

LSO VOLLEYBALL LEAGUE

Rules and Guidelines

2017-Revised 8/16/17

DIVISIONS

Spikers: Advanced

Peppers: Experienced

Setters: Intermediate

Passers: Beginners

- Divisions and teams are formed based on a variety of information: Data gathered during the evaluation process and from coaches recommendations if returning player, grade level, knowledge of the game, passing, serving, serve receive ability, along with coach ability and agility/height. We do our best to accommodate coach requests but placements are not guaranteed.
- In a case where multiple teams are formed from one grade, the teams should be divided as equally - skill wise- as possible.

Peppers (experienced) and Setters (intermediate)

- The net will be set at 6' 6" height and teams will play with a youth, light-weight (7 – 8oz) volleyball (a.k.a. Volley-Lite).
- Players are allowed to serve up to the 5' serving line. (5' from the end line). Players may choose to serve underhand or overhand and may switch serves in their same serving rotation.
- Players will **only be allowed to serve 4 consecutive points**, then the serving team will rotate and the same team continues to serve.
- Players will only have one "drop" attempt to serve per serve rotation. A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The first ref shall cancel the serve and direct a second and last attempt at serve. The server is allowed 5 sec to reserve. (NFHS Rule 8-1-6)
- **Blocking a served ball is NOT permitted.** Attacking a served ball while the ball is completely above the height of the net is not permitted. (NFHS Rule 9-6-5/6) To elevate controversy, it is encouraged to put players in serve receive position, ready to pass or set the first ball in order to obtain 3 contacts on the receiving side.
- A served ball is a service fault and becomes dead when the ball does not legally cross the net, such as when the ball touches the ceiling or any obstruction or touches any part of a backboard or its support hanging in a vertical position over the serving area when tossed for serve. (NFHS Rule 8-2-6)
- A replay will be called when a player unintentionally serves the ball prior to the referees signal/whistle to serve. (NFHS Rule 9-8-1)
- These teams will **play 2 sets and if an additional 1 is needed for a tie breaker**, then they must play from 0-15 points. If one is not needed but time allows, they may play the additional game until time expires and referee calls the game. The set will end when one of the following occurs:
 - One team reaches the score of 25/15 points and has at least a two-point lead
 - One team scores 30/17 points, regardless of how many points they lead by (i.e. cap at 30/17 pts)
- All players should play in every match (minimum 1 out of 2-3 sets). It is recommended that each player receive at least one full set of playing time per match.
 - This does NOT include players being disciplined for grades or other team infractions.
 - This does NOT guarantee that all players will have equal playing time.

- If a player arrives to the game late (after the coach turns in the line up or at coaches digression) they will sit out until the set in progress ends. The coach can add them to the line up for the next sets.
- These rules apply for either rotation play or sub play (see definition of play)
- Any playing time issues will be brought to the attention of and will be addressed by each organization coordinator.
- Boys playing in the program: An all-boys team is welcome but not all times can we meet those requests from season to season. However; for our co-ed teams, the boys need to be placed every other player and not side by side. Rotating boy-girl-boy-girl is recommended where possible.
- Teams have the choice of either rotating up to 10 players onto the court (i.e. the players on the bench are included in the normal rotation of players), or playing with a six man rotation on the court and substituting player for players from the bench. Once chosen, a team may NOT switch their rotation style in the middle of a set. They can, however, switch styles between sets in a single match.
- Teams can play with a **minimum of 5 players** (a side out and a point will be awarded to the other team on the rotation of the missing 6th player). The team can have a maximum of a 10 player rotation.
 - With an exception to an injury a player may not be added to a roster after the 3 weeks. If a team is in need of a player especially due to a health issue or injury, then a guest player may be added to that roster to help out temporarily until that time the original player returns and then must be taken off the roster (monitored on a week to week basis).
 - A guest player can play within their division or play in a higher division but a guest player from a higher division is not be eligible to play in a lower division.
 - All above accommodations must be approved by division coordinator and all program directors.

