

OHVA VOLLEYBALL RULES

I. RULES OF THE GAME

WE ARE FOLLOWING O.H.S.A.A. RULES WITH THE FOLLOWING CLARIFICATIONS / EXCEPTIONS / ADDITIONS.

A. GAME STRUCTURE

1. A MATCH CONSISTS OF 3 GAMES – PLAY ALL 3 GAMES
2. USE RALLY SCORING – EVERYTIME THE BALL HITS THE FLOOR A POINT IS AWARDED
3. PLAY ALL GAMES TO 25 POINTS, WIN BY 2 POINTS. 30 POINT CAP ON THE 3RD GAME ONLY (INCLUDING TOURNAMENT GAMES)
4. PLAY ALL 3 GAMES IN A MATCH DURING REGULAR SEASON TO DETERMINE LEAGUE STANDINGS. HOWEVER, DURING TOURNAMENT GAMES YOU MAY STOP PLAYING AFTER EITHER TEAM WINS 2 GAMES OF THE MATCH.
5. 2 TIME OUTS PER TEAM PER GAME
6. MAY START AND / OR PLAY WITH 5 PLAYERS. THE “OPEN” POSITION MUST BE MAINTAINED IN THE SERVING ROTATION AND ON THE COURT. A SIDOUT POINT IS AWARDED TO THE OPPOSING TEAM WHEN THE OPEN POSITION ROTATES TO SERVE
7. FORFEITS
 - a. GAME ONE OF THE MATCH IS FORFEITED IF A TEAM DOES NOT HAVE 5 OR MORE PLAYERS AT GAME TIME.
 - b. GAMES 2 AND 3 ARE FORFEITED IF AFTER 10 MINUTES, A TEAM DOES NOT HAVE 5 OR MORE PLAYERS.
 - c. IF AT ANY POINT A TEAM HAS LESS THAN 5 ABLE-BODIED PLAYERS THAT GAME AND ANY SUBSEQUENT GAMES ARE FORFEITED.
 - d. IF A FORFEIT OCCURS, BOTH TEAMS PAY THE REF FEES AS NORMAL.
8. ALL PLAYERS MUST PLAY AT LEAST 25 POINTS (NOT NECESSARILY IN SUCCESSION) OR THE EQUIVALENT OF 1 GAME.
9. PRE-GAME
 - a. WARM UP ETIQUETTE (TIME IS NOT GUARANTEED)
 1. PASSING (KEEP THE BALL ON YOUR SIDE OF THE NET)
 2. SETTING TO HITTERS (HIT FROM **RIGHT** FRONT POSITION)
 3. SERVING (SHARE VOLLEYBALLS WITH THE OTHER TEAM)
 - b. COACH AND CAPTAIN TAKE GROUND RULES/COIN TOSS
 1. REFEREE RANDOMLY CHOOSES TEAM TO CALL COIN TOSS. REFEREE FLIPS COIN TO DETERMINE HOME TEAM
 2. HOME TEAM CHOOSES SIDE
 3. VISITING TEAM SERVES FIRST IN THE FIRST GAME
 4. HOME TEAM SERVES FIRST IN THE SECOND GAME
 5. HOME TEAM CALLS COIN TOSS FOR THE 3RD GAME AND TOSS WINNER CHOOSES SERVE, SIDE OR RECEIVE
 6. FOR TOURNAMENT GAMES, THE SAME PROCEDURES APPLY. **HOME TEAM IS THE TEAM LISTED ON THE TOP OF A BRACKET PAIRING**
 7. HOME TEAM WILL PROVIDE GAME BALL, KNOWLEDGEABLE LINE JUDGE AND PAPER SCOREKEEPER.
 8. VISITING TEAM WILL PROVIDE KNOWLEDGEABLE LINE JUDGE & ELECTRONIC SCOREKEEPER.

