



VOLLEYBALL RULES AND REGULATIONS

Version 2.0.1

www.besomeonesports.com

1. DIVISIONS & ELIGIBILITY

1.1. Be Someone Sports Volleyball consists of four divisions separated by Age Groups or Grade Level: A Player MAY "Play Up" a MAXIMUM of ONE division.

1.2. Freshman Division – 1st/2nd Grade Girls

1.3. Junior Division – 3rd/4th Grade Girls.

1.4. Senior Division – 5th/6th Grade Girls.

1.5. Varsity Division - 7th/8th Grade Girls.

1.6. Please Note: All Texas UIL Volleyball Rules apply for both divisions unless otherwise noted below.

2. PRACTICE

2.1. There will be 2 events per week between Monday - Thursday. This could be 1 practice and 1 game, 2 practices or 2 games.

3. EQUIPMENT AND UNIFORM

3.1. Net Height is 7.0' for all divisions.

3.2. Ball – A Volley-Lite SV-MN (or SV-MNC) will be used for all Freshman, Junior and Senior Divisions. Varsity division will use standard volleyball.

3.3. Dress Code:

3.3.1. All players must wear their provided Be Someone Sports jersey.

3.3.2. All players must wear tennis/athletic shoes and knee-pads.

3.3.3. No jewelry may be worn - eg. watches, necklaces, earrings, bracelets, wristbands (fitness tracker or otherwise), etc.

3.3.4. Earrings that cannot be removed due to being newly pierced or similar circumstance must be taped over completely and securely.

3.3.5. Hairbands and tightly secured hairbows are allowed.

4. TEAM FORMATION

4.1. All registrants shall be assigned to a team.

4.2. Players may not select a specific team, coach, or teammate(s).

4.3. Player team assignments are made through a snake draft process conducted by the coaches and overseen by a Be Someone representative.

4.4. All head coaches' children are "protected" (reserved) and are guaranteed to be placed on their registered head coach's team. One assistant coach's player can be protected also. These players will be scored by all participating coaches and a majority ranking will be assigned to each protected player. The ranking will determine the draft

position that the player will take of that coach. If a majority can not be reached, the Be Someone representative will be the tie breaker.

4.5. Only head coaches and one assistant may attend the draft.

4.6. Players absent from the evaluations will be designated as a “hat pick” and will be randomly assigned to a team in draft order once all scored players have been drafted,

4.7. Draft order is determined by a random draw.

4.8. Siblings playing in the same division (“sister pairs”) must be drafted onto the same team, unless directed otherwise by a parent to the board. Upon draft selection of one of a sister pair/group, the remaining player(s) in the group become “protected” and must be selected by the coach at their draft pick opportunity once no higher ranked players are available (in the same manner as the coach’s protected child).

4.9. Coaches are not obligated to agree to any other coach’s requests or influence regarding player picks (or lack thereof). Assertive, confrontational, or rude behavior will not be tolerated. Violations will result in the Be Someone representative revoking the offending coach’s next draft pick and randomly assigning either a hat pick player, or a player from the lowest available skill rank if there are no hat pick players.

4.10. Be Someone Sports representatives reserves the right to alter player team assignments after the draft and before the first game day.

5. LINEUP, ROTATION, AND PLAYER PARTICIPATION

5.1. Coaches are required to establish their player rotation positions (the lineup) at the start of the match by submitting a written lineup card to the scoring table prior to the coin toss. Facing the net, the initial serving position is Right Back (RB) and is position #1 on the lineup. Continuing counter-clockwise, Right Front (RF) is position #2 on the lineup, Middle Front (MF) is #3, LF/#4, LB/#5, MB/#6. Bench players are subsequently #7, #8, #9 and so on as needed.

5.1.1. This rotation order shall be maintained throughout the entire match, except for situations explicitly specified elsewhere in these rules.

5.2. At each NEW player service round (i.e. service is awarded to a team) all players will rotate in a clockwise rotation INCLUDING all players on the bench.

5.2.1. Bench players will shift one position from last to first.

5.2.2. The first (next to enter game) bench player will enter the game at the MIDDLE BACK and,

5.2.3. the player who previously served (RIGHT BACK) will go to the last position on the bench.

5.3. There will be NO other player substitutions allowed with the exception of the event of player illness, injury, or bathroom emergency.

5.3.1. If an injury, illness, or bathroom emergency occurs a new player rotation is established from this point forward by advancing all players behind the injured player one position. For example, if an injury occurs to the left front player and she must

leave the game, left back moves to left front, middle back moves to left back, and the next player on the bench goes to middle back.

5.3.2. If the injured player is able to return to the match they re-enter at their previous spot in the lineup once it reaches the bench.

5.3.3. NO PLAYER IS ALLOWED TO EXIT AND RETURN TO THE GAME MORE THAN ONE TIME DUE TO INJURY, ILLNESS, OR BATHROOM EMERGENCY.