Spikers

- All rules for the Peppers apply except for these specified in this section.
- Players will have an **unlimited amount of serves per player** until there is a side out.
- The net height will be placed at 6'6" and players will play with a regular USA volleyball for spring season.
- Teams play with a **minimum of 5 players** (but a side out and a point will be awarded to the other team on the rotation of the missing 6th player).
 - The team can have a maximum of a 10 player rotation.
 - Teams are encouraged to play a six man rotation with balanced playing time as much as possible.
 - Changes to the roster may be made up 3 weeks into the season. A player must be on a team's roster in order to play. Exceptions can be granted by the coordinator due to unforeseen circumstances – please notify the referee that is scheduled in advance.
- These teams will **play 2 sets and if an additional 1 is needed for a tie breaker**, then they must play to 15pts. If one is not needed but time allows, they may play the additional game until time expires and referee calls the game.
 - Same applies as in Peppers: These will be rally scored sets – in the first two sets, teams will start with 4 points each, and will play to 25 points (start at 4 due to time). The final set will be played from 0 to 15 points. The set will end when one of the following occurs:
 - One team reaches the score of 25/15 points and has at least a two-point lead

- One team scores 30/17 points, regardless of how many points they lead by (i.e. cap at 30/17 pts)

Passers

- All rules for Peppers apply except for those specified in this section.
- Players may **serve up to the 10' serving line**. (10' from the end line).
- The net height will remain the same at 6' 6" and players will use volley-lite balls.
- Each player is **allowed one "missed serve" (does not travel over the net)** per rotation, **servicing 4 consecutive serves for points**, then rotate:
 - Once a serve is made over the net, no "missed serves" will be allowed. A total of 5 serves are possible (the first being the "missed serve"), however only 4 consecutive points are allowed per player, per rotation. Then they must rotate.
 - If the first serve is over the net but goes out of bounds it is not considered a "missed serve" so it is not to be replayed.
 - A ball that hits the ceiling or ceiling partition on a serve and lands in the serving teams court, **on the players first serve ONLY may be replayed**. If it is any other serve the regular rules will apply and will result in a service fault and becomes dead when the ball does not legally cross the net. (See Peppers rule above - NHFS Rule 8-2-6)
 - If the ball **hits the ceiling or partition and clears the net, landing on the receiving teams side at any time** then it is a fault and a side out will be given.

MATCH RULES

If a team does not have an adequate number of players to start their first game at the scheduled match time, they will be given a 5 minute grace period. At the end of the five minutes, if the team still does not have enough players, the first set will be forfeited, and a second five minute grace period will be awarded. If at the end of the second grace period, the team still does not have enough players to play, the second set will be forfeited. For the third set, an additional 5 minutes will be granted to allow for the team to acquire enough players. If at the end of the third grace period, the team still does not have enough players to play, the third set will be forfeited.

Teams that forfeit will be required to pay their referee fees regardless.

Each team is allowed two, 1 minute, time outs. When the Buzzer sounds or referee blows whistle, both teams should be ready to play.

Teams must have in possession a roster of players and a signed Coaches Code of Ethics. Changes can be made to the roster up until the 3rd week of play. A player must be on your team's roster in order to play.

Coaches must carry their certificate of concussion training on their person and put a copy in their home gym binder.

FACILITY RULES

PLAYERS ARE NOT ALLOWED TO WARM UP BEFORE COACHES ARRIVE FOR THE GAME.

For the first match of the evening, please do not be at the facility more than 30 minutes before the first match time – however, do begin your warm up 8 minutes prior to the scheduled start time so that the first match begins at the designated time

Matches will NOT start earlier than scheduled – your warm up time is 6 minutes, plus 2 minutes to serve – total 8 minutes. You must stay on your own side of the net unless both coaches agree to hit over the net.

- The official has discretion to shorten warm up time due to keeping games on track. A recommended adjustment is 4 minutes warm up and 1 minute for serving.

No red sports drinks are allowed in any gym. (No food or non-water drinks allowed in the Gyms)

The official can call a replay anytime a ball/object rolls/falls onto the court and interferes with play.

Ceiling partitions and basketball backboards/hoops that are in the field of play and are in the folded/up position are considered part of the ceiling and should follow regular ceiling rules if a ball hits the backboard/hoop/ceiling partition. If a ball hits a basketball backboard/hoop that is down, but in the playing area, it is the referee's decision if the ball would have been playable and may call for a replay.