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- c. SUBMITTING A LINE-UP
 - 1. **HAVE YOUR LINE-UP READY** WHEN YOU ARRIVE
 - 2. TURN IN LINE-UP SHEET TO THE SCORER'S TABLE (CIRCLE YOUR 1ST SERVER)
 - 3. REMEMBER, AT THE BEGINNING OF THE GAME, THE RECEIVING TEAM MUST ROTATE THE FIRST TIME THEY ARE AWARDED A SIDEOUT

- B. SPECIFICATIONS, PROCEDURES AND DEFINITIONS
 - 1. NET HEIGHT – TO BE SET UP BY THE HOME TEAM
 - a. 7/8 7'4"
 - b. 3/4; 5/6 7'0"
 - 2. AN ATTACK – OCCURS WHEN A PLAYER CONTACTS THE BALL WHILE THE ENTIRE BALL IS ABOVE THE NET AND SENDS THE BALL TO THE OPPONENTS SIDE OF THE COURT
 - 3. BACK ROW PLAYER -- WHEN IN FRONT OF THE 10-FT. ATTACK LINE
 - a. MAY NOT BLOCK OR ATTEMPT A BLOCK
 - b. MAY NOT ATTACK. (**BALL POSITION** IS THE DETERMINING FACTOR, **NOT** WHETHER THE PLAYER JUMPS; SEE NUMBER 2 ABOVE)
 - 4. SERVING AREA
 - a. 7/8 SERVE FROM BEHIND THE ENDLINE FROM SIDELINE TO SIDELINE
 - b. 5/6 MAY USE THE "STEP-IN" AREA IN THE SERVER'S CORNER. THEY MAY SERVE FROM SIDELINE TO SIDELINE IF THEY ARE BEHIND THE ENDLINE
 - c. 3/4 – SEE RULES ON PAGE 4
 - 5. SERVING
 - a. LET SERVE – A SERVE IS LEGAL IF THE BALL HITS THE NET AND GOES OVER
 - b. ALL GRADE LEVELS – THE SERVER GETS A MAXIMUM OF 4 SERVES IN ONE ROTATION. IF HIS FOURTH SERVE RESULTS IN A POINT FOR HIS TEAM, THE SERVE PASSES TO THE OPPOSING TEAM, BUT NO SIDEOUT POINT IS AWARDED
 - c. A SERVE MAY NOT BE BLOCKED
 - d. A SERVE MAY NOT BE ATTACKED (SEE NUMBER 2 ABOVE)
 - 6. SUBSTITUTIONS
 - a. ARE LIMITED TO 18 PER GAME
 - b. **HOW TO:** IN A LOUD VOICE CALL TO THE REF: "SUBSTITUTION -- # FOR #"
 - c. **WHERE TO:** PLAYERS MUST MEET AT THE SIDELINE BETWEEN THE NET AND THE 10-FT. ATTACK LINE. PLAYERS DO NOT MOVE UNTIL THE REF GIVES THE OK
 - d. MAY SUB FOR ANYONE, INCLUDING THE SERVER, AS LONG AS PROPER SERVING ORDER IS MAINTAINED
 - e. PLAYER THAT IS SUBBED FOR MAY RE-ENTER THE GAME AT ANY TIME, BUT ONLY IN HIS ORIGINAL SPOT IN THE SERVING ORDER
 - f. MULTIPLE PLAYERS MAY BE SUBBED INTO THE SAME SPOT IN THE SERVING ORDER DURING THE COURSE OF THE GAME

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7. LEGAL BALL CONTACT
 - a. OCCURS WHEN A PLAYER CONTACTS THE BALL, WITHOUT IT COMING TO REST, WITH ANY PART OF HIS BODY AT OR ABOVE THE WAIST.
 - b. **NO KICKING !!!!**
 - c. DOUBLE HITS ARE LEGAL ON **ANY** FIRST BALL OVER THE NET (SERVES, SPIKES, TIPS, FREEBALLS, ETC.)
 - d. LEGAL DOUBLE HITS OCCUR WHEN THE FIRST CONTACT DOES NOT CAUSE A DEFINITE DIRECTION CHANGE TO THE BALL. FOR EXAMPLE: A QUICK GLANCE OFF THE ARM IMMEDIATELY FOLLOWED BY NORMAL CONTACT, OR A 2 HANDED HIT THAT DOES NOT CONTACT BOTH HANDS AT THE EXACT SAME TIME. IT DOES NOT MEAN, FOR EXAMPLE, A BUMP AND A SET IN SUCCESSION BY THE SAME PLAYER.

