

**Be a Friend Volleyball League
through
Be a Friend Youth Organization Pottsboro, TX**

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COURT AND NET SETUP

COURT SIZE

- K-2nd grades 20' x 30'
- 4th grade & up Standard court size

SERVING LINES*

- K-2nd grades Recreational 10' from the net
- 4th grade Recreational 20' from the net
- 5th/6th grades Competitive End line * See note at end of Serving section

NET HEIGHT

Kinder/ 1 st /2 nd – 6'

3 rd /4 th – 6'6"

5 th /6 th – 7'

GAME BALL

- K-6th VolleyLite

CONDUCT OF THE MATCH – CODE OF ETHICS

All Divisions

Be A Friend Youth Organization will provide a Site Director/Head Referee to oversee all sponsored activities. The Site Director is there to ensure that all participants have a rewarding, fun and safe experience. The Site Director will ensure the Code of Ethics is followed by all participants.

All member families will agree to abide by the Be A Friend Youth Organization Code of Ethics during registration.

Spectators not following facility policies or exhibiting unsportsmanlike behavior during a match may cause a penalty to be assessed on the offending spectator's team. This could be a side-out and a point awarded to the opposing team. Additionally, offenders may be escorted out of the facility by the Director and lose the ability to return to future events or activities sponsored by Be A Friend Youth Organization.

New – Notification of Offense of Code of Ethics –

- With a violation of the Code of Conduct, the Referee will warn the coach of the team or the known offender.
- If a second warning is deemed necessary, the Referee will acknowledge the violation by holding a yellow card to the team, individual or group of individuals considered in violation. The Referee will announce the penalty to the Head Coaches. A yellow card will cause the offending team the loss of possession of the ball and a point.

- If a third warning is deemed necessary, the Referee will acknowledge the violation by holding a red card to the team, individual or group of individuals considered in violation. The Referee will announce the penalty to the Head Coaches. A red card will cause the offending team to forfeit the match.

COACHING STAFF

All Divisions

Each team must have a minimum of one head coach at least 16 years or older. It is recommended to have an assistant coach for Volunteer Coach Teams.

Only two registered coaches will be permitted on the sideline during games.

UNIFORM / JEWELRY

All Divisions

Knee pads are required for all players.

Players and coaches must provide their own practice volleyballs at facilities unless otherwise posted.

A player can only play on one team in the same division per season.

Players may not wear objects which may cause injury or give an artificial advantage to the player.

Absolutely NO jewelry will be allowed, no exceptions. The head coach is responsible for ensuring that all players are compliant before stepping onto the court. The penalty for wearing jewelry on the court once the match has started will be a loss of ball and a point awarded to the opposing team. If the team in violation is not serving, a point will be awarded to the opposing team.

COIN TOSS

All Divisions

The referee will conduct a coin toss with a captain from each team to determine which team has serve and side selection. Teams will change to the opposite court, and then serve changes hands from the previous serving team for sets two and three.

26. If a third set is required, the referee will conduct a coin toss with a captain from each team to determine which team has serve and side selection.

GAME BALL

All Divisions

Warm up balls must be brought by each team. Make sure to label your teams balls.

BAFYO will supply the appropriate game ball.

LINESPERSON

SCOREKEEPER

All Divisions

Referees will keep score on the court.

LINE-UP

The line-up of players in serving order will be given to the Referee after the coin toss and at least five (5) minutes prior to the start of the match. This is the responsibility of the head coach of each team.

At any time between play (dead ball), the head coach may request a line-up check from the referee.

Kinder through 4th Grade Divisions

The line-up will be in a continuous order throughout all sets. When one set finishes and the next begins, the line-up continues with one rotation so that the server from the previous set does not start the next set.

5th/6th grade Divisions

The line-up may change each set, however, the mandatory participation requirement and substitution rules must be followed.

All Divisions

The line-up will indicate which player on the court is the team captain by placing a C next to that player's number. When the team captain rotates out or another player is substituted in for the team captain, the head coach will indicate who the new team captain is.

