

BARC Volleyball Rules and EXPECTATIONS OF PLAYERS, PARENTS, AND SPECTATORS



Please Remember:

1. These are Kids
2. This is a Game
3. The coaches are Volunteers
4. The referees are Human
5. No Scholarship are given out today

Code of Conduct

All parents, spectators, players & coaches are expected to:

- **Respect authority**
 - You will not always agree with a decision but you are expected to show respect to all referees, coaches & BAS staff. If there is an issue you need to calmly speak to the Director or Recreation
- **Be encouraging**
 - This means that you cheer, not yell. You should be an encouragement to each child on the court regardless of the team they are on. Each child is here to compete, learn and grow and all involved should be an aid in that not a detriment.
- **Be a good example**
 - A child arguing with a referee is a learned behavior; don't let them learn it from you. You are expected to be a good example to all on the court. What you do in moderation, the kids will do in excess.

Should you violate any of these expectations; the following disciplinary action will be taken at the Director of Recreation discretion:

- **Warning & written documentation**
 - For your first offense you will be given a warning by the Director of Recreation and there will be written documentation
- **Meeting with the Direction of Recreation leadership**
 - For a second offense there will be a mandatory meeting with the Director or Recreation followed by a potential suspension at leadership's discretion. If there is a delay in meeting with leadership you will not be able to be on the court until the meeting is held
- **Meeting with Director of Recreation & extended suspension**
 - For a third offense there will be a mandatory meeting with the Director or Recreation. Leadership will also determine how long the suspension from the court will be. If there is a delay in meeting with leadership you will not be able to be on the court until the meeting is held.

League Age		3 rd / 4 th	5 th /6 th
Length of Match	45 minutes for entire match (total time allotted to complete both games). Dead stop in play at the 45 minute mark.		
# of players on the court	6 v 6		

Specific Rules:

League Wide:

- Players/Teams
 - Teams are expected to play hard, play to win, and play with honor.
 - Teams are expected to treat the officials, coaches, fellow players, and spectators respectfully.
 - Players are expected to show sportsmanship in victory and defeat.
 - Players are expected to refrain from wearing jewelry.
 - Players that receive skin lacerations that cause bleeding will be removed from the game and will not be permitted to return until a bandage has been applied, and the bleeding has stopped.
- Coaches
 - Coaches are expected to conduct themselves in a manner worthy of honor.
 - Coaches are expected to treat the players, officials, fellow coaches, and spectators respectfully.
 - Coaches are expected to refrain from challenging the officials' calls.
 - Coaches may get clarification of a rule; but only at the end of a play.
- Spectators
 - All Spectators are encouraged to support & encourage the players.
 - All Spectators are expected to refrain from discouraging the players.
 - During game time, spectators should not speak directly to any coach, player, or official unless it is deemed necessary.
 - Any spectator that is not upholding the expectations set forth by B.A.R.C. (at the discretion of the official, and/or BARC staff) will be given one warning.
 - If the spectator's behavior continues, they will be asked to leave the facility.
 - Anyone who is asked to leave the facility will have to meet with the Director of Recreation before they are allowed to attend their team's next practice or game.
- Unsportsmanlike Behavior
 - Players
 - At the referee's discretion, a warning will be given to any player whose actions do not uphold the expectations set forth by the Director of Recreation.
 - On the second infraction, that player will be removed from the game.
 - Should the ejected player continue to be an issue, that player may be asked to leave the facility.
 - Any player asked to leave the facility must meet with the Director of Recreation before their next game.

- Coaches

- At the referee's discretion, a warning will be given to any coach whose actions do not uphold the expectations set forth by BCE.
- On the second infraction, that coach will be ejected from the game
- Any coach asked to leave the facility must meet with the Director of Recreation before their next game/practice.

- Referee

- The referee's decision is FINAL. If the referee wishes, she/he may consult with both coaches concerning a decision, but their decision is final. If there are further questions, the referee will consult with the B.A.R.C. Staff. The referees, along with the Staff, are to be treated with respect from players, parents, and coaches.

- Substitutions and Play Requirements

Coaches should manage playing time so that there is equal playing time, with 6 players on the court at one time. With each new change of serve, the player coming off the bench will rotate into the position the coach has set forth for their team. Coaches may not move players into different positions during a time-out.

