



GVA VOLLEYBALL RULES

1st -5th graders will serve with a Volley Lite volleyball.

6th to 8th grade players serve with a regulation volleyballs

Draft Process:

The board members will choose players to distribute in teams. Players will be allowed to play up one age division but can not play down. Male players are required to play up one age division.

Practices:

Each team will allotted a practice time of one hour per week. If another practice slot is available, (depending on how many teams signed up), coaches can request from the President an extra time slot. Coaches are responsible for keeping gym clean, making sure that all equipment is properly cared for and that all doors are locked and secured at the end of their practice times. They are also responsible for making sure there no horseplay or kids playing in hall area.

Remember, our facilities do have cameras and they can and will be reviewed at the discretion of GVA or the school's at anytime and without notice. We do not want to lose our gym privileges, therefore ALL of the rules must be followed at ALL times!

Uniforms:

All players registered through GVA will be issued a game jersey. Court shoes, knee pads, and spandex are not provided. There will no jewelry allowed during game times or practices. This includes but is not limited to earrings necklaces, bracelets, rings, metal or plastic hair bands etc. This is for the safety of all players.

Parent/Player conduct:

All players/parents will be required to sign a code of conduct. Players and parents will adhere to the signed code of conduct. GVA is a no tolerance zone! For any unsportsmanlike conduct including excessive and or abusive, reactions/language/violence, to an official/coach or another player or opponent, violators can and will be ejected and possibly suspended for games and practices at the discretion of GVA.

Coaches Conduct:

Coaches will adhere to the same code of conduct as the parent/player. Coaches are held at a higher responsibility in regard to all conduct matters. Coaches are responsible for keeping unruly parents/players and spectators in control to the best of their abilities.

Ejections/Suspensions:

In the event of an ejection from a game or practice, the player/coach or parent will not be allowed to return until a hearing is held by GVA board members. Suspensions for a violation of the signed code of conduct whether a player(s), parent(s), or coach(s), will consist of a suspension from all games and practices until a decision is made by the Board of Directors. GVA board members will hold a hearing to determine the proper length of time for suspension in accordance with the severity of the event. In the case of a suspension resulting from physical contact, to a player or parent, GVA reserves the right to remove the player/coach or parent for the entirety of the season.



General Rules of play:

- All sets will be played using a rally point scoring system. The first two sets will be played to 25. If a third set is to be played, this set will play to 15.
- **For Rec Teams:** If a player serves 5 points consecutively, then ball is then turned over to the next player in rotation to be server. The ball will not be turned over to the opposing team until the ball becomes dead.
- 2 time out per set (maximum of six if all three sets played)
- Teams consist of maximum 6 players and a minimum of 4 players. If a team has less than four players within 10 minutes of game start time; the game will be considered a forfeit.
- The net can not be touched while making an offensive or defensive play.
- No more than three touches are allowed on the ball while making an offensive play. A defensive block does not count as a touch.
- Players are not allowed to have two consecutive contacts on the ball in a single play. If a player was attempting a block and made contact with the ball, this does not count as a touch. The ball is live until the three touch maximum has been reached.
- You can not lift or push the ball. This will result in a call as an illegal touch and will result in a automatic turn over.
- The ball can not be played over the net outside of the designated net antennas markers.
- A player can not step on or over the designated serving line while serving the ball. This is a line violation and will result in an automatic turn over.
- Minimum 2 touch is to be taught in practices/games before the ball goes over net for age divisions 5th to 8th graders.(1st-4th graders are an exception to this rule.)
- Spiking will be allowed. However, there is no attack or block on serves.
- At end of the game, players will line up on their net side to congratulate the other team. A “good game” handshake should take place at the end of every game. This is to promote good sportsmanship. All players and coaches should participate unless an injury or illness renders them unable.

During Play:

A live ball becomes dead when:

- The ball lands out of bounds.
- The ball contacts the ceiling or an overhead obstruction.
- The ball becomes motionless in the net or on an overhead obstruction.
- The ball touches the floor.
- The ball passes completely under the net.
- The ball contacts any non-player in a playable area.

Serving:

- Overhand serves can be hit using open hand.
- Underhand serves must be hit with a closed fist.
- One re serve will be awarded to a player who does not successfully serve the ball over the net on the first attempt for the grades of 1st- 6th.
- The player is allowed to toss the ball and let it drop once. The toss and drop counts as an attempted serve and counts towards the re serve of each player. If the player makes contact with the ball at anytime, the ball becomes dead and this will result in a turnover.



- 1st - 3rd graders will be allowed to serve from 10ft line and net will be lowered 6ft 6 inches.
- 4th grade will be allowed to serve from 20ft line and play on a net height of 6ft 8 inches.
- 5th graders will be allowed to serve from 25ft line(marked as the free throw line on the basketball court) and on a net height of 6ft 8 inches.
- 6th will be allowed to serve starting at the 25 ft line and with each successful serve they must take one step back and will play on a regulation height net.
- 8th grade will serve from 30 ft line(behind the line)and will play on a regulation height net.

Rotations and substitutions:

*It is at the discretion of the Coach to use a rotation process or use a substitution process. This will need to be discussed with the coach of the opposing team and the official **before** the start of each game. All sets must be played the same as the first set.

Rotation is clockwise, right front comes the court and the other players rotate clockwise into positions. The next server comes in right back.

Substitutions of a player:

A team may make a total of six acts of substitutions in a set, which can involve a total of 12 player substitutions.

For example, during one act of substitution, several players may come into the game to replace others, but once there have been 12 total substitutions, the team's limit has been reached and no other substitutions will be allowed for that set. Substitutions include those made before the set begins.

Exception to substitution rule:

If a player is injured during play, a substitute may be brought in for the injured player and will not count against your substitution limit. If the injured player is removed from the set, they are not allowed to return until the set is complete.

PRIME TEAM RULES:

- Coaches can hand pick their team.
- 6th – 8th grade use a regulation ball and serve behind the line, over handed
- Prime teams will play only other prime team's.
- 4th & 5th prime will use a volley lite and serve behind the 25ft line.(free throw line)
- No re serves will be allowed in this division for any age group.
- There will be no serve limit per player in this division for any age group.
- All sets will be played using a rally point scoring system. The first two sets will be played to 25 and if third set is to be played, it will be played to 15.

*GVA rules & regulations will be enforced. In the case of an omission of a rule, it will defer to USAV rules.



Officials are TASO certified and will have the last ruling!