



ANCHORAGE SPORTS ASSOCIATION

SPRING 2023 IMPACT VOLLEYBALL ACADEMY RULES

The following are the playing rules for the Spring 2023 IMPACT Volleyball Academy season. These rules were established and assembled with help from the Anchorage Sports Association Volleyball Council. The Rules are not to be deviated from nor altered. Any question(s) regarding the Rules should be directed to the ASA Program Director and/or IMPACT Volleyball Director. If there is a dispute to any rule or if the rule is not stated here, reference will be made to the USA Volleyball (USAV) Official Volleyball Rules printed rulebook.

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1:00:00 AUTHORITIES AND RESPONSIBILITIES

1:01:00	The IMPACT Volleyball Academy program is governed and regulated by the Anchorage Sports Association (ASA). The program is managed by Anchorage Sports Association Staff and advised by the Anchorage Sports Association Volleyball Council. All recommendations decisions made by the Anchorage Sports Association Volleyball Council are subject to review and approval by Anchorage Sports Association Executive Director, Anchorage Sports Association Youth Director, and IMPACT Volleyball Director.
1:02:00	Decisions made by the Anchorage Sports Association Youth Director and IMPACT Volleyball Director regarding the Volleyball program are made in accordance with ASA policy and are made in the best interest of the program. These decisions are final.
1:03:00	The rules contained herein shall govern all participating members of this organization except when these rules are inconsistent with the adopted Policies of the Anchorage Sports Association.
1:04:00	All competition, including tournament play, shall be governed by these rules unless specific competition requires otherwise.



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1:05:00 The IMPACT Volleyball Director and IMPACT Volleyball Academy Lead Coach are responsible for informing his/her volunteer coaches, parents, and players of the Spring 2023 IMPACT Volleyball Academy Rules. Specific coaching responsibilities and other coaching information can be found in section 11:00:00 Coaches Responsibilities.

2:00:00 REGISTRATION

2:01:00 Boys and girls residing within the boundaries and territories of Anchorage Sports Association are eligible to register and become members.

2:02:00 Player eligibility will be in accordance with the Policies of Anchorage Sports Association and IMPACT Volleyball. All players are required to submit a properly completed ASA Registration Form, whether online or paper application, including Consent to Treat, Parent and Player Codes of Conduct, and an Activities Release.

2:03:00 The registration period shall be designated for each season with a Discounted and Late Registration period and a closing date. Registration after the closing date will be permitted based on roster availability. Anchorage Sports Association Staff will determine roster availability.

2:04:00 Proof of may be requested prior to the first game of the Regular Season. A birth certificate, Zangle Report or any other record specified by Anchorage Sports Association would suffice.

2:05:00 Teams will be formed and registered players assigned to them in accordance with the following rules. Exceptions to these rules may be allowed, on a case-by-case basis, as determined by the Anchorage Sports Association Program Director.

Teams shall be comprised with the following considerations:

1. Player's special request e.g. Coach, Teammate, Team, etc., if there is roster availability (Please Note: Only one special request will be honored)
2. Player's Anchorage School District school (or a series of schools within a high school zone) he/she attends if there is roster availability and player's special request cannot be accommodated
3. Player's ASD "sister" high school zone for e.g. Bartlett/East, Dimond/West, South/Service, Eagle River/Chugiak, etc.
4. Any Team which has roster availability
5. Teams composed of late registrants (if all current Rosters are full)
6. Waiting List

2:05:01 Players may be on a team coached by their parent(s) or guardian(s) regardless of the above criteria.

2:05:02 Late registrants on the Waiting List will be assigned to a team as roster vacancies become available. They will be assigned to a team within their neighborhood Anchorage School District school, when possible. Precedence will be based on the date of the waiting list registration.

2:05:03 Protests concerning player assignments on a team must be submitted to the ASA Program Director and IMPACT Lead Coach in writing before uniforms (and player equipment when applicable) are distributed; Otherwise, any protests on player assignments will not be reviewed.

2:05:04 Special circumstances will be taken into consideration on a case-by-case basis.

2:06:00 The Anchorage Sports Association Program Director and IMPACT Lead coach will make final approval of all player assignments to a team.

