

FSA | THE DEN SPORTS VOLLEYBALL PROGRAM

FRESHMAN DIVISION (3RD & 4TH GRADE)

MATCH RULES AND REGULATIONS

GENERAL INFORMATION:

- Net height will be 6'5" for the Freshman Division.
- Matches will be played with a Volley-Lite volleyball.

SCORING:

1. Each match will consist of the best two out of three games/sets.
2. Rally scoring will be utilized for all games/sets.
3. Game/Set #1 and #2 will be played to 25 points.
4. Game/Set #1 and #2 must be won by two points with a 30-point cap (The first team to reach 30 points wins if the match is not won by two points prior to 30 points.).
5. Game/Set #3, if needed, will be played to 15 points. Game/Set #3 must be won by two points with a 17-point cap (The first team to reach 17 points wins if the match is not won by two points prior to 17 points.).

ROTATION:

1. Rotation will be clockwise.
2. To ensure equal playing time for all, players will rotate into the court from the sideline, every side-out.
3. The player in the service position (right back) will rotate off of the court after serving, and the next player to enter the game (from the sideline) rotates into the middle back position (middle back).

SERVICE:

1. The first service will be determined by a coin toss.
2. Service will be from anywhere behind the marked 15-foot line area (The area will be marked with floor tape or paint.).
3. ALL serves must be completed OVERHAND.
4. Players will have TWO opportunities to successfully serve on the FIRST serve of the series.
5. If the first serve is missed (hit out of bounds or into the net), the server will be allowed a second OVERHAND serve.
6. Players have 5 seconds to serve after the referee has called for service.
7. One toss and drop will be allowed *per overhead serve sequence*. If the server tosses and drops a second time, the point will be given to the receiving team and the serve forfeited.
8. The serve can touch the net as long as it lands on the opponent's side of the court.
9. After four (4) consecutive points scored by the offensive/serving team, the referee will whistle for an automatic side-out.
10. Serves can be received in a set position (overhand pass).

11. The receiving team is not allowed to block or spike a served ball.

COURT AREA:

1. If a ball hits one of the antennas, it is “out of bounds”.
2. Balls may be played off of the ceiling if it remains on the same side of the court.
3. A ball hitting the basketball goals will be a “re-do”.
4. A ball hitting the wall is “out of bounds”.
5. A ball hitting the suspended cable at FAC will be replayed. It will NOT count as a serve for the team serving; it is a “re-do”. However, if the server misses the serve, it will be a side-out.

COACH INFORMATION:

1. Coaches are required to turn in a line-up sheet to the score table prior to warm-up. Once the game has started, players must serve and rotate according to the line-up sheet. The only exception is if a player is removed from the game due to injury, illness, or poor sportsmanship.
2. Each team will provide a captain for the coin toss at the beginning of the game.
3. Each team is allowed TWO 30-second timeouts per game.
4. There will be a 2-minute break between games.
5. Warm-Up:
 - a. 5 minutes on own side of court
 - b. 2 minutes shared service
6. If a team is unable to field 6 players, they may elect to play with 4 or 5 players. A team unable to field 4 players will result in a forfeiture of that game. The opposing team will be allowed to play with 6 players.
7. Coaches are to assign parental duties needed for each match. These duties include an: a) Adult Line Judge and b) Post-Game Snacks and Drinks (Parents may alternate bringing snacks and drinks for each player if your team chooses to do so.).
8. Only the head coach and 1 assistant coach can be on the sidelines with players during matches.
9. All parents and team helpers, including statisticians, must be across the court from the sidelines with spectators.
10. Siblings cannot be on the sidelines during matches.

PLAYER & PARENT INFORMATION:

1. Kneepads are required.
2. All players must wear an FSA | The Den Sports league issued jersey (with a sports bra).
3. Team shorts are an additional cost to players and must be solid black volleyball spandex (of any length) as long as their bottom is completely covered.
4. Athletic shoes are required.
5. No jewelry will be allowed below the chin. Small, secured stud/post-like earrings worn above the chin is okay. Medical alert jewelry must be taped down. Athletic tape, circular band-aids, or piercing retainers can be used to cover small, secured/permanent jewelry. Hoop-style jewelry, such as hoop earrings, are still not allowed, even if covered by tape. The purpose of these rules is to minimize the risk of injury to players, including their teammates and opponents.
6. All players’ hair must be pulled back/up and out of their faces.
7. No hard objects may be worn in the hair.

8. Players can wear solid black or solid white regular arm sleeves, with or without elbow padding, or Tandem sleeves. Sleeves with any other padding, like platform padding, are not allowed.
9. Players running late to the match may NOT enter a game in progress. However, they may play in consecutive games provided the coach adjusts the line-up sheets accordingly.
10. Each team will be required to provide an:
 - a. Adult Line Judge, (A teenager may be a line judge if the teenager is officially certified through a local volleyball club.) and
 - b. Post-Game Snacks and Drinks (Parents may alternate bringing snacks and drinks for each player if your team chooses to do so.).

PRACTICE ATTIRE REQUIREMENTS FOR PARTICIPATION OVERVIEW-

1. All players must wear athletic clothing (with a sports bra). Players may wear spandex or athletic shorts (No skirts/skorts.). Players may choose to wear any brand of shorts as long as their bottom is completely covered.
2. All players must wear kneepads.
3. All players must wear athletic shoes. No special court shoes are needed.
4. All players' hair must be pulled back/up and out of their faces.

MATCH ATTIRE REQUIREMENTS FOR PARTICIPATION OVERVIEW-

1. All players must wear their team's FSA league-issued jersey (with a sports bra).
2. All players must wear solid black spandex. Players may choose to wear any brand of volleyball spandex as long as their bottom is completely covered. The spandex brand logo can show in whatever color.
3. All players must wear kneepads.
4. All players must wear athletic shoes. No special court shoes are needed.
5. All players' hair must be pulled back/up and out of their faces.

SAFETY:

1. Players with obvious injuries will not be permitted to play (e.g., wearing a cast of any kind or any other medically prescribed braces, boots, etc.). Volleyball ankle/knee support braces worn to prevent injury are okay.
2. Each coach is required to keep a first-aid kit on the sideline during a match. The kit must contain a minimum of two "ice packs", assorted Band-Aids, antiseptic, and an Ace bandage. Players with fresh blood on their uniform, or who are bleeding, will not be permitted on the playing court.
3. **SERIOUS INJURIES** – Should a player sustain an injury that requires an ambulance or emergency room treatment, both coaches will report the incident to the commissioner immediately following the match. This report needs to include the team name, the player's name, the extent of the injury, the hospital/emergency room where the player was taken, and a brief description of the circumstances relating to the injury. The commissioner will immediately report this information to the FSA Board.