FULSHEAR SPORTS ASSOCIATION VOLLEYBALL RULE BOOK

Rev. March 2022

Fulshear Sports Association. ALL RIGHTS RESERVED
Any use of materials in this document, including reproduction, modification, distribution or republication, without the prior written consent of Fulshear Sports Association is strictly prohibited.

League Policies

1.1 - Player Eligibility

- Players shall be age eligible for the entire season if they are age eligible on the day of the first scheduled game in a season. (For example, a 12 year old is eligible to play in 12U if they are still 12 years old on the opening game day of the season even if they celebrate a thirteenth birthday the following day). Players may always play up, but they may not play down to play with individuals in a younger age division.
- Only players rostered by FSA may participate in organized team activities (such as practices and games) and only for the team rosters on which they are assigned. Playing illegal players will result in forfeiture of the game by the team using the illegal player.
- An ineligible player is one who is a legal member of a team but who is ineligible to play in a particular game or games because of an infraction of the rules, or because of a previous violation or disciplinary action. It is the duty of the head coach to keep a record of his ineligible players.
- A player may be rostered to only one team per season in each eligible age division.

1.2 - Code of Conduct

FSA requires that players, coaches, and spectators display the proper respect for all the players on the court, regardless of which team they are on, as well as the officials. For the players, this means that no trash talking of opposing players or denigration of players on their own team will be allowed. For the coaches, this means that they will at all times do their best to create a safe and positive youth sports environment, encouraging and teaching their players with respect for the players on the opposing team. No verbal abuse of any players on either team, including the son/daughter of the coach, will be tolerated during an FSA match. Trash talk (taunting or baiting of opposing players) before, during, or after the game is regarded as a violation of the sportsmanship rule and may result in a fault, ejection or league suspension.

- Players are expected to behave in a civil manner. Uncivil acts will result in a verbal warning for the first offense and team faults for each subsequent offense, up to and including ejection or league banishment.
- Player Registration shall be open to <u>any</u> person who is eligible for an age division on the first scheduled game of the season.
- Only rostered players and coaches of each team are permitted on the coaching lines and team bench. Only coaches may moderately dispute any rules interpretation <u>but may not protest discretionary calls of the official</u>. If a coach at any time makes any derogatory remarks about, or to the opposing players or officials, he/she may be immediately ejected from the game at the official's discretion.
- If any head coach, assistant coach, player, or spectator conducts himself/herself in a manner that is deemed to be unsportsmanlike or in violation of the FSA Rules of Conduct, the league owner may (in his/her sole discretion) institute penalties on the team including loss of serve, ejections, game forfeiture, season suspension or league banishment. The violator may be removed from the game/court/facility on the sole discretion of an official or FSA league representative. An example of when this may be appropriate includes situations of spectators baiting or heckling officials or opponents.
- No spectators, other than coaches or game officials, will be allowed on the volleyball court during the game without the consent of the officials, under penalty of forfeit and/or immediate ejection from the game facility.
- Alcohol and tobacco products are not allowed. It is also forbidden to attend an FSA event of any kind

intoxicated.

- Profanity is not allowed under any circumstances and will be the basis of ejection from an FSA venue.
- If, in the opinion of the officials, a player, head coach, coach or scorekeeper, commits any act which may maim or injure an opposing player, if deemed deliberate, he/she shall be ejected from the game and removed from the premises. Players or coaches who are ejected may not return to the game. An ejected player or coach must immediately leave the venue and shall not participate further in the game. Failure to leave the premises when asked to do so will result in game suspension, forfeiture or league banishment.
- Reckless play deemed by the game official to be potentially dangerous or harmful (e.g. elbowing, cheap shots, roughing, pushing, etc.) will result in a team fault. Two such faults committed by any one person during a game will result in automatic ejection.
- Play that is deemed by the game official to be intentionally malicious (e.g. fighting, attempted punching, clothes lining, etc.) will result in a team fault and player ejection. Two such acts by one team during a game will result in immediate forfeiture and potential league sanctions.
- Should a serious accident occur while the ball is in play, the referee must stop the game immediately and permit medical assistance to enter the court. The rally is then replayed.
- Players, teams or coaches who are found to have intentionally and willfully cheated will forfeit their game and be suspended until addressed by the league owner.
- FSA reserves the right to institute penalties based on the severity of the infraction for any player, coach or spectator that is ejected from a game up to and including banishment from the league.

Court and Equipment

2.1 - The Playing Court

The overall court dimensions may vary based on the availability of game venue.

