

# **ROWLETT YOUTH VOLLEYBALL LEAUGE**

## **LEAGUE SPECIFIC RULES**



### **RULES:**

All divisions will follow NFHS Middle School Rules with the exceptions below.

A team shall consist of 6-12 players.

### **PLAYERS, DIVISIONS, & ELGIBILTY**

- Age:
  1. As of September 1st of current school year for Fall and Spring leagues.
- Divisions of Play:
  1. 9 & Under – consists of players who are at least 7 years of age and no more than 9 years of age.
  2. 11 & Under – consists of players who are at least 9 years of age and no more than 11 years of age.
  3. 13 & Under – consists of players who are at least 11 years of age and no more than 13 years of age.

### **ROSTERS**

- Rosters:
  1. Rosters are limited to a maximum of 12 players.
  2. Teams will have until week three (3) of the season to add players. After this time, all rosters will be frozen. The only exception to this rule would be to replace an injured player or if your roster drops below the minimum amount to start a game. Any additions must be approved by the Athletic Department.
  3. Players can only play in one age division and on one team.
  4. Players will be allowed to play up only one age group.
  5. Coaches may coach only one team in each division. (Ex. 9U Division/ 11U Division)
  6. Falsification of information on a player's registration form will disqualify the player from this program

### **UNIFORMS**

- Must use jerseys provided by the City for the current season.
- Each team will not have more than one number per player.
- All uniforms must be matching. Similar colors will not be permitted. Uniforms that do not have permanently affixed numbers will not be permitted (this includes numbers written on shirts or numbers taped on shirts, but not limited to).
- Players shall have a 6" number on the back of their uniforms and a 4" number on the front of their uniforms. Legal numbers are 0-99.
- No jewelry may be worn at any time during a game. Officials may ban any equipment that they deem as unsafe or illegal.
- Kneepads are recommended but are not required for play.

There will be no use of a libero.

## EQUIPMENT

1. 9U will use the Volley Lite ball.
2. 11U & 13U divisions will use an official size ball.

## THE COURT

- The net shall be 6'1" (9U division) and 7'4" (11U & 13U divisions).
- The court will be regulation size.

	<b>9 &amp; Under</b>	<b>11 &amp; Under</b>	<b>13 &amp; Under</b>
<b>Ball Size</b>	Volley Lite	Official	Official
<b>Net Height</b>	6'1"	7'4"	7'4"
<b>Serving Line</b>	10' Line	Back Court Line	Back Court Line

## THE GAME

- The ball may be served from anywhere behind the 10' line (9U) and the back-court line for 11U & 13U.
- In the 9U & 11U divisions, after 5 consecutive points scored by the offensive team (team serving), the referee will whistle for an automatic change of possession and the opposing team will be awarded the serve.
- In the 13U division, there will not be a cap of how many serves any one player can have during player rotation as server.
- If the server does a bad toss, the ball must 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.
- In the 9U & 11U divisions, two (2) trials are allowed at serve, only during player's first serve attempt of rotation.
- In the 13U division, one (1) trial is allowed at serve.
- The ball must land in the opponent's court. If the ball touches the net, then goes over, the serve is good.
- If the ball touches a basketball goal, wall or divider curtain, the ball will be ruled "dead", and point is awarded to opposing team. The ball MAY be played off the ceiling or divider curtain on your side of the court.
- No blocking serves.
- Each team may have one (1) minute time out during each of the first two games. Each team may have one 30-second timeout during the third game.
- A coin toss will be conducted between a representative from each team and the official to determine serve/receive for the first game.
  1. The visiting team captain shall call the toss and the winner shall choose to serve/receive or playing area. The loser of the toss shall be given the remaining choice. The second game is the opposite of the first.
  2. If a third game is necessary, another coin toss will be held. The home captain shall call the toss and winner shall choose to serve/receive or the playing area. The loser of the toss shall be given the remaining choice.

