



Middle School & High School Age Fall 2020 League

RAISING THE STANDARDS

Competition Level: Middle School & High School/Club

1. All players must be AAU Members in order to participate.
2. All players shall wear non-marking shoes and kneepads at the start of the game along with their team uniform

RULES & STANDARDS:

1. 14-under age group (Middle School) are allowed one re-serve per rotation. High School age teams no re-serve option.
2. Athletes will have 5 seconds to serve the ball once serve is beckoned by Official. If athletes fail to serve within these time limits, official may signal for a serving delay penalty awarding opponent a point.
3. The games played will consist of best of 3 sets, each of the first 2 sets will be played to 25 points (win by 2 points, cap at 27) rally point scoring and the 3rd will be played up to 15 (win by 2 points, cap at 17) rally point scoring.
4. Each team is granted 2 timeouts each set.
5. Middle School division teams shall be non-position specific. High School division teams can be position specific.
6. All team rosters must be turned in to the league official before each game.
7. Each team is recommended to have between 6 – 8 players.
8. Teams that show up with less than 6 players will be allowed to play. A team may start a game with no less than 5 players and will lose the serve of the “ghost” player upon that rotation.
9. Any coach, player, or spectator ejected from a scheduled game will be required to leave the gym within one (1) minute. Failure to comply may result in a forfeit. Officials will fill out an incident report and turn it in to the League Coordinator. League Coordinator will then review and hand out disciplinary action if necessary.
10. Substitutions shall be managed in good faith by the coach and reinforced by official throughout the match.

Behavioral Expectations:

1. Profanity, vulgarity or misconduct of any kind will not be tolerated. Players, coaches, parents, guardians or spectators will be ejected from the game if found of any of the aforementioned.
2. Any coach involved in a fight will be suspended from coaching the remainder of the season.
3. Foul language, intimidation or harassing of players, coaches, parents, spectators, or staff will NOT be tolerated. Any offender(s) will be removed from the gym immediately.
4. If a situation arises that is not covered in the rules, then the league coordinator, gym supervisor or game officials will have the final decision.
5. Any coach who constantly objects to the decision of the game official will be removed from the game and the team's next scheduled game. Should a coach pursue a game official to complain about a call or to make profane/derogatory remarks, said coach will be suspended from the next scheduled game. Second offense will result in an indefinite suspension from the league.
6. Any team using ineligible player/players will forfeit the games said player/players played.
7. Any coach seen by an official, league coordinator, gym supervisor, or parent consuming alcohol before or during a scheduled game will not be permitted to participate in said game and could also be suspended for the remainder of the season.



Volleyball League Protocols

In conjunction with CDC Guidelines, the following protocols will be in place for the event. This information is subject to change.

If you are experiencing a fever or any symptoms listed below, you should not attend the event. Doing so could greatly impact your team's eligibility.

Symptoms: shortness of breath, dry cough, sore throat, headache, runny nose or nasal congestion, nausea, vomiting, diarrhea, loss of sense of smell/taste, dizziness, muscle aches, general weakness, fever of 100 or more, chills, shaking, recent unprotected contact with a known positive COVID-19 patient.

Pre-Entrance

- 1) Temperature checks will take place prior to entrance. All players/spectators entering the building will only be allowed to do so through the ENTRANCE ONLY (south side) of the building after temperature check. The EXIT ONLY (north side) of the building will be used as an exit for everyone. There will be signage posted outside and inside the building as a reminder of this policy.
- 2) Attendees shall wear a face mask, except for players while on the court during warm-up and competition.
- 3) Once your entire team is together, temperature checks will take place before entering the building. All teams will need to enter together for temperature checks. All athletes, coaches, and up to **two chaperones per athlete** per team that are entering the building for their scheduled game, will need to do so at the same time. Waiver forms need to be signed by each adult/spectator attending and will be kept on file for the league duration.
- 4) The head coach or team representative will need to certify as follows: a. (I certify to the best of my knowledge that no players, coaches, or chaperones on my team has any of the following symptoms listed: Shortness of breath/difficulty breathing, Dry cough, Sore throat, Headache, Runny nose or nasal congestion, GI symptoms (nausea, vomiting or diarrhea), New loss of sense of smell or taste, Disequilibrium (dizziness), Unexplained muscle aches, General weakness, Fever (temperature of 100o F or greater), Chills or shaking, Recent unprotected contact with a known positive COVID-19 patient) b. Confirm all athletes, coaches and chaperones are all present. All participants must enter together at the same time.
- 5) Once all members have passed the temperature check, you will be given wristbands to signify that you have passed the check for the day. These wristbands **MUST** be worn at all times in the building. This includes all coaches and chaperones. If you are in the building without the appropriate wristband, you may be asked to leave the event.

Inside the Building

- 1) Masks will be available if needed.
- 2) Hand sanitizer will be available in the facility.
- 3) Teams are encouraged to bring their own water

REMINDER:

Stay home if sick or not feeling well. Wash your hands. Practice good hygiene. Cover coughs and sneezes.