

# SIYAA VOLLEYBALL RULES

*REVISED: 2017 (per board approval 8/13/2017) edit rules 10a, 10b 10c  
Prev. Revision per board approval – 8/9/15 edit rule 2(c) and 7(b).  
Prev. revision per board approval 10/6/14 SIYAA Minutes)*

1. Practice Times
  - a. Teams may begin practice the first Monday in August.
  - b. Each team can practice up to 6 hours a week prior to the first game
  - c. After the first game, you can practice up to 3 hours a week.
2. Ball, Court and Net
  - a. JUNIOR size ball
  - b. Varsity – 30' x 30' with 20' and 30' service line
  - c. JV – 30' x 30' with 15' and 20' service line (updated)
  - d. Net will be 7.0'
3. Scoring
  - a. A point shall be awarded each time the opponent commits a fault, receives a penalty or successfully grounds the ball on the opponent's court
  - b. Match play: best 2 out of 3 games (sets)
  - c. Games (sets) will be played to 25. The third game (set) will be played to 15.
  - d. Team must win by 2 points.
4. Teams
  - a. Will consist of a maximum of 12 players
  - b. You must play with a minimum of 5 players
  - c. No players can be added to **team roster after first match**
  - d. If a roster is not turned in by the first game, your team automatically forfeits the game.
  - e. Each player must play 1 full game (set). Only exception is if a player is injured or replacing an injured player. A player who comes into the game replacing the injured player and the injured player is still required to play another full game (set).
    - i. **MINIMAL PLAY TIME** Upon investigation & review by the SIYAA Coordinator of Sport & Executive Board the following consequences will apply for any team that does not comply with rules of required minimal play time for each player on their team.  
Regular Season Games:
      - 1<sup>st</sup> Offense Head Coach will receive Verbal & Written warning.
      - 2<sup>nd</sup> Offense Team will forfeit the game in which player did not receive minimal play time. Tournament Games:
        - No warning. Automatic forfeit of game.
5. Coin Toss
  - a. Toss is taken in the presence of the two team captains before the match
  - b. The winner of toss chooses:
    - i. The right to serve or to receive the service
    - ii. Or the side of the court
  - c. A coin toss will be done before the 3<sup>rd</sup> game (set) in a match to determine side or serve.
6. Warm-up session
  - a. 6 minute warm-up session before match begins
  - b. The team that wins the toss will take the net first. The other team will work on ball handling skills at the opposite end of the court.
  - c. After 2 minutes the teams will switch places for an additional 2 minutes
  - d. Last 2 minutes both teams will take the court to serve
7. Coaches
  - a. Must submit a line-up prior to warm ups. If a player comes in late she will be added to the next game. No one can play if they arrive after the 2<sup>nd</sup> match begins.
  - b. Coaches must sit or stand in the **designated** coaching area during the match.
  - c. Time outs:
    - i. Each coach will be allowed 2 time outs per game (set)
    - ii. 1 minute per time out iii. Teams have 2 minutes between each game (set)

- d. Coach must have a copy of their players' birth certificate, registration form and a copy of their team roster at every game.
- e. **AGGRESSIVE FORCEFUL ACTION**  
The Executive Board of the SIYAA will investigate any reports of aggressive, forceful action towards a child/player during SIYAA events. Several witnesses must verify the report.  
After investigation & review, if determined forceful action towards a child/player had occurred, the person/coach will receive an automatic two game suspension. (They may attend the game as a spectator only, not to sit or practice with team during two week suspension).

8. Start of the Game

- a. Teams will line up on the end line of their respective team court. When both teams are ready and facing each other, the referee will blow a whistle and motion for teams to approach the net, shaking opponents hand. Players immediately take their positions on the court.
- b. If for any reason, there is a player that will be not playing but will be sitting on the bench, you need to notify the scorekeeper and the opposing coach.
- c. It is the Coaches' discretion on if a player cannot play due to misbehavior or not participating at practices. Ex: If you practice 2 times a week and you have only showed up to 1 practice or maybe no practices, be prepared to not get as much playing time or any playing time. (Coaches should keep a sheet showing when they practice and who was there on what days)

9. Player Movement

- a. Each team will rotate one position after each server including the first team serve of the match
  - i. The player in the #1 position of the serving team will be the first server of that team
  - ii. The player in the #2 position of the receiving team will be the first server for that team
- b. All players not starting the first game will automatically be in for the full 2<sup>nd</sup> match. If the game goes to a 3<sup>rd</sup> match, the coach has the discretion to have open substitution for that match. However, when substituting a player, you can only substitute the same player in and out for each other. Ex. If #6 goes in for # 10, then #10 can only substitute back in for #6. **(THIS WILL GUARANTEE THAT ALL GIRLS HAVE EQUAL PLAYING TIME THROUGHOUT THE SEASON AND TOURNAMENT)**
- c. Players and teams will change sides of court after the 1<sup>st</sup> game (set). Coach will provide a new line-up at each match.

10. Serving

- a. JV will have one service line at 20'.
- b. Varsity will have two service lines, one at 20' and the second will be at 30'. If Varsity player serves 3 points from 20' they must move to the 30' line.
- c. Any player stepping on or over either service Line will result in a foot fault.
- d. All players that serve overhead must serve from the 30' (V) line.
- e. Server must hit the ball within 8 seconds after the referee whistles for service
- f. The server will continue to serve and score until they have a service fault or the receiving team causes them to lose the serve.
- g. Team that did not serve the first match will serve the 2<sup>nd</sup> match. A coin toss will be done if there is a 3<sup>rd</sup> match to determine who serves first.
- h. **SERVER RULE:** All players, coaches and persons in the stands are required to be silent during the serve, anyone violating the server rule may be ejected from the gym. (If the same person receives a second offense it will result in suspension for the season and tournament, and could cause their team to forfeit the match in progress.)

11. End of Match

- a. Following the whistle indicating the end of the match, the players of each team will line up on the end of their court. When both teams are in position the referee will blow a whistle and motion for the teams to form a single line and proceed to the center of the court to shake hands with the opponents.