2.2 - Indoor Net Heights

7'0" - 10U, 12U
7'4 1/8" - 14U
7'11 5/8" - 16U, 18U, Adult

The net heights may vary slightly and are subject to change based on the availability of each game venue.

2.3 - Game Balls

All ages will use regulation size and weight volleyballs.

2.4 - Bench Location

- The home team shall sit on the left side of the scorekeeper's table (while standing on the court facing the scorekeeper's table). The visitor team shall sit on the right side of the scorekeeper's table (while standing on the court facing the scorekeeper's table).
- During pre-game warm-ups prior to the first game of play, each team will volley in the court side in front of their bench.
- Only the players, coach, and one designated assistant may sit in the bench area during a game. Coaches must remain within the team bench area at all times while the teams are in play.
- Coaches are not allowed to step onto the court during play—coaches violating this rule may be assessed a team fault.

2.5 - Player Uniform

Players may wear glasses or lenses at their own risk.

All players must be in full team uniform as provided by the league during games. No jewelry or wrist apparel may be worn on the volleyball court.

KNEEPADS ARE REQUIRED AND MUST BE WORN BY EACH PLAYER OR THE PLAYER WILL NOT BE ABLE TO PRACTICE WITH THEIR ASSIGNED FSA TEAM OR PLAY IN ANY FSA GAMES.

The Game and Game Rules

3.1 - The Game

Volleyball is a game of constant motion which utilizes the skills of reaction time and basic fundamentals. The ball is served into play initially. A team can touch the ball up to three times each time the ball is on its side of the net. The usual pattern is as follows: 1. A pass made with the forearms of the first player the ball touches; 2. A set made with the hands of the second player the ball touches; and 3. a spike (or downward arching hit towards the other team) made by the third and final player the ball touches before the ball crosses back over the net. Teams can try to block the opponent's spike as it crosses the net, however you may not block a serve. If a block results in the ball coming into your own court, the block does not count as one of your three touches.

There are six players on each side of the court in a volleyball game (six from each team). The players must rotate one position clockwise every time their team wins the serve back from the opposing team. Only the three players at the net positions can jump and spike or block near the net. The backcourt players can only spike the ball if they jump from behind the attack line, also known as the three-meter line, which separates the front and back part of the court.

League standings are based solely on wins or losses not score differentials. The league is organized for competitive fun and encourages coaches with a strong lead to mix up their players to different positions and try new plays to ensure that player and team development is the focus of each season..

League standings are used to seed tournament play but depending on the number of teams and the balance of the league, seed tournament play may be split into different brackets, etc. at the discretion of the League Owner.

3.2 - Scoring

Match play includes a best of 3 set series. The first two sets will be won by the team that first scores 25 points with a minimum two-point advantage (no scoring cap). If there is a third and deciding set, it will be won by the team that first scores 15 points with a minimum two-point advantage (no scoring cap). The team winning the best of 3 sets shall win the match.

3.2 (A) - Serving Accommodations

10U Age Division:

- The 10U age division will serve from behind the 10 foot volleyball line.
- An automatic side out occurs after a team has scored 3 straight points while serving.

12U Age Division:

- The 12U age division will serve from the top of the basketball key.
- An automatic side out occurs after a team has scored 5 straight points while serving.

14U/16U Divisions:

- The server will serve from the traditional back line of the volleyball court.
- The server will continue to serve until their serve is broken.

3.3 - General Rules of Play

- Each team is entitled to a maximum of 3 hits to return the ball to the opponent.
- A ball may NOT be caught, thrown, held, or lifted.
- A player may not contact the ball twice in succession.
- A block of the ball at the net does NOT count as a hit.
- Contact with the net by a player is not a fault, unless it interferes with the play.

• A ball driven into the net may be recovered within the limits of the 3-team hits, so long as the contact with the net is within the antennae.

• Balls coming in contact with the antennae are ruled out of bounds.

• A player's hands and feet are allowed to be on or over the centerline, but NOT across the centerline. If any other part of the player's body touches the floor on the opponent's court, it is a violation. This paragraph is dealing with hands and feet play below the net and not above the net.

• A ball hitting the net and going over the net is legal and in play, even on the serve.

3.4 - Time Outs

Each team is permitted two (2) 30 second timeouts per set. Teams cannot carry over unused timeouts from set to set.

3.5 - Game Interruptions

Games which are interrupted due to unforeseen circumstances (i.e., power failure, fire drills) will be continued from the point of interruption as long as time permits. If not, the League Owner will evaluate the ability to reschedule the game if time and venue allows (in his/her sole discretion).

