

NORTH COUNTY

VOLLEYBALL

RULES AND REGULATIONS

SECTION 1- OFFICIAL RULE BOOK:

- 1.1 SAFETY FIRST** - The referees may blow the whistle and stop the game to investigate the condition of a player who might be hurt, at any time, and resume play as soon as reasonable. The safety and well-being of our players is always our main concern.
- 1.2 HOME TEAM** – Sits on the left side when facing the score table.

SECTION 2 - LENGTH OF PLAYING PERIODS:

Scoring: All play will be the best 2 out of 3 games, with 15 points rally scoring in games 1 and 2. The winning team must achieve a 2-point advantage; no cap will be used. If necessary, the deciding game will be rally score to 7 points win by two, no cap.

Rally Scoring: In rally scoring system, a point is scored every time a rally concludes.

SECTION 3 – TIMEOUTS:

Each team will be allowed **ONE timeout** in a game. No timeouts will be carried over to the second or third game.

- 1) Timeouts. (45 Seconds)

SECTION 4 - PLAYER PARTICIPATION—DOES NOT APPLY TO 5th -6th and 7th-8th GRADE DIVISION:

Every player shall play within the first 2 games. The only exception is in case of injury or health problems.

If a player arrives late to a game, that player's participation begins at the start of the next game.

Example: If player arrives shortly before the end of the first game, he is eligible to play at the start of the second game.

THE PLAYER PARTICIPATION RULE MUST BE STRICTLY ENFORCED

Penalty: If a team does not comply with the player participation rule, the offending team may forfeit the contest. A protest shall be done properly, in good judgment, and after all attempts to rectify the situation fail. The protest must be entered in the official scorebook before the game is completed. The local board reserves the right to discipline the coach, not excluding a suspension.

4.1 SICKNESS , INJURY, OR HEALTH PROBLEMS - If a player becomes sick, or injured, and is unable to continue during a game, the coach of the player shall enter in the score book, the player's name, number, time, and game. The player will be ineligible to re-enter the game. No penalty will be assessed if a player is injured or experiences some health difficulty and is temporarily removed during a game. The player will be eligible to re-enter the game at the discretion of the coach and the game referee. If a player receives an injury that bleeds, then that player will be removed from the game until the bleeding has stopped and the wound bandaged.

Rules of the game:

1). **3 Contacts**. A team has no more than three contacts to get the ball over the net. A player cannot touch the ball two times in a row. A blocking touch does not count as a touch.

Example: Player attempts to block a ball but deflects the ball up. That same player can play the ball again for the first of three contacts.

2). **Nets**. A team is allowed to net as long as it is below the plain of the top of the net. Teams cannot interfere with opposing team why netting. It will be a judgment call by official.

3). **Going Under the Net**. Players are allowed to go under the net as long as it does not interfere with opposing team. Officials will have a judgment call on this.

4). **Serving**. Serves serve ball from end line. During the serving process the server cannot step on the end line.

4.1 If a server does not like the toss they may let the ball drop for a replay.

4.2 4yrs-12yrs can start serving from 10-footline. After 3 serves in a row on the 10-footline players must back up to end line for remainder or serving.

5). **Out of Rotation**. Player must rotate accordingly. An individual may not stay in the front row for more than 3 rotations.

6). **Volleyballs that are In or Out.** A ball that lands on the sideline or within the court is considered in. A volleyball that lands outside the boundaries of the court is considered out. Volleyballs that travel outside antennas are considered out of boundaries.

7). **Back Row Attack.** Players in the back row cannot attack ball above the plan of the net in front of the 10-foot line.

8). **Lifting / Throwing the Ball.** Players cannot have prolonged contact with ball. This will be judgment call by official.

9). **Have a Humble Team!** We want kids to have fun and to continue playing volleyball. We do not want kids to be discouraged to play the game at such a young age.

10). **Height of Net.**

Clinic Division: 6 feet 6 inches (may vary on how it works out)

Girls Division 3: 6 feet 6 inches (may vary on how it works out)

Girls Division 2: 7 feet

Boys / Girls Division 1: 7 feet 4 inches

11). **Ball Size.** Circumference: 25.6" - 26.4"/65.02 - 67.06 cm. Weight: 7.0 - 7.7 oz./198.45 - 218.29 g

12). **Substitutions.** Teams will have unlimited substitutions. Once a player has been subbed out he or she may only sub back in for that individual.

13). **Have a Great Time.** Make it fun for the kids. Don't forget their age... the kids are more concerned with the snacks, than the game.

Divisions: All Divisions will follow Official Club Volleyball rules unless otherwise noted above.