



## SIENNA YOUTH VOLLEYBALL - RULES & REGULATIONS -

---

### 1. General Rules

- The game will be played as six on six however play may begin with as few as four players on a side.
- If game time arrives without six players present but at least four are available, the game shall start with four players.
- All participants are required to wear athletic shoes with non-marking soles.
- Jewelry such as rings, watches, necklaces are strictly prohibited.
- Knee pads are recommended but not required.
- Junior Division (4<sup>th</sup>-5<sup>th</sup>) games will be played with a **Volley Lite** sized ball.
- Senior Division (6<sup>th</sup>) games will be played with a regulation size volleyball.

### 2. Games

- Rally Scoring is used for **ALL** Divisions
- Junior Division will play two games to 21. In case of a tie, team must win by 2 points, cap is 25.
- Senior Division will play two games to 25. In case of a tie, team must win by 2 points, cap is 30
- If a third game is necessary 4<sup>th</sup>-5<sup>th</sup> teams will follow the same scoring rules as standard play (to 21). 6<sup>th</sup> Grader's third game will go to 15 points, with a cap at 21.
- Teams are allowed one time out per set for one minute only.
- Teams will switch sides for each new game.
- At the start of the third game the official will flip a coin with team coaches to determine which team will serve first.

### 3. Serving

- Players must wait for the official's whistle before serving.
- Players may serve underhand or overhand.
- If the server throws a bad toss, the ball must be caught or let it drop to the floor. The server may only let the ball drop once during her time of service. Time of service begins when the player assumes the right back position as the server and ends with their team's loss of the serve, or upon reaching the 5 serve limit
- The server will be restricted to 5 service points, followed by an automatic side out. Side outs for 5 consecutive serves will not award a point.

- Served balls hitting the ceiling or obstructions shall be ruled out.
- The ball may be served underhand from anywhere behind the 10' line in the Junior Division.
- The ball may be served overhand starting from behind the 20' line in the Junior Division. Players **CANNOT** overhand serve if they are not behind the 20' line.
- Officials' discretion will be used to determine where the player can overhand serve in the Junior Division, based upon the velocity and distance of the initial overhand serve from the 20ft line.
- All serves in the Senior Division must be served from behind the 25' line. Players may take one step past the 25' line, without penalty.
- Officials may move players back and forth depending on the strength of their serves, to suit the needs for both new and experienced players.

#### **4. Playing the Ball**

- A team shall have three hits (excluding a blocked ball) to return the ball over the net.
- When the ball touches any part of a boundary line it is considered "in".
- Players may not intentionally or unintentionally touch the net.
- Players may not step over the center line at any time during the course of play. Coach Lee will assess a warning for first time offenders.
- Simultaneous violations by opposing players or an interruption in the game will result in a replay of the point.
- If the ball hits the ceiling and stays on the same side as it was hit, the ball is still fair play. If the ball hits the ceiling and goes over the net, the ball is considered dead, and a point will be given to the team who had not originally hit the ball.

#### **5. Rotations and Playing Time**

- All non-injured girls present on the team must play each game and be rotated into the lineup in a consistent manner.
- No eligible player can be allowed to sit out a rotation.
- The right back player has the first serve.
- Upon gaining the serve, a team must rotate. Each player rotates clockwise. Right front will rotate off the court while a new player will take the serving position.
- Once established, the "rotating in" order must be followed.
- No manipulation of the serving order while the players are waiting to be rotated into the lineup is allowed.

#### **6. CONDUCT:**

- All persons associated with the Sienna Youth Volleyball League will be held to the highest standard in terms of sportsmanship.
- Coaches may NOT pass the 10ft line unless directed otherwise by the Official or League Administrator.

- Abusive language from coaches, players, or spectators will not be tolerated. Game officials and field monitors have been authorized to assess one (1) single warning to any coach, player or spectator determined to be verbally abusive. A second infraction will result in immediate ejection from the game. Failure to leave in a timely manner will result in a suspension from league activities, the duration of which is to be determined in a collaborative effort between the field monitor on-site during time of said altercation, officials on-site during time of said altercation, and league administrator.
- Any type of fighting or instigation (taunting) by coaches, players, or spectators is grounds for an immediate ejection (without warning) and in cases where fighting is involved, a lifetime ban league activities (to be determined in a collaborative effort between the field monitor on-site during time of said altercation, officials on-site during time of said altercation, and league administrator).
- Coaches, in particular, are expected to exhibit the highest level of sportsmanship.
  - a. Any coach who is assessed a warning and an unsportsmanlike conduct in a single game (and, by rule, is also ejected from the game) is also ejected from the game. If the individual does not leave to the parking lot, that individual's team will forfeit the game. That coach will also be suspended from all league activity (games and practices) for the following week (subsequent practice AND game).
  - b. If a subsequent incident occurs, that coach will be suspended from coaching duties for the remainder of the season.
  - c. If a third incident occurs (as a spectator), the parent will be banned for the remainder of said season, and the child of that individual no longer able to participate in league activities (for that season), and the parent/guardian will no longer be allowed to serve as a volunteer in Sienna Youth Volleyball (no refund will be provided).
  - d. In any cases where fighting is involved, individuals involved will be banned for life and SPRAI and Sienna Youth Volleyball will cooperate fully with law enforcement agencies to ensure that all information is conveyed involving all persons involved.
  - e. Officials may apply the "Seatbelt Rule" to Assistant Coaches. In such a situation, Assistant Coaches must remain seated on their team's bench during game play.
- The Sienna Youth Volleyball League has zero tolerance for unsportsmanlike behavior from spectators as well.
  - a. Any spectator who is deemed unruly or excessive in their behavior (critical statements towards officiating or coaches) will result in an unsportsmanlike conduct penalty being assessed to the team of which they are a spectator and that individual will be ejected from the game. If the individual does not leave to the parking lot, that individual's team will forfeit the game.
  - b. If a subsequent incident occurs, an unsportsmanlike conduct penalty will be assessed to the team of which they are a spectator, that individual will be ejected, and the individual will be banned from the field for two (2) weeks (the two subsequent practices and games). If the individual does not leave to the parking lot, that individual's team will forfeit the game.
  - c. If a third incident occurs, an unsportsmanlike penalty will be assessed to the team of which they are a spectator, that individual will be ejected, and the individual will be

banned from the field for the remainder of the season, and the child of that individual no longer able to participate in league activities (for that season) (no refund will be provided). If the individual does not leave to the parking lot, that individual's team will forfeit the game.

- d. In any cases where fighting is involved, individuals involved will be banned for life and SPRAI and Sienna Youth Volleyball will cooperate fully with law enforcement agencies to ensure that all information is conveyed involving all persons involved.