



## City of Bonner Springs PARKS, RECREATION AND TOURISM

### *Girls' Volleyball Rules*

Bonner Springs Parks and Recreation (BSP&R) follow the rules and guidelines put forth by the National Federation of State High School Associations (NFHS); adaptations have been made to accommodate skill development and confidence building experiences. BSPR reserves the right to make exceptions, adaptations, and interpretations to these rules as seen fit and listed throughout this document. BSPR offers this recreation based program to develop volleyball skills and provide a positive experience for girls 2<sup>nd</sup>-8<sup>th</sup> grades. Emphasis is placed on positive reinforcement or sportsmanship and accomplishing goals.

Provisions: We are empowered to provide safe and clean facilities and programs. We will focus on fundamental skills, fun participation, and social interaction through practice and organized games. BSP&R sports programs are designed to provide opportunities and participation to all, regardless of skill or ability. We wish to provide youth with a FUN learning experience and the opportunity to develop lifetime leisure skills, in an enriching and encouraging environment.

#### **CODE OF CONDUCT FOR COACHES, PLAYERS AND PARENTS (Including but not limited to:)**

1. I will treat each player, coach, parent, official, and administrator with respect and dignity.
2. I will lead by example in demonstrating fair play and sportsmanship to all players, coaches, parents, officials, and administrators.
3. I will protect the health and safety of participants by insisting that all activities are conducted for the positive welfare of those participants rather than the interests of adults.
4. Failure to comply with this Code of Conduct could result in disciplinary action from the department, including but not limited to ejection and/or suspension.
  - a. Ejection of any coach, player or parent will be reported to the Recreation Coordinator, who will assess any additional penalty (suspension), as the action warrants.
    - i. All ejections will be reported to the Recreation Coordinator in a timely manner.
    - ii. Ejected individuals:
      1. Spectators/Coaches must excuse themselves immediately from the gym, but may remain in proximity to the gym. This is due to the age of the participants and nature of the program.
      2. Players will be excused from the gym with adult supervision.
    - iii. Failure to comply with the referee's instructions could result in a suspension of the game with the option of forfeiture by offending team.
    - iv. BSP&R has the right to deny, or remove, coaching positions to anyone who has had such disciplinary action taken against them.

#### **PLAYER RULES & ELIGIBILITY (Practice and Match)**

1. There are three age divisions. A player must be in 2<sup>nd</sup> grade at the start of the current academic year to participate, and be enrolled in no grade higher than 8<sup>th</sup> at the start of the current academic year.
2. Players will be placed according to grade. Players may be eligible to play up a division if recommended and approved by the Recreation Coordinator. Players will not be eligible to play down a division.
3. No jewelry is allowed during any time a player is on the court, unless it is a medical bracelet or indicator.

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No exceptions.

4. Each player must wear her assigned jersey, non-marking athletic shoes and knee pads.
5. *Behavioral Misconduct*: At practices or at games is subject to bench time, ejection and a suspension of one or more games per the Recreation Coordinator. Any behavioral misconduct is to be reported to the Recreation Coordinator within 24 hours via E-mail and/or phone and/or in person. Behavioral misconduct includes, but is not limited to, disrespect of any kind towards coaches, players, and spectators, verbal harassment, physical contact with the intent to cause harm and unsportsmanlike conduct.

The head coach may bench a player during practice and/or a match for a violation of League Rules, Code of Conduct and/or the National Standard of Youth Sports. Procedures are as follows:

1. First Offense- Warn the participant of the negative behavior and how to fix it
  2. Second Offense- Bench the player for a time appropriate for the misconduct, discuss with the guardian and inform the Recreation Coordinator
  3. Third Offense- Bench the player for a time appropriate for the misconduct, discuss with the guardian and inform the Recreation Coordinator; player will be benched for a minimum of the first game during the next scheduled match, per the Recreation Coordinator (*may only play 1 game in the match*)
  4. Fourth Offense- Guardians, coach, recreation coordinator meeting to discuss discipline
6. *Practice Attendance & Eligibility to Play*: Player absences from practices can reduce the amount of playing time in the match following that weeks practice. If the player has a valid excuse as determined by the head coach for missing practice, the coach must still abide by the minimum playing time rule stated below. Protests will be recorded and decided by the Recreation Coordinator.