3.6 - Game Forfeits

A game shall be declared a forfeit:

- If a team refuses to play after being summoned to do so or does not appear on the playing court on time, it forfeits the match with the result 0-3 for the match and 0-25 for each set.
- A team that is declared INCOMPLETE for the set or for the match loses the set or the match. To avoid being declared incomplete, a team must have at least five players on the court during the entire match.

3.7 - Start of the Game - Coin Toss

Before the match, the referee carries out a coin toss to decide who gets the first service and what sides of the court the teams will be on during the first set. If a deciding set (third game) is to be played, a new toss will be carried out.

- The toss is taken in the presence of a team captain from each team.
- The winner of the toss chooses: EITHER the right to serve or to receive the service, OR the side of the court they want to play their first game on.
- The loser of the toss takes the remaining choice.

3.8 - Starting Lineup

Each coach will need to provide a starting line up for all players available to play at each match. This lineup will include the players numbers on the substitution/score sheet provided by the league. (The order of the players listed on the sheet will be their rotational order - to be discussed further below).

Each team must start with six players on the court. The team's starting line-up indicates the rotational order of the players on the court. This order must be maintained throughout the set. In order to avoid a game forfeit, there must be five players on the court at all times, however, if six players are available, the games must be played with six players from each team.

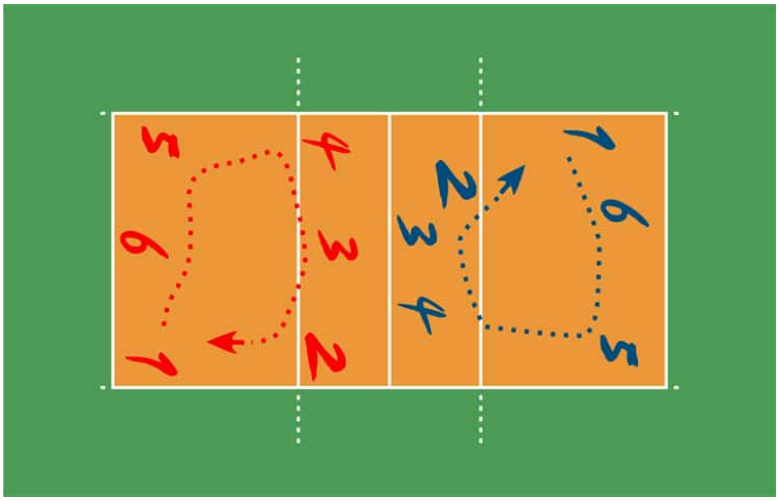
At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order (except the server).

3.9 - Player Position

The positions of the players are numbered as follows:

FRONT ROW: The three players along the net are front row players and occupy positions 4 (front left), 3 (front-center) and 2 (front-right);

BACK ROW: Three players occupying positions 5 (back-left), 6 (back-center) and 1 (back-right).



Relative positions between players: Each back-row player must be positioned further back from the net than the corresponding front-row player. The positions of players are determined and controlled according to the positions of their feet contacting the ground as follows:

Each front-row player must have at least a part of his/her foot closer to the center line than the feet of the corresponding back-row player.

Each right- (left-) side player must have at least a part of his/her foot closer to the right (left) side line than the feet of the center player in that row

After each set, the teams change courts

3.10 - Faults

A team commits a fault by making a playing action contrary to the rules (or by violating them in some other way). The referees judge the faults and determine the consequences according to the Rules.

If two or more faults are committed successively by the same team, only the first one is counted. If two or more faults are committed by opponents simultaneously, a DOUBLE FAULT is called and the rally is replayed.

3.11 - Positional Faults

The team commits a positional fault if any player is not in his/her correct position at the moment the ball is hit by the server. This includes when a player is on court through illegal substitution. If the server commits a serving fault at the moment of the service hit, the server's fault is counted before a positional fault. If the service becomes faulty after the service hit, it is the positional fault that will be counted.

A positional fault leads to the following consequences: The team is sanctioned with a point and service to the opponent and players' positions must be rectified.

3.12 - Rotational Faults

A rotational fault is committed when the SERVICE is not made according to the rotational order.

A rotational fault leads to the following consequences: The team is sanctioned with a point and service to the opponent; and the players' rotational order must be rectified. Additionally, the scorer should determine the exact moment when the fault was committed and all points scored subsequently by the team at fault must be cancelled. The opponent's points remain valid. If that moment cannot be determined, no point(s) cancellation takes place, and a point and service to the opponent is the only sanction.

3.13 - Volley Faults

- **FOUR HITS**: a team hits the ball four times before returning it.
- **ASSISTED HIT:** a player takes support from a team-mate or any structure/object in order to hit the ball within the playing area.
- **CATCH**: the ball is caught and/or thrown; it does not rebound from the hit.

