

**M: Volleyball - Overview**

**1. Introduction:**

Volleyball may be the first team sport offered by schools during the school year. Sufficient time should be given for the development of skills and team play. The late fall season allows early autumn activities to finish, yet concludes the volleyball season before the hectic mid-December schedule.

**2. Grade Groups:**

- a) There are separate leagues for Junior and Intermediate Levels.
- b) Thus, there are possibly five leagues: Junior Boys, Junior Girls, Junior Co ed, Intermediate Boys, and Intermediate Girls.
- c) Note that in some areas (not centrally-organized) there exists Co-ed Intermediate tournaments separate from the leagues that exist..

**3. Organization:**

- d) Area games are suggested not to start before the completion of Cross-Country at the Junior level. At the Intermediate level this at times can not be avoided..
- e) At the Junior level:
  - i) Areas organize leagues to name area winners in Boys and Girls.
  - ii) If schools wish to participate in the Post-Area Tournament, Area finals must be completed before the Post-Area Tournaments begin.
  - iii) At the Intermediate level the D.S.B.N. Tournaments run independently of league play due to the difference in structure.

**4. Specific Coaching Responsibilities:**

- a) The home team coach should offer some type of change facilities for the visiting team where their clothes, etc. will be safe and unharmed.
- b) The visiting team coach must ensure that on exit, the change room is in the same state as when they entered.
- c) Coaches should ensure that they have score keepers, lines people and referees and/or payment money as required.
- d) During warm-up, each team will use only one side of the court. Proper warm-up activities should be conducted. Leagues should decide on the structure of the warm up at the initial meeting so we have consistency. If a league or the two teams involved in that particular match wishes to vary from this suggestion, it is allowed
- e) Ensure that players are aware how to enter the court, switch sides and shake hands properly.
- f) Report game results as soon as possible as outlined by the convener.
- g) Coaches are requested to be aware of their spectators' behaviour and their effect on play.

**5. Specific Convener Responsibilities:**

- a) Refer to the convener's section (*see section I - 'Conveners'*) of this manual for step-by-step assistance.
- b) At coaches' meeting, discuss:
  - i) court size
  - ii) serving rules/limits
  - iii) net height
  - iv) point system
  - v) substitution rules
  - vi) league and playoff structure
  - vii) communication system / reporting scores
- c) Recommend that Area leagues play by the rules as used at D.S.B.N. post-area tournaments.
- d) We are requesting that our Athletic Web site be used for the posting of all information within each league at both the Junior and Intermediate level.

**6. Rules and Scoring:**

- a) Certain rules will have to be made yearly in regard to scheduling, court size, net height, and other common rules which are the wishes of those participating in volleyball that year. Because we are attempting to teach proper individual as well as team skills, it is both necessary and realistic to have our children play under rules both as close to the rules as we realistically can, and at the same time keep the rules in the situation where each child will enjoy and understand the game.
- b) Basic Rule Chart:

	<b>Junior (grades 4-6)</b>	<b>Intermediate (grades 7-8)</b>
<b>Net Heights</b>	Girls: 6'4" Boys: 6'7" Co ed 6' 7"	Girls: 6'11" Boys: 7'2" Co ed 7' 2"
<b>Court Size</b>	30ft. Wide x 25 ft. Long Serving line underhand 15' from net Serving line overhand 25 ' from net	30 ft wide by 30 ft. long serving line at 30 ft.
<b>Serving Limits</b>	5 serve maximum	10 serve maximum
<b>Scoring</b>	Rally Point Scoring System (must win by 2 - cap of 27)	Rally Point Scoring System (must win by 2 - cap of 27)
<b>Referees</b>	non-O.V.A. referees	O.V.A. referees - if desired

- c) A form of 'Equal Play' is used for both Junior Boys, Junior Girls and the Co ed leagues. If a line has more than 6 players, "rotation" into the back-middle is to be used.
- d) At the Junior Boys and Girls level, the B-line plays 1<sup>st</sup> and 3<sup>rd</sup> games, with the A-line playing the 2<sup>nd</sup> and 4<sup>th</sup> games. If a 5<sup>th</sup> game is required (for playoffs only), the B-line plays until one team reaches 12 points. At this time, the A-line finishes the game.
- e) Crests and pennant are to be awarded at the end of league or tournament play.
- f) Medallions and plaque to be awarded to post- area tournament winners