If a player does not attend a minimum of three complete practices prior to the first match, the head coach may ask the Recreation Coordinator to designate the player as ineligible for that match; players must attend all practices or otherwise communicate with the head coach in the event of an absence from practice to be eligible to play for the next scheduled match.

*Minimum Match Playing Time*: Every participant who attends and is eligible to play in a scheduled match shall be entered in the rotation line up and allowed equal playing time.

## **FORFEITS**

1. Each team will play with six (6) players on the court at a time, with no less than four (4). Anything less than four (4) will result in a forfeit of the game. If after ten (10) minutes of starting time a team has three players or less, that team will forfeit the match.

## **GAMES**

1. Teams will flip a coin to determine who serves first. The winning team will choose to serve or receive first, and the opposite team will choose which side of the court they would like to start the game.
2. Rally scoring will be used for all age divisions. This means that either the serving team or the receiving team may score on each serve.
3. The Volley-Lite volleyball will be the game ball for the 2<sup>nd</sup> - 3<sup>rd</sup> grade division, and the SV-5 volleyball will be the game ball for the 4<sup>th</sup> - 5<sup>th</sup> & 6<sup>th</sup> - 8<sup>th</sup> grade divisions.
4. A 2-minute warning will be given at the end of the game, if the referee deems this appropriate. The clock will stop during this time.
5. Each team will supply one (1) scorekeeper and one (1) line judge per game. One scorekeeper will operate the scoreboard and one scorekeeper will keep score in the scorebook. The scorebook will remain at the scorekeepers table at the end of the match.
6. The 2<sup>nd</sup> - 3<sup>rd</sup> grade division will have a net height of 7'4" and will serve 18' from the net. The 4<sup>th</sup>-5<sup>th</sup> grade division will have a net height of 7'4" and will serve 18' from the net. The 6<sup>th</sup>-8<sup>th</sup> grade division will have a net height of 7'4" and will serve 21' from the net.
7. The boundary lines for 2<sup>nd</sup>-3<sup>rd</sup> grade will be red on the sides and the black line for the back. The boundary lines for 4<sup>th</sup>-8<sup>th</sup> grade will be the red lines all around.
8. There is a 5-serve limit per player. (Example: if Team A serves 5 balls consecutively to score, Team A must

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rotate and a new server will continue play. See Substitutions/Rotations for more information).

- a. In the 6<sup>th</sup> - 8<sup>th</sup> grade division only, once a team gets to the 5<sup>th</sup> serve, the player must serve over hand.
9. In the case of a bad toss during service, the serving player may either catch the ball or let the ball hit the ground. Players will be allowed two service errors; the player must advance the ball on the third attempt or will lose the point.
10. A volleyball that enters a court during “live” play shall STOP all play immediately on the court that the volleyball enters. A re-play or re-serve shall be ruled for the court that the volleyball enters.
11. A ball is considered dead when:
  - a. It touches a wall or objects on a wall.
  - b. It touches the net antennas, the net outside the antennas or does not pass over the net entirely between the antennas.
  - c. It touches the floor or objects on the floor completely outside the court’s boundary lines.
12. Coaches, players, and line judges ONLY allowed on the court. If a child interrupts game play by running onto the court, will STOP all play immediately, and a replay or re-serve shall be ruled.
13. Players may not set or spike a ball on the serve in the 2<sup>nd</sup>-5<sup>th</sup> grade divisions. Players may set the ball on a serve, but may not spike the ball on the serve in the 6<sup>th</sup>-8<sup>th</sup> grade division.
14. When playing at other locations, BSPR teams will follow the rules and bylaws of the hosting organization. No exceptions.
15. A game is completed in one of two ways:
  - a. The fifteen (15) minutes has expired for that game (this supersedes 13.b).
    - i. At the end of 15 minutes the current scores will be used as the final score, regardless of point difference.
  - b. One team scores a total of twenty-five (25) points, with a two point lead.
    - i. If a team does not have a two-point lead when they score the 25<sup>th</sup> point, play will continue until they reach the two-point lead or until the fifteen minute time expires.
16. To determine the match winner, the team that wins two out of three games will be declared the winner.
  - a. If a team wins the first two games of the match, the third game will be played.

### **TIME OUTS**

1. Each team will receive two, 30 second time-outs per match. It is the responsibility of the coach to request a time-out from the referee.
2. Time-outs may not be carried over to other games. Injury-related time-outs are up to the discretion of the referee.
3. Time outs will not stop the game clock.