- **DOUBLE CONTACT/DOUBLE TOUCH**: a player hits the ball twice in succession or the ball contacts various parts of his/ her body in succession.
- **BALL TOUCHING THE NET** is not a fault. While crossing the net, the ball may touch it.
- **BALL IN THE NET**: a ball driven into the net may be recovered within the limits of the three team hits. If the ball rips the mesh of the net or tears it down, the rally is cancelled and replayed.
- **REACHING BEYOND THE NET**: a player may touch the ball beyond the net, provided that he/she does not interfere with the opponent's play before or during the latter's attack hit. After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

3.14 - Player's Faults at the Net:

- A player touches the ball or an opponent in the opponent's space before or during the opponent's attack hit.
- A player interferes with the opponent's play while penetrating into the opponent's space under the net.
- A player's foot (feet) penetrates completely into the opponent's court.
- A player interferes with the opponent's play by (amongst others): - touching the top band of the net or the antenna during his/her action of playing the ball, or - taking support from the net simultaneously with playing the ball, or - creating an advantage over the opponent by touching the net, or - making actions which hinder an opponent's legitimate attempt to play the ball.

3.15 - Faults During the Service

The following faults lead to a change of service even if the opponent is out of position.

- The server violates the service order; or does not execute the service properly.
- The server steps on or over the service line prior to contacting the ball or during the serve.
- The server fails to serve the ball over the net successfully. This includes the ball going out of bounds or hitting any overhead obstruction.
- The service toss touches any obstruction before the service contact (on this note, there can be one service toss re-do IF the server allows the ball to hit the ground and does not catch it or make contact with the ball once it enters the air). Only one toss re-do is allowed per player per serve rotation.

Faults for service will be called using the following division appropriate serving lines:

10U Age Division:

- The 10U age division will serve from behind the 10 foot volleyball line.

12U Age Division:

- The 12U age division will serve from the top of the basketball key.

14U/16U Divisions:

- The server will serve from the traditional back line of the volleyball court.

3.16 - Encroaching

It is permitted to penetrate into the opponent's space under the net in certain circumstances as follows:

- To touch the opponent's court with a foot (feet) is permitted, provided that some part of the penetrating foot (feet) remains either in contact with or directly above the center line and it does not interfere with the opponent's play.
- Contact with the net by a player is not a fault, unless it interferes with the play. Players may touch the post, ropes, or any other object outside the antennae, including the net itself, provided that it does not interfere with play.
- When the ball is driven into the net, causing it to touch an opponent, no fault is committed.

3.17 - Ball in Play

The ball is in play from the moment of the service. Service is allowed when the referee blows the whistle. The ball is out of play at the moment of a fault, which is whistled by the referee or in the absence of a fault, at the moment of the whistle. In the case of an inadvertent whistle, the rally is ended and the volley is replayed.

A ball is deemed to have been volleyed if the ball is sent to the opponent's court over the net within the crossing space. The crossing space is that part of the vertical plane of the net bounded by the top of the net; the antennae, and their imaginary extensions and the ceiling.

The ball that has crossed the net plane to the opponent's free zone totally or partly through the external space may be played back within the team's hits, provided that: the ball, when played back, crosses the net plane again totally or partly through the external space on the same side of the court.

3.18 - Legal Hits/Illegal Hits

- A hit is any contact with the ball by a player in play. The team is entitled to a maximum of three hits (in addition to blocking), for returning the ball. If more are used, the team commits the fault of: "FOUR HITS."
- A player may not hit the ball two times consecutively.
- When two (or three) team-mates touch the ball simultaneously, it is counted as two (or three) hits (with the exception of blocking). If they reach for the ball, but only one of them touches it, one hit is counted. A collision of players does not constitute a fault.
- It is a fault, during reception of service, to make a double contact or catch using an overhand finger action. This is considered a "carry" or "lift" or "double-touch."

3.19 - Assisted Hits

- Within the playing area, a player is not permitted to take support from a team-mate or any structure/object in order to hit the ball. However, a player who is about to commit a fault (touch the net or cross the center line, etc.) may be stopped or held back by a team-mate.
- The ball may touch various parts of the body, provided that the contacts take place simultaneously, as multiple consecutive hits by the same person (regardless of the part of the body that is hit) counts as a double hit and results in a fault.
- A ball can be played off of any part of the body, as long as the result of the contact does not constitute a lift or carry. Example: The ball hits a players foot off of the serve. This is a valid contact and will be counted as one of the three touches allotted on the receiving end of the court. This ball can continue to be played if possible.