## **7.D.S.B.N. Championship Tournaments**

### Junior Level:

- a) Winning team (or designate) of each area advances to Championship tournament.
- b) In both boys and girls there will be a Tier 1 and Tier 2 championship
- c) The Championship tournament consists of eight teams and occurs on a single-day (weekday, during the day).
- d) If an Area chooses to run a separate Co ed Junior league , the winner of this league is ineligible to advance to either the Boys or Girls District Championship.
- e) There will be a separate Junior Co ed Championship declared. Details of this championship will be found under the Document Juniors playing at the Int. Level or participating in at the Co ed Tournament 14 15 and under Equal play Volleyball 14 15

### Intermediate Level:

- a) All schools are divided into four Intermediate Groupings (A,B,C,D,) - Separate tournaments will be held for each grouping.
- b) There also will be an Int Coed District Championship
- c) **Schools enter the tournament through an application process under direction of the E.I.A.A. Co-Ordinator** - (*see Section G - 'Forms'*). All schools which follow this application process are accepted.
- d) Some preliminary games may be held (after-school) to reduce remaining teams to 12 per grouping.
- e) In each grouping, 12 teams compete for board-wide championship in a single-day (weekday, during the day) tournament.

8. Also included is a package that gives a basic explanation of Volleyball terms and procedures.

## Volleyball Rules & Suggestions

### **Suggestions to Coaches and Administrators:**

Ensure that you have the proper payment for the referee before each match. Should be by cash. You may ask for a receipt.

5. Ensure that the game ball is cleaned and in good condition. There should be no tears in the leather, or bumps on the ball. Inflate and check pressure well before game time. The ball should not be “rock-hard”, but should not have a lot of give when pressed.
6. Ensure there are mats around all poles, and referee stands, and obstructions are removed from the gym.

7. Make sure you have competent score keepers (2) and lines people (2) well before the match. Make sure your lines people are assertive! Avoid team members who are not playing to be lines people. Review proper hand signals, and remind them that on the line is in.
8. Make sure that all the players know the proper rules for beginning a game, and substitution (see rules below)
9. Make sure dressing rooms are available to both teams. Ensure that no one leaves valuables in the change room, and have a locked area to keep these belongings.
10. Arrange for proper education and control of spectators
11. Make sure games are ready to start on time. If needed, provide warm-up balls.
12. Be sure that an attack line (a.k.a. the 3-metre line - *a line that is 3 metres back from the net*) is marked clearly. Ensure that the net heights are set appropriately, to the best of your ability.
13. Be sure the court is properly marked for both Int. And Jun. Competition. The Int. Court should measure 30'by 60'. The Jun . Court should measure 30' by 25' with a serving line set 20 ' from the net.

Coaches' Responsibilities:
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1. Check to make sure that uniforms are numbered, and match in colour (except the libero - see libero rules below). There is no penalty if a school team does not have a full set of matching shirts .There are also no illegal numbers.
2. Be in the gymnasium at all times.
3. Have first aid equipment with you at all times.
4. Have Position Sheets and Scoresheets with you (line-up cards). Ensure you have two competent scorekeepers and two competent lines people.
5. Ensure you have a game ball that is in good condition. Inflate and check the pressure well before game time. The ball should not be “rock-hard” nor should you be able to push into the ball and create a “dent” with your thumbs.

Volleyball Rules:
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| d) | DSBN Net Heights: Intermediate Boys - 7'2" | Intermediate Girls - 6'11" |
|    | Junior Boys - 6'7"                         | Junior Girls - 6'4"        |

- e) An Intermediate level match is a best 2 out of 3 series. Games are played to 25 on a straight point system (rally points). Either team can score a point on a serve. The first team to reach 25 points in the first two sets is the winner (must win by 2 points with a cap at 27). The 3<sup>rd</sup> set, if necessary, is played to 15 points and a team must win by at least 2 points with NO CAP. In the event of a 3<sup>rd</sup> set, a coin toss will determine who receives first serve and teams will switch sides once one team gets to 8 points. If you are using OVA referees, they are instructed to referee a 3<sup>rd</sup> set to 25 if the first two sets are won by the same team - this gives opportunities for others team members to play.
- f) A Junior level match consists of 4 sets. The “A” line will play sets 1 and 3, and the “B” line will play sets 2 and 4. If a 5<sup>th</sup> set is required (for playoffs only), the “B” line plays until one team reaches 12 points. At this time, the “A” line finishes the set.

