

FSA | THE DEN SPORTS VOLLEYBALL PROGRAM

SOPHOMORE DIVISION (5TH & 6TH GRADE)

MATCH RULES AND REGULATIONS

GENERAL INFORMATION:

- Net height will be 7' for the Sophomore Division.
- Matches will be played with a Volley-Lite volleyball.

SCORING:

1. Each match will consist of the best two out of three games/sets.
2. Rally scoring will be utilized for all games/sets.
3. Game/Set #1 and #2 will be played to 25 points.
4. Game/Set #1 and #2 must be won by two points with a 30-point cap (The first team to reach 30 points wins if the match is not won by two points prior to 30 points.).
5. Game/Set #3, if needed, will be played to 15 points. Game/Set #3 must be won by two points with a 17-point cap (The first team to reach 17 points wins if the match is not won by two points prior to 17 points.).

ROTATION & SUBSTITUTION RULES:

1. Rotation will be clockwise.
2. All players **MUST** participate in a **MINIMUM** of twenty-five (25) total points within the first two (2) games/sets of the match. The points tallied for each player is an accumulation of **BOTH** games'/sets' scores. Exceptions to this rule are for injury or illness only.
3. There is no minimum player point requirement for Game/Set #3 (in the case a match has not been decided in two (2) games/sets).
4. All players **MUST** serve at least once per match. Players are **NOT** to be subbed out because they are unable to serve successfully.
5. When a player substitutes for another player, the two players are linked for the remainder of that game/set (not match). {There is a maximum of 12 substitutions available per set.}

SERVICE:

1. The first service will be determined by a coin toss.
2. Service will be from anywhere behind the marked 20-foot line area (The area will be marked with floor tape or paint.).
3. **ALL** serves must be completed **OVERHAND**.
4. Players will have **TWO** opportunities to successfully serve on the **FIRST** serve of the series.
5. If the first serve is missed (hit out of bounds or into the net), the server will be allowed a second **OVERHAND** serve.
6. Players have 5 seconds to serve after the referee has called for service.

7. One toss and drop will be allowed *per overhand serve sequence*. If the server tosses and drops a second time, the point will be given to the receiving team and the serve forfeited.
8. The serve can touch the net as long as it lands on the opponent's side of the court.
9. After five (5) consecutive points scored by the offensive/serving team, the referee will whistle for an automatic side-out.
10. Serves can be received in a set position (overhand pass).
11. The receiving team is not allowed to block or spike a served ball.

COURT AREA:

1. If a ball hits one of the antennas, it is "out of bounds".
2. Balls may be played off of the ceiling if it remains on the same side of the court.
3. A ball hitting the basketball goals will be a "re-do".
4. A ball hitting the wall is "out of bounds".
5. A ball hitting the suspended cable at FAC will be replayed. It will NOT count as a serve for the team serving; it is a "re-do". However, if the server misses the serve, it will be a side-out.

COACH INFORMATION:

1. Coaches must run a basic offense (with setter) and strive for three (3) contacts per volley.
2. Coaches are required to turn in a line-up sheet to the score table prior to warm-up. Once the game has started, players must serve and rotate according to the line-up sheet. The only exception is if a player is removed from the game due to injury, illness, or poor sportsmanship.
3. Each team will provide a captain for the coin toss at the beginning of the game.
4. Each team is allowed TWO 30-second timeouts per game.
5. There will be a 2-minute break between games.
6. Warm-Up:
 - a. 5 minutes on own side of court
 - b. 2 minutes shared service
7. If a team is unable to field 6 players, they may elect to play with 4 or 5 players. A team unable to field 4 players will result in a forfeiture of that game. The opposing team will be allowed to play with 6 players.
8. Coaches are to assign parental duties needed for each match. These duties include an: a) Adult Line Judge, b) 25-Point Player Tracker Statistician + Service Tracker, and c) Post-Game Snacks and Drinks (Parents may alternate bringing snacks and drinks for each player if your team chooses to do so.).
9. Only the head coach and 1 assistant coach can be on the sidelines with players during matches.
10. All parents and team helpers, including statisticians, must be across the court from the sidelines with spectators.
11. Siblings cannot be on the sidelines during matches.

