

# LSO Recreational Volleyball

## LSO, LAVA, and CPYVL

LSO Recreational Volleyball teams will play by the OHSAA 2023 Volleyball Manual which is based on the NFHS 2023-24 Volleyball Rules Book, unless otherwise amended or defined in this document.

Lakota Advanced Volleyball Academy (LAVA) teams play in the Cincinnati Premier Youth Volleyball League (CPYVL) and play by that league's rules. See [cpyvl.com](http://cpyvl.com) for further information.

## Spring 2024 changes

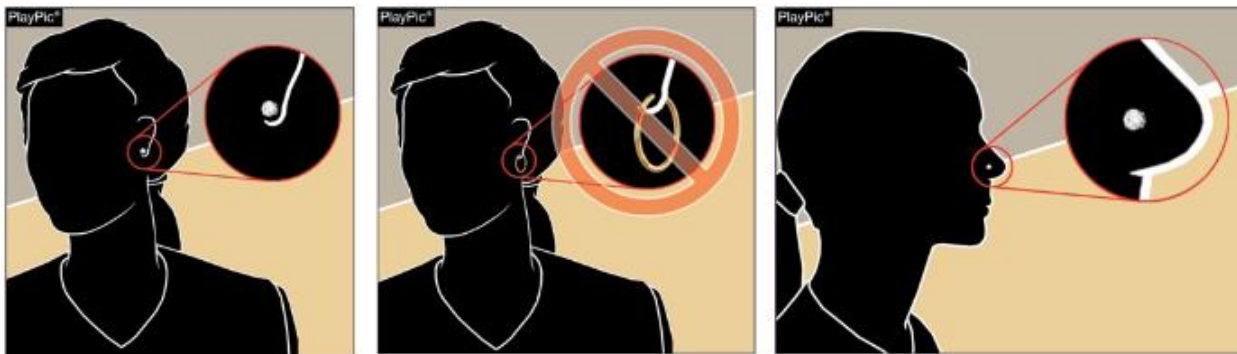
No changes from Fall 2023 are introduced. To recap Fall 2023 changes:

Recreational volleyball teams are assigned primarily by school grade level.

Net heights and service lines used by the grade levels have changed slightly, to align with other area recreational leagues.

The allowed serving line extends the width of the court, even when the taped or painted line is not 30-ft wide.

Jewelry rule (NFHS Rule 4-1-7) states that all jewelry must be removed, except small, secured studs or posts worn above the chin. No jewelry is permitted below the chin, including string bracelets, commemorative bracelets and body jewelry. In addition, taping over jewelry is not permitted with the continued exception for religious or medical-alert medals. This rule change aligns high school rules with NCAA rules on the wearing of jewelry.



- Small, secured stud or post jewelry may be worn above the chin.
- No jewelry is permitted below the chin.

# Division Rules

## Divisions Summary

	Service	Serving Line	Net Height	Ball
<b>2<sup>nd</sup> grade</b>	4 points, rotate	Attack line	6' 0" (or lowest possible)	Volley Lite or equal
<b>3<sup>rd</sup> and 4<sup>th</sup> grade</b>	4 points, rotate	15-ft	6' 0" (or lowest possible)	Volley Lite or equal
<b>5<sup>th</sup> and 6<sup>th</sup> grade</b>	6 points, rotate	10-ft	7' 0"	Volley Lite or equal
<b>7<sup>th</sup> grade and above</b>	Unlimited	End Line	7' 4"	NFHS or USA ball

### 1. Service

**2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> grades:** A player can serve at most 4 consecutive points. If their team wins the fourth point, the serving team keeps possession of the ball, but the players must rotate so a new player will serve the next point.

**5<sup>th</sup> and 6<sup>th</sup> grades:** A player can serve at most 6 consecutive points. If their team wins the sixth point, the serving team keeps possession of the ball, but the players must rotate so a new player will serve the next point.

**7<sup>th</sup> grade and above:** A player can serve **an unlimited number** of consecutive points.

### 2. Serving Lines

**2<sup>nd</sup> to 6<sup>th</sup> grades:** Players may serve from behind the end line, or from behind the taped line for their division. If serving in front of the end line, the player must be clearly behind the provided taped line. If the taped or painted service line does not extend across the entire court, the service line will extend from the marking on the floor the entire length of the court. The officials (referee and line judge) will use their best judgement to determine a foot fault. The server can serve from anywhere (left to right) behind the line used for their division; the server is not subject to overlap and alignment rules.