SCORES & STANDINGS – Please keep a record of game wins and losses and call them in to **the league president** at the end of the season. The tournament seedings will be determined by these standings. Call or e-mail records in by end of night of last regular season game. **NO RECORD, NO TOURNAMENT !!!**

TEACH THE GAME – ADVANCE THE GAME

- II. LEAGUE GOALS AND PHILOSOPHY
 - A. TEACH PROPER TECHNIQUE (OPPORTUNITES TO HIT FOLLOW GOOD PASSING AND SETTING)
 - B. TEACH USE OF THREE HITS (PASS, PASS, PASS OR PASS, SET, SPIKE)
 - C. PRAISE MULTIPLE HIT ATTEMPTS
 - D. DO NOT PRAISE OR PERMIT “BOOM BALL”
 1. COMMUNICATE THIS TO YOUR PLAYERS
 2. COMMUNICATE THIS TO THE PARENTS (SEE SAMPLE LETTER PAGE 6)
 - E. PROMOTE VOLLEYBALL AS A “TRUE” SPORT
 1. VOLLEYBALL IS A GAME OF FINESSE, SPEED, AND POWER

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3RD/4TH GRADE INSTRUCTIONAL RULES

THIS IS AN INSTRUCTIONAL LEAGUE. IT'S ABOUT TEACHING, NOT WINNING. GIVE ALL KIDS AN OPPORTUNITY TO PLAY FRONT ROW, BACK ROW, AND SERVE. IF THE GAME IS FUN AT THIS LEVEL, KIDS WILL CONTINUE TO PLAY FOR YEARS.

THE ONLY WAY TO SUCCEED IS TO TRY, AND IF A PLAYER IS NOT ALLOWED TO TRY, THE COACH HAS FAILED.

ALL PREVIOUS RULES APPLY EXCEPT AS FOLLOWS:

1. **SERVING** – The server gets a maximum of 4 serves in one rotation. If his fourth serve results in a point for his team, the serve passes to the opposing team, but no sideout point is awarded to the opposing team.
2. **SERVING AREA** – Server will serve from the normal serving corner, as far from the net as possible and no closer than the attack line (10-ft. line). Overhand servers must serve from behind the “step-in” line. If serving from behind the endline, a server may serve from sideline to sideline.
3. **DURING TOURNAMENT PLAY**, all servers must serve from behind the “step-in” line.

REMINDERS

- ◆ **PLAYING TIME** – Should be divided equally among all players per match. *DURING TOURNAMENT PLAY*, all players must play 25 points in a match (the equivalent of one game).
- ◆ **SUBSTITUTIONS** – We are using normal substituting procedures (NO ROTATING IN).
- ◆ **GAMES** – Play three full games. Games 1 & 2 – 25 points, win by two. Game 3- 30 point cap.
- ◆ **SCORES & STANDINGS** – Please keep a record of game wins and losses and call them in to **the league president** at the end of the season. The tournament seedings will be determined by these standings. Call or e-mail records in by end of night of last regular season game. **NO RECORD, NO TOURNAMENT !!!**

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SAMPLE PARENT LETTER

Dear Parents,

While winning makes any sport more fun and exciting, our focus will be on teaching the girls the fundamentals. Volleyball is a little different from other sports in that learning to play properly actually makes it hard to win at beginning levels. You may see other teams play what we call “Boom Ball”—the kids will intentionally hit the ball back over the net as soon as possible. Since they have fewer touches on the ball, they have fewer opportunities for mistakes, and they frequently score points. At the beginning levels of the game this is an effective strategy for winning. However, as the players become more skilled, this style of play loses its effectiveness, and kids who have not learned how to control the ball and work with their teammates on an offensive attack will be at a disadvantage. For this reason, we will encourage our girls to “Use three hits” each time the ball comes to our side of the net. Initially, we may struggle, but in the long run, the girls will be better prepared to play the “pass, set, spike” style of volleyball that is played at the local rec. centers as well as high schools and colleges. We tell you this because we want you to encourage them, too. Please clap and cheer when they control their passes and use three hits, even if they don’t win the point. We all get excited and cheer whenever we score, even when the ball accidentally goes back over the net before the third hit, **BUT PLEASE DO NOT HOLLER “HIT IT OVER!”** every time one of our girls touches the ball. Scoring and winning are fun, and we don’t want to downplay that, but our goal is to balance the learning and the fun so the girls have the skills and the desire to continue playing the game for many years.

Technical Details—For league standings, each game counts separately, so we will always play three games in a regular season match. In tournaments, the team that wins two games out of three wins the match and advances, so sometimes the third game is not necessary. The league requires that each girl play at least 25 points in a match. On our team, additional playing time will reflect each girl’s presence and hard work at practice.

Please call if you have any questions about any of this. Thanks for your cooperation!

Coach _____