#### Contact Rules:

- a) A double contact is allowed on the first hit after a serve and after each time the ball crosses the net to the opposing court (OVA rule) (example - off arms then face). Two contacts, with two distinct motions, will not be allowed (example - off chest, then arms).
- b) During a volley, the player is not allowed to “hold” the ball for any amount of time. The volley must come from the forehead (most referees will call it if their thumbs fall below their nose).
- c) In the DSBN, a player will not be allowed to purposely contact the ball with the head, or with a kicking motion with the foot. Any other body part is a legal hit.
- d) If using two hands to contact the ball (e.g. volley) they must contact the ball at the exact same time. (i.e. they must contact the ball in the same plane)

#### Blocking:

- 6. There is no blocking of a serve.
- 7. A block does not count as one of the 3 hits permitted per side. In other words, after the blocker touches the ball and the ball remains on his/her side, they are still allowed 3 hits.
- 8. Only the front court players may attempt a block.
- 9. The blocker can be the first one to play the ball after an attempted block.
- 10. Hands may be positioned over the net, but the ball must not be touched before the opposing team makes contact on a 3<sup>rd</sup> hit, **or** until the ball breaks the plane of the net on a 1<sup>st</sup> or 2<sup>nd</sup> hit.

### Serving:

- a) On a serve, the server may stand from any area behind the baseline or serving line.
- b) A serve is legal if it touches the net as it goes over and lands in-bounds.
- c) At the intermediate level of the DSBN, there is a 10 serve maximum for one player (this could be different at regional levels). After 10 consecutive serves, the serving team will rotate, and continue serving. At the junior level of the DSBN, there is a 5 serve maximum for one player (this could be different at regional levels). After 5 consecutive serves, the serving team will rotate, and continue serving.
- d) A player has 8 seconds from the referee's whistle to complete his/her serve.
- e) Before the match, the referee and coaches will decide if one-step into the court is allowed on the serve. If it is allowed on one side, it must be allowed on the other side as well.

### Attacking:

- a) Only a player in the front row may attempt an attack, or block (positions 2, 3 or 4 - *see Line-ups and substitution*).
- b) All gyms are required to have an "attack line" (painted or taped) 3m from the net. A back row player is only allowed to legally spike the ball by planting his/her feet behind the attack line before they jump. They are allowed to land past the attack line.
- c) A back row player positioned in the front row is allowed to play the ball over the net only if contact is made below the net **or** their feet are planted on the ground. (also meaning a back row player cannot make contact with the ball above the net if in the front row).
- d) When playing defense, if one or both of the defenders feet are completely past the center line and in the opponents playing court then it is deemed a fault by that player. A players body may enter the opponents court as long as any part of their feet is in contact with the middle line and they do not interfere with their opponents play.
- e) Neither an attacking or defending team member can not allow any part of the body to come in contact with the white tape at the top of the net. Any part of the body and or clothing may come in contact with the net proper as long as there is no interference with the play of the opposing team.

### Line-ups and Substitution:

- a) You are allowed 12 substitutions per game.
- b) If player B goes in for player A, player A must go back in for player B. This switch can happen to a maximum of 12 times per game.

- c) You may make up to 6 substitutions at any one time.
- d) When calling a substitution, the coach is to stand at the attack line, signal for a sub, and tell the referee how many substitutions he will be making (for example, Sub 2 means there will be two substitutions at a time). Players will come in/out in front of the attack line.
- e) A line-up card must be handed to the ref at the beginning of each set, with your first server circled. The positions on the court are numbered as below. Position 1 is the server.

4	3	2
5	6	1

- f) At the beginning of a match, and the end of a set, the players are to line up at the back of the court, in their positions. They can go right on the court to begin sets 2 and 3.
- g) There is no cap for members dressed in the DSBN, but OVA only allows 14 players dressed on a bench. Please be mindful of players sitting on the bench.
- h) Only the Floor Captain (player) is supposed to address the referee. This may change depending on the age of athletes you are dealing with. In elementary school, the coach should talk to the referee calmly about any situations that may arise.

#### Liberio - Intermediate only:

- a) The Libero is a defensive specialist, and is only allowed to play in the back row.
- b) The Libero must wear a numbered jersey that is a different colour and number as the rest of their teammates. The Libero may wear a coloured uncrested shirt instead.
- c) The Libero can go in for anyone in the back row, in between points. This does NOT count as a substitution.
- d) The Libero must come out of the game when their position rotates into position 4 on the court (front row).
- e) The Libero can replace multiple players, in the back row, throughout a set.
- f) The Libero can not serve.
- g) The Libero can not set up another player for attack from in front of the attack line using an overhand volley..