**7<sup>th</sup> grade and above:** All players must serve from behind the end line. No individual player exceptions are allowed.

### 3. Net Height

Net height will be set as close as possible to the table above, measured at the center of the net.

### 4. Ball

The game ball will be referee's choice of best ball.

**2<sup>nd</sup> to 6<sup>th</sup> grades** will play with a Volley Lite or similar youth-weight ball.

**7<sup>th</sup> grade and above** will play with a regular volleyball marked with NFHS or USA Volleyball logo.

# General League Rules

LSO will play by the OHSAA 2023 Volleyball Manual which is based on the NFHS 2023-24 Volleyball Rules Book, unless otherwise amended or defined in this document. A copy of the NFHS and the LSO rules are available in each gym binder.

## 1. Uniform

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

Players and coaches must wear gym shoes in the gym and during the game.

All players must wear kneepads while on the court during warmups and the match – they will NOT be permitted on the court without them.

Following NFHS Rule 4-1-7, small, secured stud or post jewelry is allowed to be worn above the chin. This includes earrings, nose piercings, or any other stud or post jewelry. NO OTHER JEWELRY IS ALLOWED – this includes rings, watches, necklaces, friendship bracelets and anklets, or any type of hoop or dangling jewelry. Medical-alert medals and religious medals are not considered jewelry and may be worn under the uniform but should be taped to the player's body. NO BANDAGES ARE ALLOWED TO COVER JEWELRY.

LSO follows OHSAA rules on casts, braces, and other medical equipment. Players may NOT play while wearing casts or braces made of hard, unyielding material on fingers, hands, wrists, or forearms. Hard, unyielding items on the elbow, upper arm, or shoulder may be worn for medical reasons; however, these should be padded. Both teams' coaches and referee must agree on proper coverage for safety. Knee and ankle braces, unaltered from the manufacturer's design and worn as intended, do not require additional padding. Any wraps should be accompanied by a doctor's note stating the necessity for and approval of the wrap during play.

## 2. Match structure

Teams will be given a minimum of 5 minutes of shared warmup before the match begins (4 minutes warmup, 1 minute serving) and normally 8 minutes of shared warmup time (6 minutes warmup, 2 minutes serving) prior to the match. Teams must each warmup on their own side of the net unless both coaches agree to hit or serve over the net. The official has discretion to shorten warmup time to keep all games on schedule.

Matches will not start earlier than scheduled.

The Home team selects their side of the court prior to the first set.

The referee will conduct a pre-match conference attended by coaches and captain(s) for each team. During the conference, the referee will discuss ground rules and procedures. The Visitor team captain will call a coin toss; the winner of the toss may choose for their team to serve or receive in the first set.

There will be no change of courts between sets or before the deciding set. Prior to the third set (if played), the Home captain will call a coin toss; the winner of the toss may choose for their team to serve or receive in the deciding set.

Each Head Coach may request two time-outs per set (max. 1 minute each). When the buzzer sounds or the referee blows the whistle, both teams should be back on the court ready to play. Failure to do so is an Unnecessary Delay.

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Matches are played best 2 out of 3 sets. The first two sets are played to 25 points and the third set is played to 15 points. If a third set is not needed (one team won the first two sets), both Head Coaches and the referee may agree to play a third set until time expires and the referee calls the game.

The set ends when:

- One team reaches 25/15 points and has at least a two-point lead or
- One team scores 30/17 points, regardless of lead (*i.e.*, cap at 30/17 points) or
- If the third set is played but not needed, it will end either when one team wins by the above score or when the referee ends the match based on time, regardless of score.

### a. Start and End of Match Procedures

Coaches will decide whether to meet at the net for “high fives” or to wave from the attack line before and after the match. Prior to the start of the first set, the referee will signal players to their respective end line. The referee will then signal players to approach the net or the ten-foot attack line to wish each other “good luck” during the match. At the end of the final set, the referee will again direct players to their respective end lines. The referee will then signal players to approach the net or the ten-foot attack line to tell each other “good game.” It is considered unsporting conduct for any player to not participate or to participate in an unsporting way (e.g., aggressive, sarcastic, rude). The coach may use proper discipline for that player (*i.e.*, sitting out a set).

