

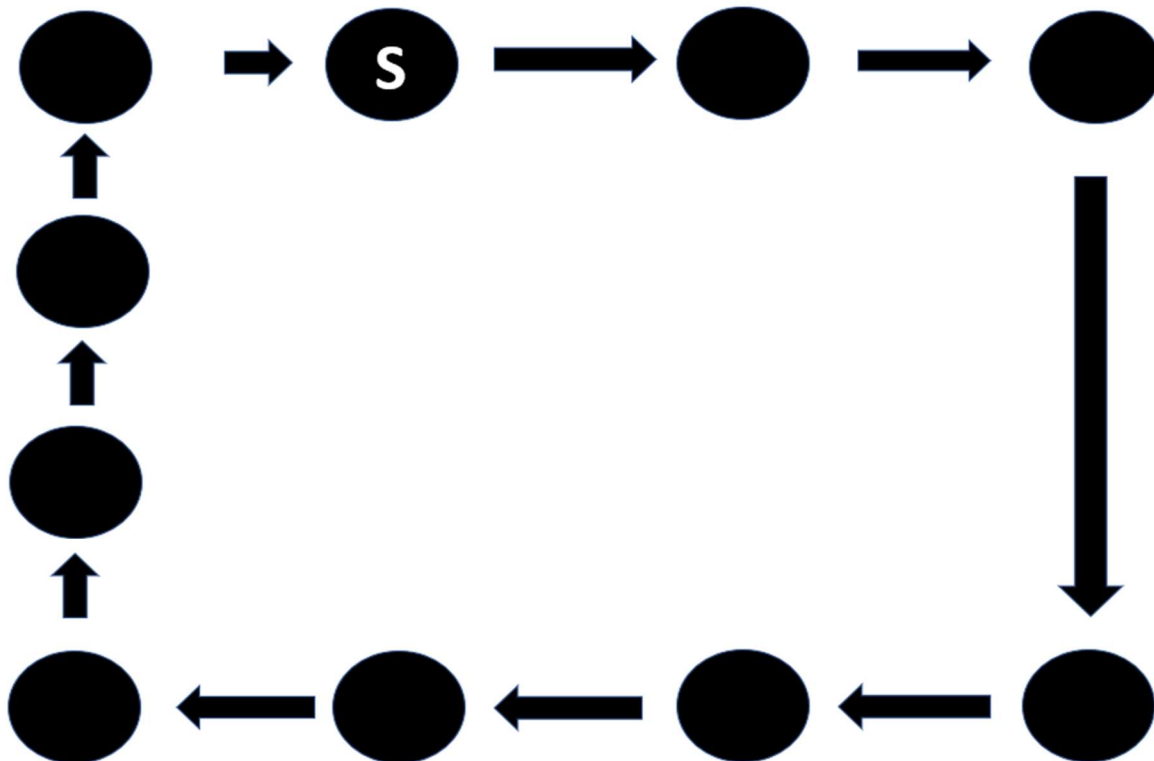
RAMMS Volleyball Rules (revised 2023)

