



12U/11U VOLLEYBALL LEAGUE

Procedures

Welcome to the MID-IOWA 12U/11U VOLLEYBALL LEAGUE. We are a developmental youth sports program providing youngsters a venue for competitive volleyball for fun, skill development and sportsmanship.

IMPORTANT INFORMATION

Web Site:	https://ramsjuniors.com/11u%2F12u-league
League Dates (Sundays):	See web site
Location:	Southeast Polk Junior High School
Awards:	T-shirts will be given to all participants
League/Site Director:	Jim Sixta (515-979-0627), Jessica Hazelton (515-778-6925)

HISTORY

This league was originally formed in 2003 with the original purpose of taking a developmental approach to the game while establishing a positive and supportive environment in which to learn and love the game of volleyball. It was to be a program that rewards the process of performing volleyball skills and teamwork correctly rather than the outcome of the play. A competitive league that highlights all the fun you can have and presents a youth sports program where teams strive to win, but more importantly, teach life skills through volleyball. Remember...We are working with kids to learn and love the game of volleyball, not working with volleyball players who happen to be kids. We strive to continue the original intent of the League.

FORMAT & RULES

The goal of this league is for the kids to have fun and to keep playing volleyball. We want the kids to come back! As the level of play has increased in the past few years, we strive to have teams play all other teams at least once and several teams twice and possibly 3 times. Typically, each team will have 1 or 2 bye dates.

Our League adheres to the 12 and Under Special Rules as established by the Iowa Region. Additionally, the Mid-Iowa Volleyball League adheres to the below-listed items:

Court Preparation (Setup & Tear Down)

- Rams staff setup and teardown equipment. Teams are not required to assist.

Concessions

- NO concessions. Save some money and feed them beforehand or bring a healthy snack.
- **NO POPCORN and GOLDFISH CRACKERS.**

Match Procedures

- **Pools** – 3 or 4 team Pools
- **Match Specific**
 - 3 Team Pool – 2 sets to 21, Cap at 21 (no 'win by 2'). Each match is 30 minutes long.
 - 4 Team Pool – 2 sets to 25, Cap at 25 (no 'win by 2'). Each match is 35 minutes long.
- **Timeouts** – 1 timeout per set and **NO timeouts allowed in the last 5 minutes of play**
- **Warm-Up Format** – For the first two matches of each wave, each team will have the court for 5 minutes for their warm-up. No shared warm-up this year. Bring your own volleyballs.
- **Serving Line** – players may come into the court 6'6" at this age level as marked on the court.
- **Serving Team/Captains**
 - East Gym – The team closest to the doors will serve first.
 - West Gym – The team closest to the bleachers will serve first.
- **Switching Sides** – Teams will NOT switch sides after the first set.
- **4 Serve Rule** – Rotate if a player serves 4 times in a row. The same team continues to serve with the next player in serving order. The next player has the potential to serve another 4 serves in a row before rotating to the next player and so on.
 - Since we're dealing with 11- & 12-year-old kids, it's the responsibility of participants to keep track of when to rotate. If you think it should happen, politely bring it up to the ref.
- **Mulligan Rule** – First 2 weeks during each serve rotation, players get a redo on their first missed serve. If the next missed is treated as normal. When they rotate around, they get another, etc.

Referee & Scoring Procedures

- **Officiating/scorekeeping teams must be ready to start their match in 5 minutes. Each match ends at the end of time, no matter the score.**
- **If time expires during the 2nd set, the team ahead in points is the winner. If the two sets are completed early, feel free to start another game and play until the time runs out.**
- **Duties** – Each team is required to provide the following:
 - Up & Down Referee
 - 2 Line Judges
 - 1 Scorekeeper for the flip chart. Player should hand sanitize before starting.
 - Coach – must help the Up Ref during the match to ensure a fair game and to help educate and mentor the player to become a better referee.
 - Refing Team – announce the last serve to keep things on time.

ETIQUETTE & OTHER PROCEDURAL ISSUES

- We recommend that teams be trained in officiating before the League starts. Given the tight time requirements of this league, we have reduced the complexity of the scoring aspect by switching to a flip chart. It is the coach's responsibility to make sure their players understand the rules and procedures for this league.
- Flip charts used for scoring rather than electronic scoreboards.
- Please minimize/eliminate the use of substitutes as this actually reduces play time in a timed match. Recommend coaches have several pre-determined line-ups to maximize participation.
- The match clock starts regardless of whether the teams are ready.
- **ONLY 1 TIMEOUT PER SET and NO timeouts within the last 5 minutes of match play.**
- Director communicates regularly with the coaches and team representatives.
 - In case of inclement weather:
 - Director contacts coaches/team reps no later than 7:00 am the day of the event. (for delay or cancellation)
 - Positive contact is made (email is primary followed by phone)
 - It works the other way...coaches/team reps must communicate w/ director as early as possible if conflicts arise with play dates (team sickness, weather in YOUR area, i.e., Pella iced over, but roads are good in DSM, etc.)
- A director/club administrator will be on site during play.
- We typically reseed the last three matches.
- Winning at this level can easily be accomplished by having several good servers ... and there's much more to volleyball than that.
- Team Camps
 - Coolers are allowed, but please keep your area extremely clean.
 - Locations for camps will be identified the first week.
- Missing Players (flu, dance competition, etc.)
 - If your team is short a player, let the director know as it's okay to "borrow" players from other teams to ensure your team plays. No worries as it will happen to a couple teams each year!
- **Siblings – We know how much siblings love to watch volleyball (NOT). Please remind them they aren't not allow to play ball, or explore the school (which has cameras everywhere).**

Remember: This is OUR league and we can do what we want to ensure it is the best environment for our kids to learn and love volleyball. Thank you ...

ALL TEAMS

- Please make sure your team camp is spotless before leaving. Brooms and dust pans will be available.