### b. Season Tournament

The tournament will be played using all regular season rules, except:

- If one team wins the first two sets of the tournament match, no third set will be played.
- During tournament matches, set scores are not capped at 30/17. Sets will end when one team reaches 25/15 points and has at least a two-point lead.
- Home team and Visitor team are determined by bracket position. Home team is listed on top of the bracket and Visitor on the bottom. Home team must provide a scoreboard operator; both teams must each provide a line judge.

## 3. Lineup, Rotation, Substitution

Teams can begin a match with a **minimum of 5 players**. When playing with only 5 players, a vacant position is maintained in the service order and when determining overlap and front-row players. A loss of rally and point is awarded to the opponent when the vacant position rotates to serve.

Teams of all ages have the choice of either rotating players onto the court or submitting a six-player lineup and substituting 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.

Lineup should be submitted to the referee at least one minute prior to the start of each set, listing the jersey numbers of the players in the order in which they will serve.

- At the beginning of a set, the receiving team will rotate after the first side out. This means that the receiving team’s first server listed on their lineup does not begin the set in the Serve position (Position 1) on the floor.

Players must be present to be listed on the lineup. If a player arrives late (after the lineup is submitted, or at the coach’s discretion) they may not be added to the current set’s lineup or be used as a substitute but may be added to the lineup of the following sets. An exception can be made in case of injury, for the “late” player to substitute for the injured player only to prevent the team from dropping below 5 eligible players in the set.

Teams choosing to rotate are not capped on the size of their lineup. A rotation lineup can list any or all players on the roster, even if the roster has 10 or more players. Teams are permitted to rotate in 1 or 2 players when they rotate following a side out. **Either or both of the following are allowed:**

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- Right-front player rotates out to sideline, sideline player rotates into right-back (serve)
- Left-back player rotates out to sideline, sideline player rotates to left-front

At all times, sideline and bench team members should remain seated at their team bench (if provided) or stand at least 6-ft away from the sideline (or as far as possible) and make every effort not to interfere with play.

Teams using a six-player lineup are permitted up to 18 substitutions per set. The first lineup does not count as an entry or substitution.

Teams may not designate a libero.

## 4. Serve

All players and coaches must refrain from unsporting behavior when an opponent is about to serve the ball. This includes using disconcerting or distracting acts or words.

Once the referee gives the signal to serve, the player has 5 seconds to contact the ball for serve.

Players may choose to serve underhand or overhand and may switch serve styles in their same serving rotation.

Per NFHS rules, the serving area must be at least 6 feet in depth. In gyms where such a space is unavailable, the referee will decide if a step or two in (over the end line) is allowed and will use a consistent means of calling a foot fault.

The server may use the full width of the court to serve. The server is not constrained by overlap/alignment rules and may serve from left, right, or between the other backrow players. If the taped or painted service line does not extend across the entire court, the service line will extend from the marking on the floor the entire length of the court. The officials (referee and line judge) will use their best judgement to determine a foot fault.

Foot faults will be called if a player steps on any of the designated serving lines during a serve.

Players are allowed one “dropped” attempt per serve rotation. A re-serve shall be called when the server releases the ball for service, then catches it or allows it to drop to the floor without attempting a serve. The referee shall cancel the serve and signal a second and last attempt at serve. The server is allowed a new 5 seconds to serve.

A “net serve,” a serve that hits the top of the net but continues into the other team’s court, is a legal and valid serve in all divisions.

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.

A replay will be called when a player unintentionally serves the ball prior to the referee’s signal to serve.

## 5. Hitting, blocking

Legal contact is a touch of the ball by any part of a player’s body (except the player’s loose hair) that does not allow the ball to come visibly to rest or involve prolonged contact with a player’s body.

A block is the action of a player(s) close to the net that deflects the ball coming from the opponent’s side of the net by reaching above the height of the net.

Blocking a served ball is NOT permitted. Attacking a served ball while the ball is still completely above the height of the net is also NOT permitted.

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 above 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

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backboard/hoop that is down, but above the playing area, the ball is dead. It is the referee's decision if the ball would have been playable (replay) or not playable (out).