3:00:00 SEASON



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- 3:01:00 The Season for the Spring 2023 IMPACT Volleyball Academy shall be from March 20-May 4, 2023 (or thereabouts).
- 3:02:00 The duration of the Spring 2023 IMPACT Volleyball Academy will last a total of 7 for the 10U-15U Divisions.
- 3:02:01 The first week will be designated solely for practice.
- 3:02:02 After the first week, there will be 1 practice and 1 game per week, each lasting 1 hour in length for the 10U-15U Divisions.

4:00:00 DIVISIONS

- 4:01:00 Divisions for the Spring 2023 IMPACT Volleyball Academy will be as follows:
- 4:01:01 10U Division: Players in this division must be born between July 1, 2012-June 30, 2014.
- 4:01:02 12U Division: Players in this division must be born between July 1, 2010-June 30, 2012.
- 4:01:03 U15 Division: Players in this division must be born between July 1, 2007-June 30, 2010
- 4:02:00 No player will be allowed to participate out of his/her Age Division except on a case-by-case basis. Players will be assigned to Divisions based on their birthdate and may only participate on one team during a season.
- 4:03:00 Players will be allowed to play in the next higher Age Division provided they meet the following requirements:
- 4:03:01 Are within the older year of a two-year Age Division.
- 4:03:02 Have a recommendation and/or approval from the Head Coach of the team he/she is being assigned to.
- 4:03:03 Have the prior approval from the ASA Program Director and IMPACT Lead Coach.
- 4:04:00 Participants may move up one Age Division only. Additionally, players may not leave an older Age Division after registering and participating in that division to play in his/her TRUE Age Division, even if they are eligible to play in that younger division.
- 4:04:00 Divisions may be gender specific or coed
- 4:05:00 Divisions are subject to change or cancellation due to lack of enrollment.

5:00:00 PLAYING AREA, EQUIPMENT & UNIFORMS

- 5:01:00 The court size and net height will be determined by Anchorage Sports Association and IMPACT Volleyball Staff based on the facilities available.
- 5:01:01 10U-12U Divisions: The court size (per half) for this Divisions shall be 25'x25'
- 5:01:02 15U Division: The court size (per half) for this Divisions shall be 30'x30'
- 5:02:00 Boundaries should be clearly marked by 2" thick court lines. In the event that the end lines of a court are not clearly defined, the walls of the gym shall be considered out of bounds. Any ball that touches the wall shall be out of bounds.
- 5:03:00 The following shall be used to guide the officials with regards to walls & ceilings in play:
- 5:03:01 A ball that comes into contact with the ceiling and returns on the same side of the net is considered still in play, unless the team has already used its three hits. A ball that comes into contact with the ceiling and proceeds over the net is considered out of play, resulting in a side out and point for the opposing team.