3.20 - In Bounds and Out of Bounds

- The ball is "in" when it touches the floor of the playing court including the boundary lines.
- The ball is "out" when:
    - the part of the ball which contacts the floor is completely outside the boundary lines;
    - it touches an object outside the court or a person out of play;
    - If the ball touches the ceiling (except on a serve which is a fault), it may be played if it is hit by a player and hits the ceiling on the same side of the court as the player and comes down on the same side of the court as the player. That team may then continue to play the ball. However, if the ball is hit to the ceiling above the opposite team, it is an out-of-bounds and a fault, so the opposing team does not have to play that ball.

3.21 - Playing the Ball

Each team must play within its own playing area and space. The ball may, however, be retrieved from beyond the free zone at the discretion of the players in order to continue their possession.

3.22 - The First Service in a Set/Other Serving Rules

- The first service of the first set is executed by the team determined by the toss. The first service of subsequent sets will be by alternating possession.
- At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the floor outside the service zone. After the hit, he/she may step or land outside the service zone, or inside the court. (See accommodations above for 12 & under age groups to allow for smaller players to complete the serve from closer proximity to the net).
- The server must hit the ball within 5 seconds after the referee whistles for service. A service executed before the referee's whistle is canceled and repeated. If the server gives a bad toss, they are allowed one re-do toss, as long as they don't touch the ball with any portion of their body before the redo and after the initial toss.

- Screening by the serving team is not allowed.
- Blocking a serve is not allowed.

3.23 - Attack Hits

- A back-row player may complete an attack hit from behind the front zone attack line. At his/her take-off, the player's foot (feet) must neither have touched nor crossed over the attack line. After his/her hit, the player may land within the front zone.

3.24 - Blocking and Team Hits

- A block contact is not counted as a team hit. Consequently, after a block contact, a team is entitled to three hits to return the ball. The first hit after the block may be executed by any player, including the one who has touched the ball during the block.
- Blocking the opponent's service is not allowed.

3.25 - Substitution Rule

- All players must check in with the referee prior to entering the game. Substitutions will occur each time the ball is received by a team after a change in possession. Players must stay in the order of the starting lineup and rotate out each time they finish playing in position number 2. That player will then return to the bench (staying in order of the lineup) and rotate down the bench until all players in front of him/her has gone into serve in Position 1 based on the lineup. When it is his/her time to come in again, he/she will rotate in at the serving position (Position number 1). The player will continue to play all six positions until they have completed Position number 2 again, at which time they will rotate back out.
- The substitute shall remain outside the boundary until an official beckons, whereupon he/she shall enter immediately. If the ball is about to become live, the beckoning signal should be withheld. The entering substitute cannot replace a server once the server has served a ball during that rotation.
- There are no Libero players in FSA volleyball.
- Any violations of the substitution rules will result in a loss of point for the violating team and a loss of possession of the ball/serve.

3.26 - Intentional Delays

"Delay warning" and "delay penalty" are team sanctions. The first delay in the match by a team member is sanctioned with a "DELAY WARNING." The second and subsequent delays of any type by any member of the same team in the same match constitute a fault and are sanctioned with a "DELAY PENALTY" which results in a point and service to the opponent.

3.27 - Ejections and Suspensions

A player or coach who is disqualified from a game by the official due to unsportsmanlike behavior or conduct will be automatically suspended from the current match. These individuals will not be allowed in the gym during the next set, even as spectators. (See more regarding Ejections and Suspensions in the above Code of Conduct section).

3.28 - Referee Errors and Game Results

All coaches should be aware that it is the league's policy that the results of games will not be reversed in the case of error by the officials. Any errors by the officials, referees, scorekeepers, or timekeepers in interpreting the rules must be corrected in accordance with these Rules at the time of the error.

In the case of scorekeeper error or timekeeper error, the error must be corrected in consultation with the referees and both coaches as soon as it is discovered.

The only violations that, if verified by the league owner and game officials, may constitute the basis for reversing the outcome of a game are: 1) willful violation of the rules, 2) use of an ineligible player, or 3) willful violation of the spirit and/or intent of the goals. In other words, if the league owner and game officials are informed of a complaint regarding cheating and find it substantiated, the league owner has sole discretion to reverse the outcome of a game.

END OF RULES

Please note: The Fulshear Sports Association League Owners have the discretion to amend and invoke any amendment to this rule book at any time.

2022 Fulshear Sports Association. ALL RIGHTS RESERVED
Any use of materials in this document, including reproduction, modification, distribution or republication, without the prior written consent of Fulshear Sports Association is strictly prohibited.