

Wabash Valley Youth in Action Volleyball Handbook

1. All games will be scheduled by Wabash Valley Youth In Action, Inc.
 2. There will be a five (5) minute grace period for the start of the first game of the evening during regular season play.
 3. Schedules will be issued five (5) days prior to the start of the season. There will be no changes or alterations.
 4. The coach shall be responsible for receiving and collecting team equipment at the start and finish of the season.
 5. A parent will be chosen from each team to be a parent representative for the team. A team parent must be on the bench at all times during practices and games.
 6. A coach must be at least 18 years of age.
 7. All coaches must have an approved application for the current year on file with WVVYA.
 8. In the event of a canceled game due to weather or school function, the coach will receive notification of rescheduled games 48 hours prior to the game.
 9. No one except approved coaches and team parents are allowed on the court or gym floor during practices and games. Minimum of two (2) coaches and/or parents must be in attendance during practices and games.
 10. All equipment (except for knee pads) will be furnished by WVVYA.
 11. Net: 7'1"
- Serve: 25'
- Ball: Lite
- Score: 21 win by 2

Games: 2 out of 3 (3rd game tiebreaker to 15, must win by 2)

12. No intentional contact below the waist.

13. Parents who serve as line judges may not speak to or coach players.

Rules of Play

Starting procedure: The home team has first service. Visitors choose which end to play.

The serving rotations are to be turned into the scorer prior to each game beginning.

Position of the players for service- (A): When the ball is served, the players of the serving team should be standing in two rows of three- the front-line players at the net, the back-line players behind them anywhere on the court. The receiving team should be in serve receive position. When there is a change of service (B), the players of the team that is to serve rotate one position clockwise before serving. Players must serve in the correct order of rotation. Otherwise the team loses the service and all points scored while the wrong person was serving. The players' order of rotation must remain constant until the end of a game, but the lineup can then be changed if the scorer is informed.

The serve (C): The server stands in the service area at the back of the court. After the referee's whistle, the server has five seconds to put the ball into play. She can hit the ball with her open or closed hand or any part of her arm. She must hit cleanly with one hand only, while holding or tossing with the other hand. No player shall toss or throw the ball over the net as a serve. At the moment of impact the server must be within the service area, although she can land outside it after hitting the ball. The ball must pass over the net between the antennas or their indefinite extensions, to into the opponent's court.

A fault is committed if the ball goes under the net, outside the antennas or their indefinite extensions, lands outside the playing area, or if any players make contact with the net. Members of the serving team must try not to distract the opposing team during the service. The same player continues to serve until her team commits a fault, or has

served three consecutive times. In the deciding game of a match, a coin is tossed at the start to choose service or playing end.

Starting second and subsequent games: At the start of second game, the teams change ends, and service goes to the visiting team. In the deciding game of a match, a coin is tossed at the start to choose service or playing end.

Playing the ball after service (D): The ball may be hit with any part of the body above and including the waist, as long as the hit is clean and the ball is not held, lifted, or carried in any way.

Each team may touch the ball up to three times, not counting “blocking” contact, before returning it over the net. Except in blocking, the same player may not hit the ball twice in succession, and if two teammates play the ball simultaneously, it counts as two touches. If a player touches or is touched by the ball in anyway, she is assumed to have played the ball. The ball may be played while a player is in contact with a teammate, as long as she is not used as a prop.

Once the ball is in play after service, players may move freely on their side of the net.

Putting a foot or feet completely across the center line while the ball is in play is a fault.

It is not a fault if a player’s hand or hands cross the net after an attack, or if they cross the vertical plane below the net, as long as no interference to the opponents is caused.

Front-line players may make any kind of hit including a spike provided that at the time of contact the ball is partially or totally within their playing space. Back-line players may make any kind of hit. However, to spike, a back line player’s feet must be behind the 10’ attack line at the time of takeoff. The ball should go completely over the net between the antennas or their indefinite extensions. If the ball hits the net inside the antennas, it is still considered in play unless another rule is infringed. The ball is considered in if it touches any part of the line.

When either referee blows his/her whistle, the ball is dead. If it touches the ground or any object outside the court, it is out of play. The ball must clear the lines completely to be out of court. If the ball touches the antennas or the net outside them, it is out.

Blocking (E): Front line players may block by making contact with the ball before or immediately after it crosses the net. Back-line players are not permitted to participate in a block. After blocking, a team has the right to three more contact with the ball before returning it. A player who has touched the ball during a block can play the ball again immediately-this counts as the first of the three contacts allowed. If the ball touches more than one blocking teammate, this counts as one touch even if the contacts are not simultaneous. Blockers may reach over the net inside the antennas, but they must not interfere with the opposing team by trying to touch the ball before the opponents' block, the attacking team has the usual right to three more contacts to return it.