



BOYS & GIRLS CLUBS OF COOKE COUNTY

2021 VOLLEYBALL LEAGUE RULES

Updated 8/19/2021

Article I. POLICIES AND PROCEDURES

Section 1. MISSION & PURPOSE

The mission of the Boys & Girls Club of Cooke County (the “Club”) is to enable all young people, especially those who need us the most, to reach their full potential as productive, caring, responsible citizens. Youth sports play a key role in that with an emphasis on inclusiveness, teamwork, leadership, character and of course, physical fitness and activity. Club sports exist to provide Cooke County youth with an opportunity to participate and develop within different sports. “Winning” is subordinated to development and opportunity as a priority in our leagues.

The volunteer coaches in this program should actively promote this focus, and emphasize skill development and participation in both practices and games. Any questions or concerns shall be directed to the Club CEO, Alex Rucker, alex@bgccooke.com , 940-665-6527.

Section 2. ELIGIBILITY

A. Players:

1. Player(s) may play on only one Boys & Girls Club Volleyball team per season.
2. Grade is determined by the participant’s school grade as of September 1st 2021.
3. Players may play up in the next grade/age group with parent approval.
4. NO player may play down without league approval.

B. Coaches:

- A.** Coaches will be committed to the Club mission and will complete both a background check and abuse training. An individual may be denied coaching privileges for any reason as determined by Club leadership.
- B.** Eligibility and responsibility as a coach in the Club volleyball program:
 - a. No player or coach may participate in any team meetings, workouts or games until he or she is officially registered, and or completed the background check and or completed abuse training and or assigned a team.
 - b. Coaches must meet any additional requirements specified by the Club.

Section 2. TEAM AND LEAGUE ORGANIZATION

A. The volleyball league administrator reserves the right to consolidate or split one or more leagues/teams, if the league deems necessary for the benefit of the program(s).

B. Player assignment to teams: Players will be assigned to teams at the discretion of Club leadership. Parent and coaches preferences will be considered, but are not absolute.

A. Each player must register individually and must have paid their registration or will not be issued a uniform.

B. A maximum of 12 players may be carried on a roster.

C. No roster size minimum, but if the team does not have enough players, teams may be combined or changed to permit player participation and, as much as possible, equitable competition.

D. Players may not register after the registration deadline.

Section 3. CODE OF CONDUCT

1. The Club volleyball program strives to develop volleyball skills, teamwork, leadership and good sportsmanship among all participants. Winning is secondary to these objectives. Coaches and fans are expected to abide by these principles. We are not a select league – we are focused on inclusiveness and development.
2. All coaches must demonstrate good sportsmanship and fair play at all times to fans, officials, and players.
3. Players, coaches, officials, and participants are subject to, and must abide by, the Club Code of Conduct.
4. Head coaches are responsible for the actions of their team's players and coaches. Coaches must explain to their parents and players during a team meeting that any negative actions they take before, during or after a game in relation to the officials, coaches, players, or spectators will result in disciplinary action by Club leadership (ranging from ejection from a single event to a permanent ban from Club events).
5. Fighting will not be tolerated. Players or coaches who fight, start, or instigate a fight will face strict disciplinary action.
6. Violation of the conduct described in this Section may result in an immediate suspension or other penalty as determined by Club leadership.

Article II. EQUIPMENT & COURT REGULATIONS

Section 1. UNIFORMS

A. All players will be issued jerseys with our Club logo and player numbers. All players should wear black shorts and their jersey at games.

B. Knee pads are required.

C. Shoes must be athletic style, designed for use on indoor wood floors.

D. No jewelry may be worn at any time during the game, including hard headbands or sports watches. Officials or Club leadership may prohibit any equipment that they deem unsafe or inappropriate.

Section 2. COURT REGULATIONS

A. The net will be set at **6ft 1in**

B. The service line will be the **10ft** mark, with players encouraged to serve overhand.

Players who are able to get the ball over the net at the regular line are encouraged to do so regardless of division.