If a Libero is included in the line-up (see III. Match Play, C. Libero), the player's number is to be placed in the Libero box on the line-up sheet.

MATCH PLAY

REFEREE OVERSIGHT

The referee will conduct the match. Any calls made by the referee will not be questioned during the match. A team captain may ask a referee during the set to repeat the call or explain the call but may not ask for justification of a call. A team captain may also request from the referee a lineup check during the set. DURING THE SETS OF A MATCH, THE DECISIONS OF THE REFEREE ARE FINAL.

MANDATORY PLAYER PARTICIPATION

It is the intent of Be a Friend Youth Organization to enforce equal play time for all players. This assumes that there is equal participation of players in practices and matches. If a player misses practices and/or matches, the coach has the discretion of limiting play time in matches in proportion to the player's participation.

Otherwise, a team may be penalized if equal play time in matches is not provided.

Teams may assign players to positions but must be mindful of equal court time.

Each team must start and end the set with six (6) players on the court.

FORFEIT POLICY

All Divisions

Coaches are requested to contact the Be A Friend Youth Organization Volleyball Commissioner if it is known in advance that their team will have to forfeit. This is a courtesy to the opposing team.

A set shall be considered a forfeit if a team has less than six (6) legal players or a registered coach present on the court at scheduled start time. If a team drops below six (6) players during a set, that set is a forfeit. Any remaining sets of the match are also forfeited if the team is still below 6 after 10 minutes post set time start.

Forfeit time of the first set is scheduled start time. Forfeit time for the second set is ten (10) minutes after the start of scheduled start time.

The forfeiture score will be 0-25 for each set forfeited.

WARM UP

All Divisions

Both teams will share the court during warm up for a total of 5 minutes.

The last two (2) minutes of warm up are reserved for serving.

SCORING

Match play will consist of the best 2 out of 3 sets. The first two sets to 25 points and the third set, if necessary, to 15 points.

All sets will be played with rally scoring where a point is scored on each play, either defensively or offensively. There is a cap of 25 points. The first team to reach 25 points in the first 2 sets or 15 points in the third set is declared the winner of that match.

Kinder through 4th Grade Divisions

A player is allowed to serve and make only five (5) points each serve rotation. After that, a referee will call a side out. There is no point awarded for this side out, but the 5th point can be earned.

5th/6th Divisions

There is no limit to the number of serves a player is allowed to make per serve rotation.

All Divisions

Season Standings - One (1) point will be awarded for each match won. A tie is broken by head-to-head results. If required, a further tie would be broken by sets won percentage (total sets won divided by total sets played).

COACHES

All Divisions – Coaches will:

- remain behind the 10' line and outside of the court at all times.
- ask the referee for a score check if there is a question about the score.
- utilize the court captain to address the referee during the play if there is a question about a call by the referee.
- conduct themselves per the Code of Conduct and in a manner suitable for youth sports.

SUBSTITUTIONS

Kinder - 4th Grade Divisions

Substitutions are automatic, they are not called for. When rotating after a side-out or a maximum number of serves, a new player will enter the back-row middle. The player in the service position (back-row, right) will sub out. The rotation does not change during the match. Each player MUST be in the rotation. No other substitutions are allowed other than for an injury.

5th/6th Grade Divisions

A maximum of 12 substitutions is allowed per set. The number of times a player can enter the court is not limited, however, a player can only substitute for a single player.

Substitutes must be visually signaled during a dead ball by the substitute player standing in the 10' zone. Multiple substitutions must be requested at the same time. The 2nd player will stand behind the 10' line then move up once the substitution in front has entered the court.

While the substitution is in progress, the incoming substitute will stand outside the court and the outgoing player will stand inside the court.

The player and substitute shall remain in front of the ten (10) foot line at the sideline with their backs to the referee to record their numbers. They will be signaled by the referee to switch places. The substitution then immediately occurs. (Coaching during a substitution will be considered delay of play).

Once a substitute enters the 10' area (sub zone), it must be completed.

A substitute must remain on the court until the next dead ball.

Previously substituted players returning to the court must substitute back into the same position in the serving order, except in an injury situation.