## SCORING GAMES

- All divisions will play the best 2 of 3 games.
- All divisions will play rally point scoring. All divisions will play to 25 points, must win by 2 points, and games will be capped at 30 points.
- The third game (if needed) will be played to 15 points for all divisions, must win by 2 points, and will be capped at 20 points.
- A forfeit game will be scored 15-0 in favor of the team that does not forfeit.
- GAME TIME is forfeit time. Each team must have a minimum of five (5) players to start a game.
- There will be a 50-minute time limit for all matches. If a game is tied when the clock runs out, the winner of the next point will win the game. If one team is ahead even by one point when time is up, that team will receive a win for that game. Official's discretion on time.

## SUBSTITUTIONS

- 13U division must use the one-to-one substitution rule as specified by NFHS
- 9U & 11U divisions must sub out of the middle back position. Substitutions may only be made when the team subbing is rotating.

Positions are: left front, middle front, right front, right back, middle back, and left back.

## COACHES

- All coaches will be required to pass a background check.
- Teams are only allowed to have three coaches on their roster and two on the bench.
- Coaches are responsible for their team and parent's conduct on and off the court. Unsportsmanlike conduct by coaches, spectators, or participants will not be tolerated, regardless of if it's a practice, regular season game, or tournament games. Individuals may be suspended due to unsportsmanlike conduct at the discretion of the Athletic Department. If the suspension takes place near/at the end of the season, the suspension may carry over to the next season.
- If the game is interrupted by any misconduct a "3 Strike Rule" will go into the effect:
  1. **Strike One** – Officials or staff will stop the game and request that the coach assists with getting control of the situation.
  2. **Strike Two** – Officials or staff will stop the game, and the head coach will receive a yellow card. All coaches on the team receiving the yellow card must remain seated for the remainder of the match.
  3. **Strike Three** – The head coach will receive a red card, be ejected from the game and serve a one game suspension. The opposing team will receive a point and serve.
- Any coach failing to cooperate with the rules and/or objectives of this league will be required to relinquish his/her team.

## DISCIPLINARY ACTIONS

- Player Eligibility
  1. Only a coach can protest a player's eligibility. If a coach protests a player's eligibility, then the coach of the player in question will have two (2) business days to provide the birth certificate to the athletic department. If the athletic department does not receive the birth certificate within two (2) business days

or if they do receive it and the player is found to be ineligible, the following actions will occur:

- a) The team will forfeit half of games played; if only one game has been played, then that game will be forfeited. (If odd number of games played, then 50% of games, plus one additional game will be forfeited)
- b) The coach will be suspended (2) two games for the first offence. On the second offence, the coach will be suspended the remainder of the season, including playoffs.
- c) The ineligible player will be suspended from the league for the remainder of the season.

**(Refunds will not be issued to any suspended players)**

- **Roster Checks**

1. Roster checks can only be requested by coaches listed on team roster.
2. Roster checks can only be requested at the following times:
  - a) Prior to start of game
  - b) End of 1st set – roster checks requested at these times will be conducted during change of sides.
  - c) If a roster check is requested, both teams' rosters will be verified by the gym supervisor.
  - d) If after a roster check all players are found to be eligible to play, the requesting team's coach will receive a yellow card (delay of game penalty). All coaches on the requesting team must remain seated for the remainder of the game. Opposing team will be awarded a point and serve.
  - e) If a player is found to be ineligible after the roster check, the player will be ejected.
3. A \$50 fee (cash) will be charged for any roster checks made. If a player is found to be ineligible after the roster check, a refund will be processed.

## **ZERO TOLERANCE**

- Our Code of Conduct Policies have been put in place to encourage good sportsmanship and enhance the overall experience for everyone involved in the Rowlett Parks and Recreation youth sports leagues. Prior to participating in any of our programs we expect parents, participants and coaches to read these documents and familiarize themselves with what is expected of them. On occasion, it may become necessary to take action should the Code of Conduct Policy be violated.
- Rowlett Parks and Recreation reserves the right to take ANY of the following actions if necessary:
  1. If an official (referee, umpire, league representative) observes behavior from a coach, parent, spectator, or participant before or during a sporting event that violates our conduct policy, that official may warn the individual or individuals that such behavior is unacceptable and must stop immediately. Failure to stop the behavior will result in an ejection from the event and the individual must leave the field or building immediately.
  2. If in the opinion of the official, the behavior is significantly inappropriate, the official may demand that the individual leave the event without issuing a warning.
  3. Failure by the individual to leave the event as instructed will result in a stoppage of play until the individual has left. Continued failure to comply will result in

possible game forfeit due to unsportsmanlike conduct, and the authorities being called to remove the individual who may at that point face arrest.