1. Purpose: The intent of the program is to provide positive, wholesome recreation for a maximum number of youngsters. Adults who are involved have the opportunity, through their words and actions, to assist young people in learning to win, as well as lose, with good sportsmanship while preparing the youngsters for further volleyball opportunities.
2. Participation: It is the policy of RAMMS that all players play in every game as stated in section 10 below.
3. Rally Scoring: The team that wins the point gets the point, regardless of which team served the ball.
4. Match: The match consists of up to three games with rally scoring up to 25 in the first two games. The winning team must win two games and score at least two more points than the opponent. The first two games are to 25 and, if each team wins one of the first two games, there is a third game to 15. Teams switch sides after the first game. In the third game, the teams switch sides after a team scores 8 points. If a match ends before the full hour is up, teams can play for fun until 10 minutes prior to the next match.
5. Serving: The home team serves the ball to start game one of the match. The visiting team gets to pick what side they will defend from. The visiting team serves the ball to start game two. If there is a third game, the home team serves to start. A team will continue to serve so long as it wins the point or it has earned 5 consecutive points, at which time the other team will serve and NOT receive a point for the forced turnover of the serve. When serving, if the ball hits the net and goes over to the opposing team, it is a good serve. A server can only have a maximum of 5 consecutive serves before that player must rotate. That means a visiting player is serving in game one and their team is down 23-21, and that player hits 4 consecutive aces to win the game 25-23, the teams would switch sides with all players remaining in their spots. Since the visiting team serves first in game 2, the server, who served 4 times in game 1, would only get one serve before that player must be rotated out.
6. Serving Line: Serves may be over or under handed – with the hand open or closed. Ball may be served anywhere behind the serving line. There may be multiple forward serving lines for both leagues to begin the season. Coaches should designate where players will serve from prior to beginning the match. Server must wear a wristband matching their serving line. A server should serve from their designated serving line for the entire match. At the beginning of the season, the Junior teams will have 3 servers from the 10 foot line, 3 servers 15 feet behind the net, and 2 servers 20' from the net. Any player who does not have a wristband will serve from regulation distance. Over the course of the season, 1 wristband will be taken away every week until each team has only 2 servers from 15' and all other players from regulation distance. Senior teams will start the season with 1 player who can serve from 25' and everyone else from regulation. After week one, all Senior players will serve from regulation. Any overhand servers in any league MUST serve from behind the back line.
7. Out of Bounds: The ball is out of bounds if no part of it hits inside or on the boundary line. If a team hits the ball and it hits the ceiling or basketball backboard, it may be hit again before it goes over the net so long as it has not already been hit three times. If it hits the ceiling or basketball backboard and goes over the net, it is a dead ball and a point is awarded to the team that received the ball (not the team that hit it into the ceiling or basketball backboard). If the ball hits the gym walls, it's out of bounds.
8. Player Rotation Lineup: Each coach will prepare a rotation lineup that includes all players on their team who are present for the start of the game. The coaches will exchange their rotation lineup with the other

coach before the game. The rotation lineup may NOT change from game to game. The rotation lineup must be followed by the coaches. The only exception is for injury. If a player is injured and leaves the game, the player may only return when it is time, according to the lineup, for the player to rotate into the game.

9. Out of Rotation: If one team notices that the other team is out of rotation, the head coach may call a “player rotation timeout”. Both head coaches will then approach the referee and discuss the situation. If the referee determines that the team is out of rotation, the team out of rotation will be warned and the players will be put in the proper rotation. The team that noticed the error will be awarded the ball, one point and play will resume. If the referee determines that a team is out of rotation twice in one game, the team out of rotation will forfeit the game.

10. Player Rotations: Six (6) players play at a time, in two rows of three players. After a change in serve to your team, players rotate. A new player entering the game will enter at the server position. The player leaving the court will leave from the front right position. See Diagram below. Every time there is a side out and the team goes from defense to offense, the serving team will rotate. Each time a rotation takes place a new player is required to enter the game unless there are no substitutes. The rotation of players must remain the same during each game. At the start of the second or third set/game, the order of player rotation must continue from previous game. Coaches are encouraged to let each player “start” a game. No substitutions are permitted, except as permitted in Section 11 below.



11. Minimum number of players and substitute players: It is the intent of RAMMS to avoid a loss of play caused by lack of players. There must be at least 4 players on each team to commence an official game.

If a team does not have 4 players within 10 minutes after the scheduled game time, that team forfeits the match. If a match is forfeited, the teams may use the net for that hour to practice or scrimmage. One substitute player may play for team for a match if a team has less than 6 of its own players at the match, but in all events the team must have at least 4 of its own players at the match. A substitute player must be in the same or lower grade as the player being played for and a member of another team in RAMMS volleyball. A player in the Junior division can play as a substitute in the Senior division.