5.4. All player positions at the end of a set are carried over into the next set.

5.4.1. The initial serving team of the next set will rotate prior to serving, just as if there was a side-out and transfer of service under normal gameplay.

5.4.2. This implies that the server at the end of the previous set does not get to serve again at the start of the next set.

6. REFEREES AND SCOREKEEPING

6.1. The officiating team will consist of the R1 (Head Referee) and on an AS NEEDED basis R2 (second referee) in addition to the (2) line officials and a scorekeeper.

6.2. The Head Referee will be a Be Someone Sports provided Volleyball Referee.

6.3. Each team will provide ONE line official ABOVE THE AGE OF 15 to be located on the same side as their team bench STARTING the match positioned on the BACK LEFT CORNER when facing the net.

6.4. All points will be added at the DIRECT instruction of the Head Referee.

7. STANDARD RULES OF THE GAME

7.1. A match consists of 2-3 sets (formerly known as "games"), first 2 wins out of 3 wins the match.

7.1.1. The first two sets are to (25) points by a 2 point margin with a cap of 30 points, and the 3rd to (15) points by a 2 point margin with a cap of 20 points.

7.1.2. A team that reaches the score cap immediately wins the set regardless of margin.

7.1.3. Teams will switch benches and court halves between each set and at the midway point (8 points scored by one team) of the third set.

7.1.4. Player positions carry over into the 2nd and 3rd set.

7.1.5. If a 3rd set is NOT necessary, but time allows, that set will be played anyway to (15) points (also by two points or more) with no impact on the standings or results.

7.1.6. This set will end regardless of score if not completed within 5 minutes of the next scheduled match.

7.2. Six (6) players at a time will participate from each team with a minimum of 5 players necessary to play a match.

7.2.1. Of the 6 players, 3 will play on the front row and 3 will play on the back row.

7.2.2. If only 5 players are present 3 will play on the front row and 2 on the back row WITH A GHOST PLAYER in the 6th spot.

7.3. A coin toss by the R1 at the beginning of the match (set #1) with each Team Captain and Head Coach will determine who shall have first service.

7.3.1. The winner of the coin toss will choose to either serve or receive in the first set with the outcome being reversed for the second set.

7.3.2. For the 3rd set, a new coin toss will occur. The team that wins the coin toss gets to choose between serve/receive or which side they would like to play on. Then the other team chooses between the last two options.

7.3.3. The first serving team of the 3rd set will rotate before serving, as usual. This means that the player at the RF position at the end of the 2nd set will be the first server of the 3rd set.

7.4. Each team is allowed 2 timeouts per set and will be 30 seconds in length.

7.5. The playing area consists of boundary lines and antennae.

7.5.1. If a ball touches any part of a boundary line, it is considered in.

7.5.2. Playing the ball back to the opponent on the first touch is permitted. IT IS EXPECTED HOWEVER, THAT PLAYERS BE TAUGHT AND ENCOURAGED TO RETURN THE BALL WITH MORE THAN ONE TOUCH.

7.5.3. If a ball hits one of the antennae, it is considered out.

7.5.4. If a player completely crosses under the center boundary line with their entire foot, the play shall be whistled dead and awarding of one point and service to the other team

Note: Hands crossing under the net is not a violation.

7.5.5. If the ball hits the referee stand, it is considered out.

7.5.6. If the ball hits the back wall, it is considered out.

7.5.7. If the ball contacts the ceiling as it is going over the net to the opposing team, it is considered out.

7.5.8. If the ball contacts the ceiling, air conditioning vents, or basketball goals and remains on the same side as the team who just contacted the ball, it is playable, provided that team has not already touched the ball three times.

7.5.9. Playable and Non-playable Areas will be discussed with the R1 before the start of the match with the Team Captain and Head Coach of each team. (i.e...Basketball goals, bleachers etc.)

7.6. Coaches are not allowed on the court at any time, unless it is in between sets or to attend to injured player.

7.6.1. Coaches are allowed to walk between the end line and the 10-foot line and may NOT cross in front of the 10-foot line.

7.6.2. The coach shall be no closer than 6 feet from the sideline during play. This allows the line judges to see the line clearly and have eye contact with the referee.

7.6.3. Coaches must stay on the same side of the court as their player bench.

7.6.4. No more than TWO (2) coaches will be allowed on the bench at any time and both coaches are allowed to be standing, unless a problem persists. The R1 has the right to require an assistant coach to sit.

7.7. Unless otherwise stated, any rule violation called by the referee results in a side-out and a point and service awarded to the non-offending team.

8. SERVING

8.1. The serving player is allowed to attempt a serve AFTER the referee has given them the signal to proceed.

8.1.1. A strict 10-second time period is allowed per service.

8.1.2. Service is initiated when a player COMPLETELY releases the ball into the air and then strikes the ball with their hand.