4. Any instance where a coach, parent, spectator, or participant is ejected from a sporting event it will be reviewed by the Recreation Assistant Director and selected league officials and may, depending upon the individual circumstances, result in additional action including being banned from attending or participating in future events for a length of time to be determined
5. Any activity violating our conduct policies that takes place after a sporting event, during team practices or outside of the sports facilities will also be subject to the above review and potential suspension. Examples may include confronting an official, coach or player in the parking lot after a game, harassment of players at school or online, offensive, abusive or harassing emails sent to another parent, coach, league representative or city official or sending of a mass email to a team, group of coaches, parents, or any third party, etc.

#### FORMAL IMPROPER CONDUCT INCIDENT PROCESS

- The Rowlett Community Centre provides a form on its website and front desk to allow coaches, parents, spectators and players to submit a formal allegation to the Athletics Programmer.
  1. Process
    - Incident allegation is submitted to the Athletics Programmer
      - a. Improper Conduct Incident Form located on Team Sideline website to be filled out
      - b. Form is submitted to the Athletics Programmer
      - c. Athletics Programmer will send to Athletics/Aquatics Supervisor and the allegation will be discussed with Assistant Director.
      - d. Assistant Director will determine if the allegation becomes an official violation, or dismissed.
  2. Violations will be:
    - a. Investigated utilizing Rowlett Youth Sports Code of Conduct Rules (available on website)
      - i. Any committee member with a conflict or perceived conflict of interest will voluntarily recuse themselves from the investigation. If the complaint involves a family member of the committee member, they will automatically be recused.
    - b. Submitted to the Rowlett Parks and Recreation Assistant Director
    - c. Committee will vote and act on the complaint
      - i. Player, Coach, or parent impacted will be notified by committee member via email and/or mailed letter
      - ii. Parents will be required to be present with their player when notification occurs
      - iii. Committee member will notify Head Coach and appropriate communication to rest of team
    - d. Rowlett Parks and Recreation Assistant Director to submit final ruling to Rowlett Parks and Recreation Director.

## TIE BREAKING PROCEDURES

- Tie breaking procedures will be decided by TeamSideline using the following guidelines.
  1. Winning Percentage
  2. Head-To-Head
  3. Head-To-Head Differential
  4. Total Points Against
  5. Coin Toss

\* No additional games will be played to break ties\*

## AWARDS

- Each division will be rewarded as given:
  1. 1 st: League Trophies
  2. 2 nd: Silver Medals
  3. 3 rd: Bronze Medals
  4. All others will be given participation awards

## PROTESTS

- **ALL PROTEST MUST BE SUBMITTED TO THE PARKS AND RECREATION ATHLETIC DEPARTMENT BY THE HEAD COACH ONLY.** The Athletic Department will review all information and decide based on the facts provided and interviews
  1. Official protests may ONLY be filed for violation of the rules an/or regulations, and not on judgement calls made by the referees. Games may NOT be protested based on the quality of the officiating. At the time a head coach determines to protest a game, he/she must immediately notify the official, opposing head coach, and scorekeeper of the protest.
  2. A \$50 fee (cash) will be charged for any protests made.
  3. If protest is successful, a refund will be processed.
  - 4.

**Please note: Once the league and tournament schedules have been released, they will not be changed without the Director's approval.**

Any other rules not specifically covered herein will be addressed by the NFHS Middle School Rules and the Texas Amateur Federation (TAAF) Cavalcade of Sports.

<https://www.taaf.com/proxy/files/documents/Cavalcade%20of%20Sports/2024/Sports%20Rules/Volleyball%20Rules%202024.pdf>