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- 5:03:02 Any contact with the ball on any wall is considered out of bounds. A backboard, pipes/bars of basketball hoops that are over playable areas are discretionary to the Referee/Official. If a player attempts to play a ball and the ball is redirected by the obstacle a replay may be called.
- 5:03:03 Any contact (with the ball) on any walls and/or the backboards of basketball hoops is considered out of bounds. Pipes/bars of the backboards of basketball hoops are discretionary to the Referee/Official. If a player attempts to make a play on a ball and is making an attempt on a playable ball and the ball is re-directed by the obstacle, a replay will be called.
- 5:04:00 All Players who are not on the court must remain outside of the designated playable area. This area will be known as the Team or Technical Area. Coaches may stand next to the court, at least 3' from the sideline, behind the 10' line, and may move along the side of the court to coach their team (within their half when applicable).
- 5:05:00 A lightweight ball (i.e. the "Volley Lite") may be used as a ball for 10U-12U Divisions. The 15U Division must use a regulation size and weight ball.
- 5:06:00 The height of the net will be adjusted to meet the height standards for each Division. The net height standard for each Division is as follows:
- 5:06:01 10U Division: 6'6" net height
- 5:06:02 12U Division: 7' net height
- 5:06:03 15U Division: 7'4" net height
- 5:07:00 Each player must wear their team jersey and shorts during all games. No other uniform will be permitted.
- 5:07:01 The Libero shall wear a jersey recognized from all angles as being in clear contrast and distinct from his/her teammates.
- 5:08:00 Jewelry may be worn provided its nature does not present a concern for safety, such as extremely long necklaces and/or necklaces with large medallions, or large hoop earrings. Religious symbols or medic alert bracelets or necklaces, if worn, must be protected by tape under the player's uniform or wristband.
- 5:09:00 It is prohibited to wear a cast, even if padded. A head covering made from cloth or soft, non abrasive fabric may be worn; no waiver is required. Hats of any style are not permitted. A brace, prosthetic limb, or other headgear that may cause an injury or give an artificial advantage to the player must not be worn. If a brace, prosthetic limb, or headgear is used, padding or covering may be necessary.
- 5:10:00 Compression pads (padded injury protection devices) may be worn for protection or support. The color of the compression pads does not need to be the same for team members wearing this equipment, nor does the color need to match the predominant color(s) of the team uniform.
- 5:11:00 Players MAY NOT chew gum during practices or games if the facility prohibits this action.
- 5:12:00 Knee Pads should cover the knees. Kneepads are encouraged during all practices and games for players in all Divisions.
- 6:00:00 SCORES & STANDINGS AND POSTSEASON SEEDING**
- 6:01:00 Final scores will be recorded and Standings will be kept during the Regular Season for scheduling purposes for the Second Stage of the Regular Season (when applicable) for the 10U-15U Divisions.
- 6:01:01 To balance out the level of competition and further promote player development, teams in each Division will play each other at least once in round-robin play during



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the First Stage of the Regular Season (when applicable). The remaining schedule for each team for the Second Stage of the Regular Season will consist of games versus a more balanced level of competition e.g. at the end of round-robin play, Team Ranked #1 vs. Team Ranked #2, Team Ranked #3 vs. Team Ranked #4, Team Ranked #5 vs. Team Ranked #6, etc.

6:01:03 In the event that two teams finish the Regular Season with an equal number of points, the following system will be used to break the tie until one team ranks ahead of the other(s):

1. Head-to-head
2. Scores Differential (SD)
3. Scores For (SF)
4. Scores Against (SA)
5. Coin Toss (2 teams) or Drawing of Lots (3 or more)

7:00:00 TIME CONSIDERATIONS

7:01:00 Games must start and end on time to remain on schedule.

7:01:01 10U Division: The match will consist of three sets out of five (to 25 points) with rally scoring. If the match goes to a third, fourth or fifth set, the game will be played to 15 points with rally scoring as well. All matches must be won by a minimum of 2 points. The game must end before or at the end of the allotted game hour. The team ahead at the expired time will be declared the winner irrespective of the number of points between teams. If the allotted game time expires, the official will determine the winner.

7:01:02 12U-15U Divisions: The match will consist of two sets out of three (to 25 points) with rally scoring. The third game will play to 15 points with rally scoring (teams will NOT switch sides once one team has reached 8 points). All matches must be won by a minimum of 2 points. The team ahead at the expired time will be declared the winner irrespective of the number of points between teams. If the allotted game time expires, the official will determine the winner.

7:02:00 Referees/Officials will use their discretion before forfeiting a game. The grace period for late arriving players to meet the minimum number of players to play or a volunteer e.g. Head Coach, Assistant Coach, Team Manager or parent, with an approved background check to be on the sidelines to work directly with children is as follows: 10 min after game time forfeit first set and 15 minutes second set forfeit from the initial scheduled start time.

7:03:00 If a game begins late, that game will be shortened accordingly and concluded by the end allotted time scheduled for that game in order to return to the original playing schedule.

7:04:00 Each team is allowed two time-outs per set in the match. Each time-out can last up to 1-minute, no longer. Once the official has blown the whistle for play, the team(s) that fail to take the court will be given the yellow card for delay of game and charged for a second time-out. Second offense of this will result in a red card and will result in a point side out.

8:00:00 ROSTER SIZES AND NUMBER OF PLAYERS ON THE COURT

8:01:00 10U-U12U Divisions: Each team will play with 4 players on the court. The roster maximum for each team shall be no more than 6 players and no less than 4 players.

