at 4-4 and be scored to 25 points (30-point cap). The third game, if needed, will be rally scored to 15 points (20-point cap). Every game must be won by a 2- point margin unless the cap is reached.
4. Each team will have (2) - 60-second timeouts per game that can be requested only when the ball is dead. Teams will receive (1) 60-second time out for a third set.
5. Volley Lites will be used for 6th grade divisions and below.
6. Before the start of the match, a CAPTAIN from each team will meet with the official to determine serve or receive by a coin toss. The winner of the toss will choose whether they will serve or receive first.
7. One or Two Liberos will be used as a part of the team, only utilizing one at a time. The Libero will be allowed to serve.
8. If a ball is hit and makes contact with the ceiling but doesn't go over the net, and there is still contact you may continue to play. Players are allowed to contact the center line as long as the play does not pose a threat to an opposing player. Contacting the net is not allowed before, during or after playing a ball.

## Serving Lines/ Rules

1. **Serving**
  - a. The 3rd/4th grade will be allowed to step up to the 3-point line in order to get the ball over the net - foot fault will not be called in this division.
  - b. 5th and 6th grade will follow the serve in rules (6'6 from end line)
  - c. 7th /8th grade will serve from the endline.
2. If you are the 1st receiving team, you will rotate for your 1st server.
3. For grades 3rd/4th, after 5 consecutive serves the opposing team will be given the

Service.

4. The server has 8 seconds from the time the referee blows the signal to make the serve. The server gets one serve per service attempt. For instance, you can toss the ball and let it drop one time within 8 seconds of you serve if you do not swing at it.

## Substitutions

1. Teams will be allotted 12 substitutions per set total. This does not include an injury/emergency substitution.
2. Players that are subbed off the court can only go back in for that same player:
  - a. Example: If player #1 goes in for #2, player #2 cannot come back in for anyone except for player #1. This rule will apply until the game commences. All substitutions and line ups can reset the following set.
3. Injury/emergency substitutions may be made at any time. Games will continue if a player is injured but there are still 5 athletes able to play. The game will resume with a "ghost player" for that team.
  - a. A ghost player is an open spot on the court that operates as an imaginary player. When the team rotates and the ghost player has the service, the team must give the opposing team the ball and award the opposing team a point. This rule will apply every time the ghost player is up for service.

## Standings and Expectations

1. The league winners will be determined by the teams with the most wins in the season.
  - a. Head to head
  - b. Set Win/Loss Percentage
  - c. Total Points Scored
  - d. Point Differential
  - e. Win vs Highest Ranked Team
  - f. Coin Flip
2. If there is a tie, both teams in question can decide to participate in a play-off set if all teams agree. If the game cannot be played due to scheduling conflicts, the winners will concede to be co-champions of the league.
3. If a team plays more games than other teams within the league - the extra games will not count towards their record.
4. Decisions of the referee/coordinator are final. There are NO discussions or arguments about rules, interpretations, or judgment calls. The Programming Director reserves the right to make a final determination on any rules or interpretations that may differ from the HOA/USA Volleyball rulebook.

5. Poor sportsmanship WILL NOT BE TOLERATED. Parents and Spectators are responsible for their behavior.
  - a. If a problem occurs, a warning will be given.
  - b. If the problem persists, the person will be removed from the facility.