PLAYER & PARENT INFORMATION:

1. Kneepads are required.
2. All players must wear an FSA | The Den Sports league issued jersey (with a sports bra).
3. Team shorts are an additional cost to players and must be solid black volleyball spandex (of any length) as long as their bottom is completely covered.
4. Athletic shoes are required.

5. No jewelry will be allowed below the chin. Small, secured stud/post-like earrings worn above the chin is okay. Medical alert jewelry must be taped down. Athletic tape, circular band-aids, or piercing retainers can be used to cover small, secured/permanent jewelry. Hoop-style jewelry, such as hoop earrings, are still not allowed, even if covered by tape. The purpose of these rules is to minimize the risk of injury to players, including their teammates and opponents.
6. All players' hair must be pulled back/up and out of their faces.
7. No hard objects may be worn in the hair.
8. Players can wear solid black or solid white regular arm sleeves, with or without elbow padding, or Tandem sleeves. Sleeves with any other padding, like platform padding, are not allowed.
9. Players running late to the match may NOT enter a game in progress. However, they may play in consecutive games provided the coach adjusts the line-up sheets accordingly.
10. Each team will be required to provide a(n):
 - a. Adult Line Judge (A teenager may be a line judge if the teenager is officially certified through a local volleyball club.),
 - b. 25-Point Player Tracker Statistician + Service Tracker, and
 - c. Post-Game Snack and Drinks (Parents may alternate bringing snacks and drinks for each player if your team chooses to do so.).
11. The **Statistician** will keep track of the opposing teams' players to ensure that each player:
 - a) plays the required twenty-five (25) points per match, and
 - b) serves at least one time in the match.

- Each team shall provide the opposing statistician with a completed team stat form promulgated by the volleyball committee.
- Each statistician shall do his or her best to notify the opposing statistician when the opposing team is at risk of not getting players in the match the minimum number of points or has a player that has not served.
- At the conclusion of the match, the statistician and the head coach must sign the bottom of the form.
- A statistician who determines that a player did not play the required number of points shall notify the opposing head coach, the referee, and the scorekeeper, who will then notify the commissioner.
- If any person believes a player did not get their minimum number of points, they should notify the commissioner, who shall perform a follow-up investigation at the next scheduled game to determine whether a coach is violating the rules.
- Violation of the substitution rule will result in action taken against the coach by the volleyball committee. The volleyball committee, based on their assessment of the circumstances surrounding the violation, will decide the actual penalty imposed.

PRACTICE ATTIRE REQUIREMENTS FOR PARTICIPATION OVERVIEW-

1. All players must wear athletic clothing (with a sports bra). Players may wear spandex or athletic shorts (No skirts/skorts.). Players may choose to wear any brand of shorts as long as their bottom is completely covered.
2. All players must wear kneepads.
3. All players must wear athletic shoes. No special court shoes are needed.
4. All players' hair must be pulled back/up and out of their faces.

MATCH ATTIRE REQUIREMENTS FOR PARTICIPATION OVERVIEW-

1. All players must wear their team's FSA league-issued jersey (with a sports bra).
2. All players must wear solid black spandex. Players may choose to wear any brand of volleyball spandex as long as their bottom is completely covered. The spandex brand logo can show in whatever color.
3. All players must wear kneepads.
4. All players must wear athletic shoes. No special court shoes are needed.
5. All players' hair must be pulled back/up and out of their faces.

SAFETY:

1. Players with obvious injuries will not be permitted to play (e.g., wearing a cast of any kind or any other medically prescribed braces, boots, etc.). Volleyball ankle/knee support braces worn to prevent injury are okay.
2. Each coach is required to keep a first-aid kit on the sideline during a match. The kit must contain a minimum of two "ice packs", assorted Band-Aids, antiseptic, and an Ace bandage. Players with fresh blood on their uniform, or who are bleeding, will not be permitted on the playing court.
3. **SERIOUS INJURIES** – Should a player sustain an injury that requires an ambulance or emergency room treatment, both coaches will report the incident to the commissioner immediately following the match. This report needs to include the team name, the player's name, the extent of the injury, the hospital/emergency room where the player was taken, and a brief description of the circumstances relating to the injury. The commissioner will immediately report this information to the FSA Board.