

SD57 Elementary Schools Volleyball Rules 2014

- The intention of all rules listed in this document is to ensure that all players get to play an equal amount and that each game is played fairly and in the spirit of good sportsmanship. Any action that violates these tenants is a violation of the spirit of this document.
- Because we want to ensure that young and inexperienced players develop good technique and not simply “whack” the ball, severally rules have been modified. It is understood that some players may be beyond the need for such modification but that this consideration should not affect general play.
- Short court volleyball has been found to be best practice for elementary players. Every effort should be made to use this format.
- There will be no “cuts” to an elementary team roster except where behaviour is an issue. Everyone who signs up plays equally. Creating an “A” and “B” team (stacking) is inappropriate as is putting all grade 6 or grade 7 students on one team.

1. Service

- A. Server is allowed to start on the rear boundary line and take one step on to the court. A foot fault would be taking more than one step on to the court.
- B. Service may be taken anywhere along the rear boundary line. Back row players must stay in proper rotation.
- C. If service taken before referee’s whistle, it results in loss of serve (side-out)
- D. Server allowed one attempt at service: if ball is tossed or dropped without being struck they may try one more time.
- E. The server must strike the ball cleanly with any part of the arm/hand below the elbow.
- F. Under hand serves only. (upward motion, forearm pointed up, contacted below the waist) The third serve may be an overhead serve.
- G. Loss of service results in failure of proper service:
 - i. failure of serving team to return the ball
 - ii. if fouls committed by server or serving team.
- H. The ball must land within the other court. Ball landing on the line is considered “in”. Ball hitting net and going over is considered “in”. Each server is allowed 3 serves, then must rotate out to allow next server to continue service.

2. Return of Service:

- A. The first contact of return of serve may be bumped or volleyed with a "clean" hit. **The first contact of all returns must be hit with two hands. The only exception is a**

“dig” retrieved outside the court boundaries. In this case the ball can be hit with one hand.

B. The return must travel in an “upward” motion. The serve cannot be blocked or spiked.

C. When returning the ball it must pass across the net and inside the court area. The ball may touch the net.

3. Blocking:

A. A block is: any player is considered as having intention to block if he places any part of his body (arms, hands, head, shoulders) above the net while in position at the net. No blocking is allowed.

4. Spiking:

A. Open or closed fist - must be "clean" hit. Inside "Attack Zone" by front row players.

B. Cannot be done as return of serve.

5. Tipping:

A. A tip is a contact with the ball with finger tips or a fist, but there is no arm swing. Both feet may be off the ground. Tipping is allowed on the second or third hit only.

6. Positioning During Game:

A. A team must consist of a minimum of 10 players for league and tournament play. (recommend a maximum of 12 players) Boys teams may have female players only if the numbers are too low.

B. Six players per side may take the court.

7. Rotation:

A. All players must rotate into the game in turn.

B. Bench order must stay the same throughout each game

C. Teams must make rotate at the start of each new game, a player that just served in the previous game rotates out.

8. Substitutions:

A. In case of an injury, the next player in the rotation may be substituted in. The injured player must remain out of the game.

B. The only other substitutions that will be allowed is in an "emergency" situation.

C. If a player exhibits unsportsman-like behavior, they may be pulled and the player will be substituted in.

9. Scoring Points:

A. All games will be to 25. Team must win by 2 points. Cap at 27

B. In the third game situation, it will be to 25, but in the tournament to 15

C. In the finals of the tournament all games will be to 25.

10. Scoring:

- A. A ball that lands on the line is considered in.
- B. A ball that touches the net during play is still good.
- C. A ball played into the net may be played. (As long as no more than 3 hits are made)
- D. Only one contact in succession per player is permitted.
- E. A maximum of three contacts per side is permitted.

11. Fouls:

- A. If a player of the serving side commits a foul, service goes to opponents and a point is awarded.
- B. If a foul is committed by the receiving side, a point is awarded to the other side.
- C. If simultaneous fouls by both sides are committed, the play is taken over (reserve is given)
- D. Touching the net during play is considered a foul.
- E. If a player steps completely over the center line with one or both feet during play (player may step on, but not over center line, body may pass under net but not interfere with play or touch the ground on other side.)
- F. Holding, pushing, directing or scooping the ball. (causing the ball to pause in hands) is a foul.
- G. Contacting the ball more than three times by a team.
- H. Intentional "heading" or kicking is not allowed.

11. Start of Game:

- A. Players should line up at the back of the court and wait for the referee to signal them to move on to the court and to shake hands across center line, then to stand in rotational order on the court.
- B. A captain may be delegated to step forward to be involved in the coin toss or Rock, paper, scissor.

12. End of Game:

- A. When a game has been completed, teams back up to behind court and wait for referee to signal. Players are to walk around in a **clockwise** direction, then the player line up on the end line and wait for the referee to release them to their benches.

13. Consultation with Referees

- A. Only the designated captain or coach of a team may talk to the referee during a game.

14. Court Hindrances

- A. Many elementary gyms have equipment that is not movable and may, from time to time, interfere with play. In the event that a ball, in play, hits a court hindrance it is an automatic replay. Low ceilings are not considered a hindrance.