8.1.3. A player may toss the ball and allow it to drop to the floor without touching or attempting to advance the ball. In this case, a replay is called. NOTE: Only one replay per service round per player is allowed.

8.1.4. **Underhand serving is permitted. It is strongly advised to continue practicing the over handed serve and although not required at the Junior high level, it gives the girls their best chance.**

8.2. All divisions will have a MAXIMUM of FIVE (5) opportunities to score points for their team when it is their time in the rotation. Players in the Freshmen (1/2) Division and Junior (3/4) division are allowed TWO (2) attempts to serve on the first point they serve.

8.3. If the initial serve fails to go over the net the player will get an additional serve for the first point only, in the appropriate divisions.

8.3.1. If the serve CLEARS the net but is ruled out of bounds a second serve attempt is not awarded.

8.3.2. If the serve goes into play, they will only serve again if their team wins the point.

8.3.3. The player is only allowed ONE attempt for any additional service after the first successful serve.

8.4. Players in the Varsity (7/8) division are allowed only ONE (1) attempt to serve even for the first service attempt.

8.5. NOTE: In the event of a player successfully serving their maximum serves, a side out (with no point awarded) will occur and players (including bench) for the opposing team will rotate as previously outlined and receive the ball for service.

8.6. FOOT FAULTS - A foot fault occurs when the player steps on or across the service line (as established within these rules) prior to contacting the ball.

8.6.1. If a player foot faults during ANY of the players serve attempts, it will result in the loss of service and a point to the opposing team.

8.7. One (1) warning per team, PER MATCH shall be given for foot faults in the Freshmen (1/2) and Junior (3/4) division without loss of service or awarding of points.

8.7.1. No warning will be given in the senior (5th/6th) and varsity (7th/8th) division.

8.7.2. Service locations:

8.7.3. Freshmen (1st and 2nd grade) will serve behind the attack line (10-foot line)

8.7.4. Junior (3rd and 4th) and Senior (5th and 6th) will serve behind a 15-foot line. **6th graders should be encouraged to work toward being at the 20 ft line by the end of the season.** This point shall be determined by the R1 before play begins.

8.7.5. Varsity (7th and 8th) will serve behind the 20-foot line. This point shall be determined by the R1 before play begins.

8.7.6. Any player capable of serving farther back than the defined lines should be encouraged to do so.

8.8. It is illegal to throw or lift the ball during service.

8.8.1. The ball must completely leave the non-hitting hand PRIOR to contact with the serving hand.

8.9. It is illegal to block a serve.

9. ADDITIONAL RULES OF PLAY

9.1. Only 3 contacts with the ball are allowed per side on each "possession".

9.1.1. A block does not count as a contact. The blocking player's hands must be above the top of the net at the time of contact with the ball for the contact to be considered a block.

9.1.2. A player may not contact the ball twice in a row unless the first contact is a blocked ball.

9.1.3. If 2 or more players contact the ball at the same time, the contact is considered one contact and either player may be involved in the next contact.

9.1.4. It is illegal for any contact to be lifted. (i.e. at no time can the ball come to complete rest in the hitter's hand even for a brief moment.)

9.2. Net Violation: It is illegal to touch ANY part of the net during play.

9.2.1. A net violation will result in awarding one point to the opposing team and change of possession of service if applicable.

9.2.2. In all circumstances, players must wait for the ball to cross the plane of the net before making contact with the ball (i.e. blocking)

9.2.3. A “Net Plane” Violation will result in awarding one point to the opposing team and change of possession of service if applicable.

10. PLAYER AND COACH MISCONDUCT

10.1. If any Player or Coach is issued a Yellow Card (1st violation) by the R1 a point and possession of the service will be awarded to the opposing team.

10.2. If any Player or Coach is issued a Red Card (2nd Violation) by the R1 a point and possession of the service will be awarded to the opposing team as well as expulsion of the player/coach from the game.

10.3. After any Red Card issuance, the Be Someone Sports Volleyball Board will review and investigate the situation for any potential additional actions needed.

11. FORFEIT RULE

11.1. If a team does not have a minimum of 5 players present 5 minutes after the scheduled start of a match, the match is considered a forfeit.

11.2. If a team has less than 5 players, the opposing team is awarded the victory at 2 sets to 0.

11.3. At this point a player from the opposing team may play with the opponent, or an available player of the same age group can play on the forfeiting team for fun/practice.

11.4. GAMES SHOULD ALWAYS BE PLAYED WITH THE PLAYERS AVAILABLE IF AT ALL POSSIBLE!

ZERO TOLERANCE POLICY

Coaches, players and fans may not criticize players, coaches and/or referees. Violators can/will be ejected from the premises by a board member or the referee and may face additional suspension pending Be Someone Volleyball Board action. Profanity by ANY participant or person present will not be tolerated and result in immediate removal from the premises.