TIME OUTS

All Divisions

Each team will receive the option for two (2) thirty (30) second timeouts per set. No additional time outs will be allowed.

If the requesting team is serving, the penalty for requesting an additional time out will be loss of ball and a point awarded to the opposing team. If the requesting team is not serving, a point will be awarded to the opposing team.

If a player is bleeding, an official's time out is taken. The wound must be covered for a player to return to the court; and if blood is on anything worn by the player, it either must be removed or replaced before the player can return to the court. If needed, any t-shirt can be substituted.

Time allowed between sets will be no more than three (3) minutes.

LIBERO

Kinder - 4th Grade

There will be no Libero in these divisions.

5th-6th Grade Divisions

The coach may elect to use a Libero in the line-up. This position must be marked on the line-up sheet by placing the player's number in the Libero box. There is only one Libero in the line-up per set.

The Libero must wear a different shirt than the team so that they are clearly visible. A colored penny will be provided.

The Libero may enter the court for any player on the back row after the line-up has been checked, and only the player they replaced can return to the court. The exchange will happen between the 10' line and the end line. The player replaced by the Libero must return to the court when that player moves to the front row.

The Libero may replace any player in the back row, however, they must sit out one play before returning to the court to replace another player in the back-row. The scorekeeper will record the activity of the Libero to ensure proper replacement and return.

END OF MATCH PLAY – COURT SWITCH

All Divisions

At the end of each set, teams will be signaled to switch courts.

Kinder - 4th Grade Divisions

Teams will switch courts and players will return to the same position on the opposite court. The referee and scorekeeper will determine where rotation is required.

5th/6th grade Divisions

Teams will switch courts and move to the bench. The coach must provide a line-up. Players will enter the court in their assigned position.

THE PLAYING RULES

THE SERVE

Kinder - 4th Grade Divisions

Teams do not rotate before their first serve.

The player in the right back position shall hit the ball with one hand, fist or arm, either held or after release, behind and without feet coming into contact with the serving line. The serving line continues across the entire width of the court whether the taped line is extended across the width or not. A player may serve anywhere behind the serving line but within the width of the court.

The ball must be sharply hit with one hand. It may not contact anything, including the net (no let-serve) or antennas before passing over the net and must cross the net within the net antennas.

When serving underhand, the ball must be contacted from the lowest point of the shelf (hand holding ball) and with no forward motion as the ball is being contacted. If the ball is tossed from the shelf, it may not be caught in the hand before contact.

All players, except the server, must be inside the court at serve.

The ball shall be contacted within five (5) seconds after the referee's signal to serve. A player must wait for the whistle and referee's signal before serving the ball. After one warning per server, a side-out will result.

After the referee beckons for the serve, the ball may not be lifted other than to make contact for the serve.

When the ball is lifted and the server decides not to contact the ball, the ball must drop to the floor without being touched. The dropped ball counts as the first serve attempt. The referee will blow the whistle and signal a re-serve. This is the second serve attempt. A new five (5) second period will begin upon the referee's whistle. The dropped ball may happen once before each serve up to a total of 5 earned points.

At the beginning of each server's turn, if the ball fails to be a ball in play (touches the net, goes into the net, out of bounds, bad toss etc.), the referee will call a re-serve; and the player will be allowed to serve a second time. This only applies to each player's first serve during each rotation of service.

Any player electing to jump serve must do so behind the end line. The ball must be contacted as the player is in the air and before landing inside of the court.

A player is allowed to serve and make only five (5) points. After that, a referee will call a turnover of the serve. There will be no point awarded for this turnover, but the point may be earned.

5th/6th grade Divisions

Teams will rotate before their first serve.

The player in the back right position shall hit the ball with one hand, fist or arm from behind and without feet coming into contact with the serving line. The serve can be from anywhere behind the end line but within the width of the court.

The ball must be sharply hit with one hand. The let-serve rule is in effect. If the ball contacts the net and proceeds inside the opponent's court, it is legal.