12. Game Time Limit and Time Outs: There is no game time limit. A time out may be called by the coach at any time during a game until the point the referee blows the whistle to serve. There is a maximum of one time out per game (a game is defined the activity when teams attempt to be the first to reach 25 points, a set is defined as the activity when someone wins 2 out of 3 games), per team. A “player rotation timeout” does not count as a regular time out.

13. Double Hitting: A given player may not hit the ball two times in a row before the ball has gone over the net and a player on the opposing team has hit it.

14. Over the Net: A team may hit the ball up to three times before it goes over the net to the opposing team.

15. Touching the net: The players are not permitted to touch the net. If a player touches the net, the other team is awarded the point. Referees may use judgment not to call a net foul when the referee thinks that touching the net was incidental and had no impact on play.

16. Teams, Gym Maintenance, Equipment and Net Height: The Home and Visitor teams will be designated on the season schedule. Both teams are responsible for putting the nets up, taking the nets down, putting them in the storage room and making sure the gym is clean before leaving. The Home Team is also responsible for keeping score and posting Line Judges on each side of the court. The Score Keeper and Line Judges must be over 18 years old unless agreed to by both coaches before the match begins. Food and drinks are not allowed in the Gym. Water bottles are allowed. Each coach must have a copy of the rules at every game. The Home Team will provide the referee a game ball and shall report the final score to the Commissioner within 48 hours. Subject to the discretion of the Commissioner, the Senior League will use a Tachikara SV-18S game ball. The Junior League will use a Tachikara SV-MNC Volley-Lite game ball. The posts shall be set such that the top of the net is 7 feet, 4 inches above the floor.

17. Playoffs: Playoffs will be conducted pursuant to RAMMS Board policy.

18. Referee, Line Judges, Score Keeper, and Sportsmanlike Behavior: The referee, line judges and score keepers shall be given proper respect. Only the head coach may communicate with the referee and line judges. The head coach may communicate with the referee and line judges, but only for the point of clarification or interpretation of rules. There is no arguing of judgment calls. The assistant coach may not communicate with either referee or the line judges. Parents and others are not allowed to argue calls made by the referee or line judges. A referee or the Commissioners may disqualify a coach, parent, or spectator and the person be removed from the gym for behavior that is contrary to the RAMMS Code of Conduct.

19. Coaches Shirts: The head coach and assistant coach of each team will wear the Ramms supplied coaches shirt to each game.

20. RAMMS Board Policy: A child shall only play in one league. A player may play up or down in the next higher or lower league in the Junior (3rd, 4th and 5th grades) or Senior (6th, 7th and 8th grades). In order for a player to play up or down in a league (i.e., outside the player's assigned grade group), the player must attend the evaluation for both leagues and obtain the approval of the Commissioner. Prior to the league draft, the Commissioner will decide whether the player has sufficient talent to play in the upper league safely or whether the player should play in the lower league. The Commissioner may grant an exemption to the evaluation requirement due to special circumstances.

21. Practices: The RAMMS approved Head or Assistant Coach for each team MUST be at every PRACTICE, GAME or TEAM EVENT. NO EXEPTION. NO PRACTICES, GAMES or TEAM EVENTS may be conducted without the presence of either the RAMMS approved Head or Assistant Coach.

22. All RAMMS events are alcohol and tobacco free. No alcohol or tobacco is allowed on the court or sidelines during games and practices.

23. Sidelines: Only RAMMS approved coaches and team players are allowed on the court or sidelines during games and practices.

24. Safety: Proper shoes shall be worn on the court. No watches, necklaces or personal jewelry shall be worn during play. No casts, whether soft or hard, shall be permitted under any circumstances. No spectators will be allowed on the court during the game.

25. Ejections: Any player, coach, or spectator ejected from the game by the referee, commissioner or assistant commissioner for any reason must immediately leave the field area. Any player, coach, or spectator that has been ejected will automatically be suspended for the next game, regardless of whether it is the regular season or post season. All ejections will be reviewed by the RAMMS D&R Committee for possible Code of Conduct violations and, if warranted, further disciplinary action.