## 6. Forfeit, Cancellation, No Show

If a team does not have at least 5 players to start the match at the scheduled match time, they will be given a five-minute grace period. If the team does not have enough players at the end of the grace period, the first set will be forfeited and a second five-minute grace period will begin. If the team still does not have enough players at the end of the second grace period, the second set (and the match) will be forfeited. For the third set, an additional 5 minutes will be granted to allow the team to acquire enough players. If the team still does not have enough players to play at the end of the third grace period, the third set will be forfeited.

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

If at any point during a match a team drops below 5 eligible players (*e.g.*, due to injury, player disqualification, etc.), *if both coaches wish to continue playing*, the team lacking players must forfeit and guest players can substitute from the opposite team or any other eligible player and play can continue. Scores for these sets will be recorded as forfeits.

Additional reasons for which a set or match may be declared forfeit are outlined in the NFHS Rules Book and include (but are not limited to) coach disqualification with no other responsible adult to take the bench, a disqualified player violates conduct rules following disqualification, or a team refuses to play when directed to do so by the referee.

No team may cancel or reschedule a match without approval of their Division Coordinator.

"No show" is defined as not showing up to the match without providing notice to the opposing coach or to the Division Coordinator and the match officials *at least 2 hours prior to match time*. A team that "no shows" is still responsible to pay the referee fee.

## 7. Playing time

All players should play in a minimum 1 out of the first 2 sets in every match. It is recommended that each player receive at least one full set of playing time per match. These rules apply for both rotation and substitution lineup styles. This does not mean that players will play a FULL set continuously.

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.

It is inappropriate to address coaches about playing time concerns inside the playing facility before or after games.

Any playing time issues or concerns should be brought to the attention of the Division Coordinator.

## 8. Gym Staffing, Documentation

The Home and Visitor coaches for the first match of the day share responsibility to set up the court and scoring system. Coaches for the first match should plan to be at the gym 30 minutes prior to the scheduled match start time.

The Home and Visitor coaches for the last match of the day share responsibility to take down and properly store the court equipment.

Each team is responsible for providing a line judge that is over 18 or has volleyball knowledge.

Home team is responsible for providing a scoreboard operator for the match.

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 and Spectator Rules

PLAYERS ARE NOT ALLOWED TO WARM UP BEFORE A COACH ARRIVES IN THE GYM.

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 warmup 8 minutes prior to the scheduled start time so that the first match begins at the designated time.

No food or non-water drinks allowed in the gyms. Absolutely **no red sports drinks** are allowed in any gym.

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 the lobby or in hallways. Spectators and teams waiting to play: please do not bounce balls in the gym while matches are in progress.

Parents are responsible for any younger children they bring to the gym. **ALL LSO PROGRAMS HAVE A ZERO TOLERANCE POLICY FOR KIDS MISBEHAVING AND VIOLATING GYM PROPERTY.**

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 school stages 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. If a problem persists, it is up to the coordinator to withdraw a player from participating in the program for the remainder of the season.

## Sportsmanship Guidelines

ALL LSO PROGRAMS HAVE A ZERO TOLERANCE POLICY FOR UNSPORTING 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 must participate in the “good game” ceremony at the end of the match. If any player is seen NOT doing this, it will be considered an unsporting conduct foul and a yellow card will be given to that player.

A 3-warning system is used for disruptive players and coaches. Cards issued for unsporting conduct carry over from set to set during a match. A referee can give a yellow card (warning) to any player or coach that is disruptive on the court and follow it with a red (penalty) and then yellow and red (disqualification). If the situation warrants, a referee may give a penalty or disqualification on the first offense.

- When a player is yellow carded it is considered their first warning with no loss or rally/point.
- A player may be given a penalty (red card) for the first serious offense or second minor offense. A loss of rally/point is awarded to the opponent.
- If a coach, assistant coach, or team bench is given a red unsporting card, the Head Coach (and all coaches) shall remain seated at the team bench for the remainder of the match except as provided by NFHS rules (*e.g.*, to request a time-out).
- Disqualification (yellow and red card displayed apart) may be given for the first flagrant offense, second serious offense, or third minor offense. Loss of rally/point is awarded to the opponent. The offender is disqualified from the match. Once disqualified, the offender is not allowed to participate in the match and will be removed from the gym and play will continue without them. Note that a team whose coach is disqualified **must** have another coach / adult supervision to continue the match, or else must forfeit the match.