8:01:01 The minimum number of players on the court shall be no less than 3 players. If one team is "short" players, the opposing team is asked to reduce their number of players on the field to equal the number of the opposition, but not obligated to oblige.



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8:01:02 If the team has less than 3 players present the game will be canceled and the short team will forfeit.

8:02:00 15U Division: Each team will play with 6 players on the court to include a Libero (when applicable). The rosters maximum for each team shall be no more than 8 players and no less than 6 players.

8:02:01 The minimum number of players on the court shall be no less than 4 players. If one team is "short" players, the opposing team is asked to reduce their number of players on the field to equal the number of the opposition, but not obligated to oblige.

8:02:02 If the team has less than 4 players present the game will be canceled and the short team will forfeit.

8:03:00 Divisions may be coed with no restrictions.

9:00:00 MINIMUM PLAYING TIME

9:01:00 All players are required to play a minimum number of sets per match (or series of matches) regardless of their skill level:

9:01:01 10U Division: Players are required to play at least two full sets (out of four sets) and at least half of the fifth set.

9:01:02 12U-15U Divisions: Players are required to play at least one full set (out of two sets) and at least half of the third set.

9:02:00 It is the coach's discretion to play a player half the minimum number of sets per game (or series of games) if said player missed the practice (or two depending on the number of practices per week) prior to the next scheduled game. This rule is applicable to all players for all unexcused absences.

9:02:01 This rule is also applicable to players who exhibit behavioral issues or a disrespectful attitude

9:03:00 If playtime allotted by coaches becomes "unreasonable" (to be determined upon an Anchorage Sports Association Staff review), ASA Staff will assess concerns specific to the situation.

10:00:00 GENERAL RULES OF PLAY

10:01:00 USA Volleyball Official Volleyball Rules will be followed with the following exceptions:

10:02:00 A team is permitted three hits on the ball when the ball is in play on their side of the net. Hits include bumps, sets, spikes, or any hit on the ball prior to the ball hitting the floor with the exception of blocks. If a team exhausts its three hits and fails to volley the ball back to the opposing team, the play will be stopped and the ball will be awarded to the opposing team (side out).

10:03:00 A back-row player may complete an attack hit at any height from behind the front zone:

10:03:01 At his/her take-off, the player's foot (feet) must neither have touched nor crossed over the attack line

10:03:02 After his/her hit, the player may land within the front zone.

10:03:03 In the 10U Division ONLY, all players may complete an attack hit at any height from any position on the court

10:04:00 Serving may be sidearm, under-hand, or over-hand. Serves cannot be blocked or attacked by opponents.

10:04:01 10U-12U Divisions:

1. Players in this league will be allowed to serve under-hand from the 15-foot line. Coaches should encourage the players throughout the season to



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advance back towards the back end line. After each successful serve (inside the court) the player will need to take a step back for the next serve.

2. Over-hand serves must be served behind the endline, but foot faults will not be called.
3. A server will be given a second attempt to serve if the first is unsuccessful. Unsuccessful Serves are services that do not land within the court. (i.e. short serves, serves that go out right or left, etc.) During the rally play, no point is awarded on an unsuccessful serve.
4. There is no "let serve" in this league. A "let serve" is considered an unsuccessful serve.
5. A reserve is limited to one per player per rotation on the player's first serve only.
6. Each player will be afforded the opportunity of a maximum of 5 serves per rotation.

10:04:02

15U Division:

1. Players in this division must serve behind the endline.
2. On the first serve ONLY, a server will be given a second attempt to serve if the first is unsuccessful and does not go over the net (i.e. short serves). Serves that do make it over the net, but that go out right or left, too long, etc., will NOT result in a second attempt. During the rally play, no point is awarded on an unsuccessful serve.
3. A reserve is limited to one per player per rotation.
4. Foot faults will result in a side out.
5. Consistent with the USA Volleyball (USAV) Official Volleyball Rules, the "let serve" is good.

10:05:00

It is permitted to penetrate into the opponent's court with a foot (feet) or any part of the body provided that some part of the body either remains in contact with or directly above the center line and does not interfere with the opponent's play

No body part (foot, arm, hand, etc.) can completely penetrate the center court. Any body part partially crossing the center line must not interfere with play.

10:06:00

Substitutions are at the discretion of the Head Coach and are unlimited.