The ball shall be contacted within five (5) seconds after the referee's signal to serve. A player must wait for the whistle and referee's signal before serving the ball. After one warning per server, a side-out will result.

When the ball is lifted and the server decides not to contact the ball, the ball must drop to the floor without being touched. The referee will blow the whistle and signal a re-serve. A new five (5) second period will begin upon the referee's whistle. One drop is allowed per serve attempt.

Any player electing to jump serve must do so behind the end line. The ball must be contacted as the player is in the air and before landing inside of the court.

All players, except the server, must be inside the court at serve.

There is no limit to the number of serves a single player can serve prior to a side-out.

NOTE: BAFYO reserves the right to modify the serving line for 5th/6th Grade based on the serving strength of the teams playing each season. This consideration is made to allow more game play rather than constant dead balls from failed serving attempts. The BAFYO Commissioner will announce any modifications as needed during the season.

HITTING THE BALL DURING PLAY

All Divisions

A player may receive the serve with either an overhead pass or an underhand (bump pass). The overhead pass may not be carried or lifted, and the serve cannot be attacked (spiked).

During play, the ball may be played with an overhand or underhand pass, one-hand dig, a block and a spike or with any part of the body above the waist.

Only short contact with the ball is allowed. On an overhead pass, the ball must be contacted with both hands simultaneously. On an underhand pass, the hands must be connected.

After receipt of the serve, a front-line player has no restrictions as to legal contact of the ball.

However, a back line player, to spike the ball, must begin their attack behind the ten (10) feet line. A back line player that begins their attack from behind the ten (10) feet line may jump in the air, contact the ball, then has the option of landing behind, on, or completely in front of the ten (10) feet line. A back line player may not block the ball when standing in front of the (10) feet line.

Playing the ball back to the opponent on the first touch is permitted. It is suggested, however, that players be encouraged to learn how to return the ball with more than one touch.

A maximum of three (3) touches are permitted per side per play, except for the touch on the block, which then permits four (4) touches. The ball must be played over the net on or before the last permitted touch.

The ball may not be contacted by the same player twice consecutively except for;

- A block.
- A ball may not be caught, pushed, carried, lifted or held.

If players touch the ball simultaneously at any time, it will be considered one touch. Any player may touch the ball on the next touch provided there is another touch allowed. This is inclusive only to the two players that touched the ball simultaneously.

PLAY AT THE NET

All Divisions

Players may not touch the net except for loose hair, such as ponytails.

Players may step on or have a foot partially above the center line. No other part of the body, i.e. hand, knee, elbow, etc. may touch or cross the center line. If a foot or any part of the body completely clears the center line and goes into the opposing court, a violation has occurred.

OUT OF ROTATION

Teams found to be out of rotation order after the serve will result in loss of the ball by the offending team and the award of a point to the non-offending team. Any points scored by the incorrect server will be taken off the score. Players will be placed in the correct order and play will resume.

END OF SEASON TOURNAMENT

Seeding for the tournament is determined by the placement of teams at the end of league play (8 matches).

The tournament director reserves the right to combine divisions in the brackets where there are multiple divisions in a grade. The top 1/2 of the teams will combine into a bracket and the bottom 1/2 will combine into a bracket to allow for more even competition. This will be implemented where there is a significant disparity in the regular season results.

Teams are guaranteed a minimum of two matches.

Teams will participate in bracket play. 1st and 2nd place teams will receive an award.

Participants will receive a medal.

PROTESTING A CALL

A head coach may request that the Head Referee be called to the court if there is an unresolved dispute over the application of a rule. This must occur at the conclusion of the play (dead ball) in question and before the beckon of the next serve. A request for a review of a judgment call (such as if a ball was in or out) may not be made.

Note, only the Head Coach or Assistant Coach may ask the referee for explanation of a call, request the Head Referee to come to the court for a resolution.

The Be A Friend Youth Organization Sports crew are very happy to help everyone understand volleyball rules, however, this must be done off the court and outside of games.

We encourage Coaches to request explanations of the referees at the time of the call or play.

There is nothing that can be done after a game or match has been completed.