

# **SERGEANT BLUFF PARKS AND RECREATION**

## **Fall 2019 VOLLEYBALL RULES AND REGULATIONS**

All rulings will be in accordance with IOWA HIGH SCHOOL RULES except with the following league rules.

**Games-** The playing time will be 40 minutes long with a 5 minute warm-up time prior to the first game. Each match will be 2 games. If a game is in progress at the end of 40 minutes, the final score will be whatever the final score is when time ran out.

**Scoring-** Rally scoring will be used to score games. The winning team must win by 2 points. Games will start at 1 and go through 21 with a cap of 25 points. If time runs out during the last game the final score will be what the score was when the time ran out. If games finish early teams can continue to play up until 5 minutes left in their game clock.

**Player Rotations-** In the 4<sup>th</sup> grade division all players **MUST** have equal playing time. If a player is unable to play, notify the official before the match. Players will rotate clockwise with six players on the court at a time. Players will rotate in at center back after a side-out. 4th Grade Teams cannot reset rotation after each game. In the 5<sup>th</sup>/6<sup>th</sup> grade ALL players, which are in good standing, must play in each game of the match. 5<sup>th</sup>/6<sup>th</sup> grade may use either center back or positional substitutions. Each team must use the same substitution pattern throughout that game. There will be unlimited substitutions. 5<sup>th</sup>/6<sup>th</sup> grade teams are allowed to reset rotation after each game. Libero will be allowed in 5<sup>th</sup> and 6<sup>th</sup> grade divisions.

**Score Keeping-** Teams will be asked to provide one person to help line judge and help with the score sheet and score board.

A coin-flip before the first game will determine which team serves first. The losing team will serve the next game.

Each team gets up to three hits to get the ball over the net. A legal block is not counted as one of the three hits.

**Second Serves-** We want to promote girls trying over hand serves so, if the servers **FIRST** overhand serve is missed (Example: hit out of bounds, hit over the net out of bounds, falls short of the net) on their first initial serve, a player will be allowed a second serve, either overhand, side arm or underhand. Any missed serve after their first serve will be a side out for the other team. If the first underhand or side arm serve is missed, it will be a side-out, not allowing a second try. Only 4<sup>th</sup> and 5<sup>th</sup> grade divisions will be allowed two serve attempts.

**Service Line-** At the High School the server must start with both feet behind the black out of bounds line, from there they can step forward with one foot over the line with no penalty. (Server may not completely cross the line) At the Middle School servers may not step on or across the white serving line at any time prior to the ball being hit.

**Net Serves-** If the ball hits the net on a serve and goes over, the ball is playable and just as good as if had gone over the net and not hit it at all. **WE WILL BE PLAYING “LET” SERVES.**

A player may use an overhand, underhand, or side arm serve. Throwing the ball is not allowed. The server will be allowed to replay the ball as long as it follows the serving rule above.

If a server scores eight points in a row, the team will keep the serve but must rotate in order to have a new server.

Net height will be set at 6'8" for 4<sup>th</sup>/5<sup>th</sup> grade and 7' for 6<sup>th</sup> grade.

On volleys the ball may hit the net. Also, the ball can be played out of the net.

Players cannot touch the net. If they do, it is a dead ball and a point is awarded.

Players cannot step completely across the centerline under the net a foul-point is awarded.

The hands cannot break the plane of the net, except to follow through on a spike or a block.

On receiving a ball that is below the shoulders, the thumbs should be parallel and the hands must be together, not apart. No open palm hits are allowed.

When receiving a served ball. ANY type of return is allowed, with the exception of a SPIKE OR BLOCK AT THE NET.

On a serve the refs will observe the multiple contact rules just as the high schools do.

A back-row player may not spike in the front of the ten-foot line.

**Time Outs-** Each team is allowed 2 time-outs per game. However, no time outs will be allowed in the last 3 minutes of the second game.

A ball cannot be carried or rest on any part of the body.

No jewelry may be worn during games.

#### **BUILDING RULES:**

Parks and Rec will provide game balls. Teams must provide their own practice balls. Balls are not allowed to be used in the commons or hallway areas of the school.

**NO OUTSIDE FOOD OR BEVERAGE IS ALLOWED  
IN THE SCHOOLS**

**Squeeze bottles filled with water are permitted  
Pick up all trash around your bench and court area**

Gates will be opened 20 minutes before the first scheduled game of the day and there will be an admission charge for spectators. Coaches tell your players and parents not to come before this time.

**Only coaches, players, and officials are allowed on the playing area before and after your game.**

**MOST IMPORTANT! PARENTS SHOULD SUPERVISE THEIR CHILDREN  
WHILE THEY ARE IN THE FACILITY AND COACHES, PLEASE BE  
RESPONSIBLE FOR YOUR PLAYERS.**