11:00:00 COACHES RESPONSIBILITIES

11:01:00

Any person interested in being a Head Coach, Assistant Coach, Team Manager or any other volunteer staff member who will be in direct contact with participants must be registered through USA Volleyball and successfully completed a Criminal Background Check and is SafeSport Trained. The ASA Program Director and/or IMPACT Volleyball Director will interview and make placement decisions for qualified, incoming Lead Coach candidates. The ASA Program Director and/or IMPACT Volleyball Director will also evaluate and make decisions regarding current Lead Coaches who request assignment to a new Division. Anchorage Sports Association Staff will make final approval pending Background Check verification.

11:02:00

All Lead and Assistant Coaches will be required to obtain a CDC Heads Up: Concussion in Sports Intro Course (available at no cost on-line):
<http://www.cdc.gov/concussion/HeadsUp/clinicians/index.html?source>

11:03:00

The Lead Coach and/or Assistant Coach must be present at all practices and games. If either the Head Coach or Assistant Coach is not available, then another adult, who has successfully completed a Criminal Background Check and is SafeSport Trained and has been cleared by Anchorage Sports Association Staff may substitute.



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- 11:04:00 The Lead Coach is responsible for the conduct of his/her players before, during, and immediately following practice or the game, until the time when the player's parent or guardian assumes responsibility of the player.
- 11:05:00 The Lead Coach is responsible for the conduct of the parents of his/her players during the game and at practice.
- 11:06:00 It is expected that Coaches instill a high level of sportsmanship in their players. Players should develop and demonstrate a high level of respect for the sport of Volleyball, officials, coaches, parents, teammates, and opponents. This includes high fiving opponents and shaking the referee's hands after the game, irrespective of the result.
- 11:07:00 Along with sportsmanship, Coaches should instruct players, using the four components of coaching – technical, tactical, physical, psychosocial – which are age appropriate and prepare them for competition.

12:00:00 REFEREES/OFFICIALS RESPONSIBILITIES

- 12:01:00 Referees/Officials are the official authority on the court. Referees/Officials will speak only with team captains during the game. Should the Coach or another player need to address the Referee/Official, a timeout must be called first. Coaches, Players, and Parents may not at any time touch a Referee/Official. Violation of this rule will result in a Yellow/Red Card could result in possible disqualification from the game up to removal from the Volleyball program.

PLEASE NOTE: ANY ISSUANCE of a Red Card will result in a one-game suspension and require an immediate review by ASA if further disciplinary action is needed.

- 12:02:00 Pregame
- 12:02:01 The Referee/Official shall check the playing area and its immediate surroundings to ensure it is safe and playable. If the Referee/Official does not feel the playing area is safe or can be brought up to a safe, playable standard in a reasonable amount of time which won't interfere too much, if at all, with the start of the game, he/she has the right to abandon the game in the best interest of player safety.
- 12:02:02 Referees/Officials shall remind Coaches to enter the roster of their team into the scorebook.
- 12:02:03 Referees/Officials shall remind the Coaches of parental scoring and timekeeping duties and ensure that those requirements are fulfilled before the beginning of the game.
- 12:02:04 Referees/Officials will start the game on time. They may use their discretion before forfeiting a game (see 7:02:00).
- 12:03:00 During the Game
- 12:03:01 Referees/Officials shall use discretionary powers of enforcement of all rules of the game depending on the age and skill level of the players.
- 12:03:02 A Referee/Official may initially give a verbal warning to a player that they are committing an infraction. If the player continues to violate the rule, the Referee/Official will stop the game, explain the infraction, and describe the correct way to play.
- 12:03:03 The Referee/Official will use discretion to ensure a safe playing environment which promotes fair play, but should allow all players, regardless of ability, to compete and have fun.
- 12:03:04 Referees/Officials will help timekeepers keep track of time outs, time between quarters, time between halves, time between games, etc.
- 12:03:05 Referees/Officials will use their discretion for the ejection of coaches, players, parents, and fans from games or venues.



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12:03:06 Referee/Official calls and decisions are final. Under no circumstances shall a coach, player, or parent approach the Referees/Officials and attempt to change or argue the outcome of a call. If a coach, player, or parent does so in a hostile manner, the Referees/Officials have the option of ejecting said person from the venue.