- In the event of an injury, the players will rotate into that player's position, and a new player will rotate off the bench.

Equipment

- No Jewelry allowed at practices or games (including earrings).
- Knee pads must be worn during all practices and games.
- Jersey from BARC **MUST** be worn for all games.

Specific rules

Maximum Points Off Individual Serves

5 points off an individual player's consecutive serves. Once a player scores 5 points off serve, the team maintains possession of the serve but the players rotate one position.

Playing Court

The court is 60 feet long and 30 feet wide. The court is divided by a center line 2 inches wide. Boundary lines, called the sidelines and end lines are 2 inches wide. If a ball touches any part of the boundary lines, it is considered inbound. B.A.R.C. will provide a ball for every game. The service area is outside the end line, and it covers the entire width of the court. To serve, you may back off as far as you wish behind the 30' line and/or you may move up to 25.5' line. Overhand serves are encouraged but not mandatory from the serving line. The net is 3 feet wide and top measures 6ft. 6in. from the floor. The net should be drawn taut.

Games Rules

- Two Matches will be played during the game to 25 points. Must win by 2 points. A third match may be played if there is enough time.
- The first serve is decided by a rock, paper, scissors. First service on subsequent games is rotated between teams.
- Rally scoring – A point is scored on every serve and turnover, no matter which team served.
- The team that wins the point gets to serve the next point.
- Players rotate one position when they acquire the serve.
- Players may serve freely from the service zone (the entire width of the court). A player's foot may not extend on or over the end line at the moment of contact with the ball, or at the takeoff for a jump serve.
 - A player may serve in front of the service line if they are unable to get the ball over the net.
 - For 3rd/4th grade volleyball, if the serve lands short of the net (in bounds or out of bounds), the server may have one chance at reserving. This only occurs on the player's first serve. If the serve goes over the net (in or out of bounds) there will be no re-serve.
 - There is no reserve in 5th/6th grade
- Teams are allowed two 30 second time-outs per game so this translates into four 30 second time-outs per match for each team.

Contacting the Ball During Play

- Each team may have three successive contacts to return the ball to the opponent's area. If the first touch is on a block, the team may have three additional contacts to return the ball.
- The ball may contact any part of the body above the waste and any number of body parts as long as it does so simultaneously.
- When the ball comes to rest momentarily in the hands or arms of a player, it is considered held and the point is lost.
- Double contact occurs when a player hits the ball more than once with no other player touching it between these contacts. However, a player who blocks the ball may touch it a second time without an intervening touch by another player.
- If the ball is held simultaneously by two opposing players, it is a double fault and results in a re-serve with no point awarded.
- If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- A player who places any part of the body above the height of the net is considered to have the intention to block; only front-line players may block.
- If two players contact the ball on a block, it is considered only one hit.
- Only front-line players are allowed to spike or return the ball with their hands in a position higher than the top of the net from in front of the attack line.
- Back-line players may not block and may spike only when they take off (jump) from behind the attack line

- Back row players cannot strike the ball above the height of the net.
- A player must not block or attack a serve.
- Players cannot spike a serve whether feet are on or off the ground

Net Play

- The ball must pass from one side of the net to the other over the legal portion of the net. (Legal portion is within the antennas.)
- The ball remains in play if it touches the legal portion of the net in play (including the serve).
- A player may not touch the net during play except for insignificant contact by a player not in the act of playing the ball.
- If the ball is driven into the net with such force that it contacts an opponent, this is not a net fault.
- The hands may legally pass over the net after a spike on the follow-through.
- The only parts of the body allowed to touch the opponent's court are the feet; however, some part of the foot or feet must remain on or above the centerline at the time of contact.
- A player may not spike the ball until part of the ball is on that player's side of the net.
- A player may only touch the net when the foot is not completely over the centerline and the net contact does not impede an opponent.
- Brushing the player's side of the net on a block is allowed as long as it does not impede an opponent.

Source: Coaching Youth Volleyball, 3rd Edition, ASEP, 2001.

Volleyball Lingo	Translation
"Ace"	When the ball is served to the other team and no one touches it.
"Side out"	When the team that served the ball makes a mistake, causing the ball to go to the other team.
"Dig"	When a player makes a save from a very difficult spike.
"Kill"	When a team spikes the ball and it either ends in a point or a side out.