### **SUBSTITUTIONS/ ROTATIONS**

1. Substitutions are required every “side-out”, meaning that when the possession of the ball switches to the other team, that team will rotate prior to serving. Rotating on the first serve is mandatory, regardless of which team serves/receives first.
2. Teams must rotate if a server has completed five consecutive serves to score.
3. Substitutions will be made in the center back position.

### **PLAYING THE BALL**

1. **Service:** A serve can be performed overhand or underhand. It is encouraged that the 6<sup>th</sup> - 8<sup>th</sup> grade division use overhand.
2. **Let Serve:** If the serve hits the net and goes over to the opponents’ side, the ball remains live.
3. **Contact of Ball with the Body:** A legal contact with the ball occurs when the ball is contacted with any part of the body on or above the waist. Each time the ball comes in contact with a body part, it constitutes a hit, out of a possible three to get the ball over the net.
4. **Simultaneous Contacts with the Body:** The ball can contact any number of parts on the body down to and including the waist, providing such contacts are simultaneous and that the ball rebounds immediately and cleanly after such contact.
5. **Simultaneous Contacts by Two Team Players:** Constitutes one (1) hit.
6. **Simultaneous Contacts by Two Opposing Players:** Constitutes a joust (ruled as a block for both teams).

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7. **Double Contact:** A player contacting the ball more than once with whatever part of the body, without any other player having touched it between these contacts, will be considered as having committed a double hit (point awarded).
8. **Held Ball:** When the ball visibly comes to rest in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing, or carrying the ball is considered a form of holding. A ball clearly hit with one or both hands from a position below the ball is considered a good contact.
9. **Attacking Over Opponents Court:** A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spiker's side of the net and then the follow through causes the hand and arm to cross the net without contacting an opponent, such action does not constitute a fault.
10. **Legal Contacts:** All teams have three (3) contacts of the ball per play; the third hit must volley the ball to the opponent's side. The three contacts must be carried out by three separate players; a single player may not contact the ball more than once consecutively.
11. **Overhead Obstructions:** A ball that contacts the gym ceiling, a vertical backboard, or a heating unit shall be considered live and playable on the contacting team's side of the court/net; if the ball lands or contact's an overhead structure on the opposing team's court, this contact is illegal (point awarded).
12. **Spike:** A spiked ball must be clearly hit with one hand. For a spike to be a clearly spiked ball, the ball must be in front of the spiker. Players may not spike a ball on the serve. Spiking is legal from the back row as long as the player is behind the 10 foot/3m line.

### **PLAY AT THE NET**

1. **Player Contact with the Net:** If a player's action causes the player to contact the net during play, whether accidentally or not, with any part of the player's body (except hair) or uniform, that player shall be charged with a fault. If the ball is driven into the net with such force that it causes contact with an opposing player, such contact shall not be considered a fault.
2. **Crossing the Center Line:** Contacting the opponent's playing area with any part of the body except the feet is considered a fault. Touching the opponent's area with a foot or feet is not a fault providing that some part of the encroaching foot or feet remain on or above the center line and does not interfere with the play of an opponent.

### **FACILITY & SUPERVISORS**

1. BSP&R will have a representative at the front desk of the Community Center who will help with the control of the court and use of the facility. Problems should be addressed to this individual and resolved on site in a cooperative manner.
2. Basketball and/or other activities will not be permitted at any time by spectators and/or guests. Participants and coaches only will be permitted to utilize an empty court for practice prior to a match.

### **DECISIONS, PROTESTS and DISAGREEMENTS**

1. BSP&R has the right to hear any rule complaints and change rules throughout the season as deemed necessary; all calls made by the referee are final.
2. Decisions based on the judgment of the referee and supervisors are final and not subject to protest. The referee or facility supervisor shall contact the Recreation Coordinator with all protest situations deemed necessary.
3. Protests with interpretations of the rules must be brought to the attention of the referee immediately following the match after the protested action occurred.
4. The time of the protest is recorded by the referee and the protest is resolved immediately based on the referee's judgment or consultation with the Recreation Coordinator.
5. All disagreements between teams, players, coaches and parents will be conducted through the referee. The referee will serve as the intermediary in all disputes.