C. All divisions will use a youth volleyball for the official game ball.

Article III. GENERAL RULES

Section 1. SCORING AND MATCHES

A. Teams should be present at least 15 minutes prior to game time. If the team is not present at game time it will result in an automatic forfeit.

B. Each game will consist of 3 sets, rally scoring. Set 1 and 2 will be played to 25 points and will be capped at 30 points. Set 3 will be played to 15 points and capped at 20 points. Teams must win by 2 points unless point cap has been reached.

C. A coin toss will be conducted between a representative from each team and the official to determine the serving and receiving teams for the first game. Winner of the toss will choose to serve or will choose court side. Loser of the toss will have the other option (if the winner chooses to serve, loser chooses court side...if the winner choose court side, loser serves). Teams will switch sides after the 1st set. Another coin toss will take place to determine side and possession for the 3rd set.

- D. Rotation sheets and rosters should be given to the scorekeeper before the game, listing players in order of service rotation. After the game both coaches will sign the scoresheet to verify that it is correct.

Section 2. GAME RULES

- A. Each team must have at least 4 players on the court in order to play, maximum of 6 players.
- B. Each team may have one (1) minute time out during the first and second set. Each team is allowed a 30 second timeout during the third set.
- C. Serves may be underhand or overhand (overhand recommended for skill development). If the server has a bad toss, the server must let the ball drop to the floor. The server will be allowed one “bad toss” per service.
- D. No attacking or blocking serves.
- E. Once the whistle has been blown for service, the player has 10 seconds to serve the ball.
- F. If a team earns 5 consecutive points on the serve, there will be a side out after the 5th point, with serve going to the other team.
- G. A distinct hit must be made. No holding, catching, or throwing the ball.
- H. Any contact with the net during play is prohibited and will result in a side-out or point. In the judgment of the official, a foul will not be called if a player’s hair or the force of the ball by the opponent pushes the net or if it supports into a player.
- I. Substitutions may only be made when the team subbing is rotating. All Divisions will use a continuous rotation of all players entering at the service position.

Section 3. MISCELLANEOUS

- A.** The following applies when there are multiple games in progress in the same gym: If a ball enters the court of another game while the ball is in play, it will be at the referee's discretion to stop the game if the ball causes interference of play or poses a safety threat to a player.
- B.** A volunteer for each team call lines during the game play for accurate calls. Teammates or other players in the same division are not allowed to call lines.
- C.** Teams shall designate a parent from their team to be scorekeeper and run the scoreboard. Home team will keep scorebook, visitors will run the scoreboard.
- D.** All players will play at least 50% of each game. It is the coach's responsibility to rotate players into the game to meet the player participation rule. This rule is also applicable in playoffs. There is no penalty for missing practice, but if a player routinely misses practice the Coach shall communicate that to Club staff.
- E.** Practice time should be no longer than an hour. If a coach is using an off-site location for practice, they need to inform Club staff.
- F.** Coaches and players are responsible for cleaning up the bench area after games. We need to work as a team to make sure the gyms are safe and clean.

Section 4. ADDITIONAL INFORMATION

- A.** All games will be played at The Boys & Girls Clubs of Cooke County (315 N. Denton St, Gainesville, TX).

- B.** The volleyball season will be 7 weeks long beginning on Tuesday, September 7th. A tournament based on standings will be played following the season on Saturday, October 23rd. All league games will be held on Tuesday nights ranging from 5:30pm-8pm.
- C.** Practice at Club may begin Monday, August 30th. If coaches would like to use the facility for practice there will be allotted times and courts on a sign-up basis. Coaches can sign up with Club staff.
- D.** All schedules and scores will be posted to QuickScores
www.quickscores.com/bgccookecounty

CLUB LEADERSHIP HAS THE AUTHORITY TO INSTITUTE NEW RULES OR CHANGE RULES TO MAINTAIN THE OVERALL MISSION OF THE YOUTH SPORTS PROGRAM.

THEIR DECISIONS SHALL BE FINAL.