Areas of the facility that are outside of the court can be used to warm up your players WITHOUT using a ball. DO NOT bounce, hit or pass any ball in any lobby, this also includes the walls in the gym. Do not bounce balls in the gym while matches are in play.

Parents are responsible for any younger children they bring to the gym. Children are not to be unattended at practice or games! They are not permitted to run, yell, scream or climb on anything in the facility (no children will be allowed on the stage at any time). If any of these problems occur during the game or at practice, the parents will be asked to control their children. If they cannot, they will be asked to leave the gym/building.

TEAM RULES

All players must wear the same uniform shirts with numbers on the back in plain sight for the referees.

GUIDELINES FOR GOOD SPORTSMANSHIP

ALL LSO/MRAA PROGRAMS HAVE A ZERO TOLERANCE POLICY FOR UNSPORTSMANLIKE CONDUCT.

THIS POLICY APPLIES TO COACHES, REFEREES, PLAYERS AND PARENTS.

INDIVIDUALS DISPLAYING INAPPROPRIATE BEHAVIOR WILL BE ASKED TO LEAVE THE FACILITY OF THE SPORTING EVENT.

Teams may not use any cheers that disrupt the game, are loud or are offensive.

All players going through the line at the end of the game will shake hands and say "good game" – if any player is seen NOT doing this, it will be considered an un-sportsmanlike conduct foul and a yellow card will be given to that player.

A 3 warning system is used for disruptive players and coaches. A referee can yellow card any player or coach that is disruptive on the court and follow it with a red and then yellow/red. When a player/coach is yellow carded it is considered their first warning, they are allowed to continue play but if they are red carded/2nd warning and are still disruptive, they are not allowed to continue play or coach that set. If a yellow/red card/3 warnings have been reached they are not allowed to continue and will be removed from the gym and play will continue without them.

VOLLEYBALL RULES

- All divisions will use rally scoring for their games. In rally point scoring, a point is awarded after every play regardless of which team is serving.
- A coach or parent must accompany a team at all times.
- Players and coaches must wear gym shoes in the gym and during the game.
- All players must wear kneepads during the game – they will NOT be permitted on the court without them.
- Players may NOT play while wearing casts or braces on arms, legs, wrists, ankles or fingers. Soft wraps that have no metal or hard plastic components, can be worn for medical reasons, however they must have proper coverage. Both teams' coaches and referee must agree on proper coverage for safety. Any wraps should be accompanied by a doctor's note stating the necessity for and approval of the wrap during play.
- **NO JEWELRY IS ALLOWED** – this includes rings, watches, necklaces, friendship bracelets and anklets, eyebrow rings, tongue piercing studs, navel rings, earrings and/or starter earrings.
NO BANDAGES ARE ALLOWED TO COVER EARRINGS.
- A coin toss will be held before the match. Home team on the schedule selects their side and then the coin toss winner decided serve or receive. Before the third game another coin toss will be held. The winner will choose serve, side or receive. The other team will choose next.
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- Submit your line up to the referee prior to each set and be sure you are substituting the correct way – same person / same position. If you are planning to include bench players in an "over-six" player rotation, please notify the referee and scorekeeper prior to the start of the game.
- Volunteer help during game:
 - Each team is responsible for providing one adult for a line judge.
 - Home team is responsible for providing a scorekeeper for the match.
- All players and coaches must be quiet after the referee signals to serve and before the serve is made.
- During a set, all players must stay seated on their bench while games are in play or stand as far back out of play as possible if there are no chairs, unless they are going in for a substitution.
- A "let serve", a serve that hits the net but continues into the other teams court, is a legal and valid serve in all divisions.
- There is no blocking or hitting by the serve receive team during a serve that travels over the net.
- At no time is a player allowed to touch or make direct contact with the net during play. Hair, jersey, shoulder, face, head, hand, etc. is considered contact and will be called in a violation.
- OHSAA does not allow for teams to designate a Libero player for matches below Freshman level.

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION (OHSAA) RULES WILL GOVERN OUR LEAGUE, UNLESS OTHERWISE NOTED ABOVE, OR AT THE DISCRETION OF THE OFFICIALS.

A COPY OF THE OHSAA RULEBOOK IS AVAILABLE WITH EACH REFEREE.