12:04:00 Post Game

12:04:01 Referees/Officials shall report any coaches, players, and/or fans that were ejected from the venue by submitting a written Incident Report to the Anchorage Sports Association Program Director within 48 hours of said incident(s). Referees/Officials may also verbally report the issue to a member of the ASA Staff if the incident requires immediate attention.

12:04:02 The final scores of each game for Divisions keeping scores and standings must be reported to the ASA Program Director within 48 hours immediately following the game.

13:00:00 SPECTATORS RESPONSIBILITIES

13:01:00 Parents, family, fans, or other spectators should keep in mind that the IMPACT Volleyball program places an emphasis on developing players who possess good sportsmanship and basic fundamental volleyball skills while giving each player similar playing time. Winning games may be a byproduct of the previously mentioned program emphasis, but at no point should winning games take precedence over the program emphasis.

13:02:00 Spectators (parents, fans, siblings, etc.) are restricted to the bleacher viewing areas during games. All spectators must show respect towards all players, coaches, and referee officials and must use only positive encouragement when cheering for players or teams. Spectators are also expected to demonstrate good sportsmanship at any venue used by IMPACT Volleyball.

13:03:00 There is **ZERO TOLERANCE** for disrespectful behavior and the spectator(s) could be asked to leave.

13:04:00 Spectators who display unsportsmanlike conduct will be approached by the Lead Coach and will be asked to calm down or leave the premises. Further action may be taken by ASA Staff.

13:05:00 Spectators who have questions about the Rules or complaints about the program should first speak to the Lead Coach. If the issue or situation cannot be resolved at the team level, then a spectator may contact the ASA Program Director and/or IMPACT Volleyball Director for further clarification.

14:00:00 UNSPORTSMANLIKE CONDUCT

14:01:00 Unsportsmanlike conduct and/or unsafe behavior by a player, coach or parent, or spectator will not be tolerated.

14:02:00 Unsportsmanlike conduct by a player will result in a Red Card and ejection of the set and will not be permitted to play in the rest of the match in addition to being suspended for the team's next scheduled game.

14:03:00 Unsportsmanlike conduct by a coach will result in a Red Card and the coach will be suspended for the team's next scheduled game in addition to being placed on probation for the remainder of the season. If the coach receives a second Red Card that results in an ejection from the game, he/she will be removed from the program.

14:04:00 Unsportsmanlike conduct by a parent/spectator will result in a removal from the game venue. A second offense by the parent/spectator will result in their removal from the game venue for the remainder of the season.

15:00:00 INJURIES

15:01:00 If a player is injured, the game will be stopped immediately and coaches will be allowed on to the court to attend to the player. Every effort will be made to remove the injured player (as long as it is safe to do so) from the court as quickly as possible so the game can be resumed. Once



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the player has recovered or been helped to the sideline, the game will resume. Time will not be added to the allotted game time because of the injury.

15:02:00

All injuries must be reported to ASA Staff as soon as possible. A USAV Incident Report Form must be forwarded to ASA Staff within 24 hours of witnessing the injury or being notified. All players with USAV memberships are covered by USAV medical insurance, which can be used as a primary or secondary insurance when receiving medical care. To file a USAV medical reimbursement claim, please contact the ASA Office at 907-5762-1504.

16:00:00

BANNED SUBSTANCES

16:00:00

The use of, possession and/or consumption of alcoholic beverages, tobacco, or legal/illegal drugs (unless prescribed by a doctor for a medical condition) by coaches, players, and officials, immediately before, during or after the playing of any youth volleyball match, practice, or Team Event/Activity is **EXPRESSLY PROHIBITED!** Any infraction will be considered extremely serious and there is a **ZERO TOLERANCE POLICY!** Any offender is subjected to immediate suspension.

17:00:00

CHANGES AND/OR EXCEPTIONS

17:01:00

Any change and/or exception to these rules must be addressed to the ASA Program Director and/or IMPACT Volleyball Director. The ASA Program Director and/or IMPACT Volleyball Director can change any of these rules if they feel it is appropriate and in the best interest of the IMPACT Volleyball program.