

## **RAAA In-House Volleyball Rules of Play**

### **Court and equipment:**

- All courts will be as uniform as possible within the restrictions of the gym.
- Net height:
- Court depth: 30'
- Attack line: 10'
- Balls: Grades 3/4 and 5/6 use Volleylites
- Equipment:
  - Team jerseys and volleyballs are provided by RAAA
  - Proper non-marking gym shoes are required and are to be provided by the player. Knee pads are optional but are encouraged and should be provided by the player.

### **Court setup:**

- Coaches or adult representatives will setup and take down the courts as follows: Teams scheduled to practice/play first will set up. Teams scheduled to practice/play last will take down.
- Equipment is located in the equipment room(s) of the facility. If you are unable to locate the equipment or equipment room, please connect with the building supervisor who is on site at all practices and games.

### **Number of players:**

- Six (6) players make up a team on the court, and all players must be on your official roster. Grades 3/4 and 5/6 may play with no fewer than five (5) players. If a team does not meet the minimum player requirement, they must forfeit the match (although they may use their scheduled game time for a scrimmage).

### **Warm-up session:**

- Prior to a match, a five (5) minute warm-up period at the net will be provided. Coaches should meet to discuss serving line, referee duty, scorekeeper, and special considerations for the match.

### **Referees:**

During the regular season, coaches will be referees:

- A coach or designee from either team will act as a scorekeeper
- If a question or call of rule arises, coaches from each team should discuss the situation and come to an agreement or compromise.
- Outstanding questions regarding rules should be addressed to the RAAA In-House Volleyball Director.

Prior to starting a match, coaches from both teams must meet and agree upon how strictly the rules will be enforced. If a coach feels that relaxed rules are appropriate because the players are

still in the early learning stage, the specifics of this issue must be discussed and agreed upon prior to the beginning of a match.

**Playing time:**

- Players will be provided equal or near equal playing time as their teammates within any given match.
- Teams are allotted a one-hour court time for regular season games and may use the entire time to play, even if they complete official games in less time.

**Rotation:**

Teams should play a standard rotation, in which every player rotates through every position. Players are allowed to switch positions after the ball has been put into play, as long as they are switching positions within their row. The front row is allowed to play in the back half of the court (behind the 10' line), but a back court attack is not allowed from either a front row or back row player (i.e. no jumping from the back court)

All coaches should set a good example and play fairly to teach high standards of sportsmanship in this development league.

**Match:**

A match is won when 1 team wins 2 out of 3 games. Games played after a team has won the match are considered unofficial. A coin toss will be used at the start of the match to determine which team serves first.

**Scoring:**

- Rally scoring will be used. This means that a point is scored on every serve, no matter which team served. The team that wins the point gets to serve the next point.
- The first two games are played to 25 points, and the third game (if necessary) is played to 15 points. A team does not have to serve its final point to win, so if the opposing team's loss of a point results in a team reaching 25 points (or 15 points in game three), that team is awarded the win.
- A team must win by two points.

**Serving:**

Overhand serving is highly encouraged, but not required. A ball hitting the net and continuing over the net to the receiving team is a legal serve and will be scored.

No overhand serves, spikes, or overhand hits with a closed fist.

No blocking or hitting (spiking) on the serve.

Serving distances:

Coaches should not take advantage of this rule in order to win games but only to develop and be successful.

- Grades 3/4: Overhand serves should be at or behind the 10-foot line and should be encouraged to back up as able. Underhand serves should be at or behind the 20-foot line.
- Grades 5/6: Overhand serves should be at or behind the 20-foot line and encouraged to back up as able. Underhand serves should be behind the back line.

#### Serving attempts:

- Grades 3/4: A second serve is provided if the first serve fails to go over the net or falls out of play without being touched by the opposing team (this applies to their first attempt of the rotation only). No point is scored when the first serve fails in this way and the server is provided with a second opportunity. There is a maximum of 4 points per serve in any one turn. After four points, the ball goes to the other team to serve. No points will be awarded to the other team should the opposing team receive the ball during this change.
- Grades 5/6: If a serve fails to go over the net or falls out of play without being touched by the opposing team, the opposing team will score a point and be awarded the serve. One person can serve four (4) times in a row. However, after scoring 4 points, the person/team serving the ball would rotate positions and the next person on the team would continue to serve. If the second person serves and scores 4 more points, then the team would rotate again to the next person in line, and so on.

#### Game play:

- One team may hit the ball up to three times before returning over the net. One player may not hit the ball twice in a row.
- After legally crossing the net, any part of the ball hitting a boundary line is in bounds.
- The ball may be played off the net, but players may not touch the net.
- No part of the player, with the exception of hair, may touch the net or cross the plane of the net during play.

#### Ceiling and overhanging objects:

In gyms where there are backboards, ropes, or other objects hanging directly over the playing area, those items will be considered part of the ceiling.

- If the ball hits the ceiling and comes back down on the same side of the court, the ball can continue to be played if the team has not yet used all three hits. The ceiling does not count as a hit.
- If the ball hits the ceiling and comes back down on the other side of the court, the ball will be considered out of bounds.
- If the ball hits the wall or the court dividers, it is out of bounds.

#### **Misconduct:**

- Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, and flagrant behavior, intentional

contact with an official, taunting, criticizing an opponent or an official, or use of profanity directed at another person. This shall apply to all coaches, parents, and players, with the penalty being the individual's immediate disqualification from the match and requirement to leave the gym with no further involvement in the match. Such an offense should be reported to the director by both coaches.

- Unacceptable conduct includes, but is not limited to, willful failure to follow the directions of an official, using profanity not at someone, or any action that could bring discredit to the individual, team, or athletic association. The penalty is disqualification from the remainder of the game, although the individual may play in later games in a match. Both coaches are to report such incidents to the director.
- Spectators and others in and around the gym are expected to conduct themselves in an honorable manner. The coaches, in collaboration with the directors, are expected to communicate those expectations to any person who acts in ways described as unacceptable or unsportsmanlike. Serious problems in this regard should be dealt with by requesting that the person leaves the premises. Less serious problems should be managed by explaining the expectations for behavior, and informing the person that the continued problems would lead to being directed to leave the gym. Coaches should report such incidents to the director.

#### **Athletes with special needs:**

The in-house volleyball program is committed to accommodation for athletes with special needs to provide opportunities for participation. The athlete, or athlete's parents, are asked to contact the director to indicate the athlete's needs. The director will develop a plan in collaboration with the athlete and parent.