

2023 GIRLS VOLLEYBALL POLICY HANDBOOK

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Pelican Park Recreation Supervisor – Youth Sports

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PELICAN PARK YOUTH SPORTS

GIRLS VOLLEYBALL

Volleyball Mission Statement

The objective of the Girls Volleyball League is to provide a safe, fun, and well-organized recreational volleyball program for girls ages 7 – 15. The program is designed to promote sportsmanship and foster the development of volleyball fundamentals, with an emphasis on individual and team skills.

Handbook Usage

The purpose of this handbook is to provide league specific rules to Pelican Park Volleyball. For rules outside this handbook, please refer to the LHSAA rulebook for Volleyball.

Program Structure

The Girls volleyball program consists of **THREE** seasons (Approximate dates in parentheses)

- Late Winter / Early Spring season for ages 9 – 15 (Late January – Early April)
- Summer season for ages 13 – 15 (Late June – Early August)
 - **Limited Registration**
- Fall season for ages 7 – 15 (Late August – Late October)

Pre-Season Activities

Pelican Park has established policies and procedures regarding registration, late registration, and refunds. For additional information contact the Recreation Supervisor.

Registration

The Pelican Park Staff handles registration. Additional fees will be charged to out of district participants. Additionally, in the off-season program, where space is limited, Pelican Park reserves the right to determine if district participants will be allowed the first opportunity to register.

Player Evaluations

Evaluation procedures are established by the Pelican Park Staff. Evaluations are required for this program to have fair and equitable teams. Player evaluations are to be conducted under the supervision of the Pelican Park Staff and coaches. The purpose of the evaluations is to provide a basis for team formation and player placement in the appropriate division. All players will be evaluated for individual and game skills, with the game skills and individual skills weighted differently in the players' final evaluation scores.

Evaluations will consist of volleyball skills including serving, passing, setting, communication, etc. Each skill shall be evaluated by no less than two coaches when possible. All coaches (those who have expressed an interest in head and assistant coaching) are encouraged to participate in the evaluation process. Coaches are also encouraged to evaluate the same station during all evaluation days to maintain consistency. Evaluators must be fair, accurate and consistent as possible to ensure a safer and more balanced league. Evaluation forms become the property of Pelican Park. A player shall go through the evaluation process only one time.

- **All Stations are mandatory.**
- **Should one station be missed, then the average of the other stations will be used for that player's total evaluation score.**
- **Unevaluated players will not be eligible for the pool player list.**

Team Composition

8 players per team shall remain the standard for all age groups. Depending on registration numbers, this may be adjusted to 7 players per team.

Coach Selection

All individuals interested in becoming a head coach must make their name and desired age group available to Pelican Park by completing the Pelican Park Head Coaching Application and passing a background check. The criteria for the selection of Head Coaches are set by the Park.

The Head Coach is allowed to choose one Assistant Coach before team formation. The child of the Head Coach and the child of the Assistant Coach will be placed on the same team during team formations. The exception to this is when these two players are both ranked in the 1st round of the team formation. **Assistant Coaches are not allowed to address the officials during games, and only ONE coach is allowed to stand along the sideline at any time during games.** It is the responsibility of the Head Coach to ensure that all volunteers adhere to any and all policies set forth by the Advisory Board and Pelican Park. **All coaches must wear coach's shirts to all games.**

Team Formation

9 – 18 year old Leagues

- The volleyball team formation utilizes a hybrid blind draft for all ages.
- To create teams that are as even as possible, the top 3 players are placed onto teams based on the scores that they receive from the evaluations.
- The coaches will be allowed to adjust the players ranking for fairness prior to the start of the draft for any player that did not evaluate. Any player that did not evaluate may be adjusted for fairness based on the previous year's scores or knowledge of the players from the coaches and Pelican Park staff.
- Practice time preferences are to be sent in prior to team formations via Google Form. Pelican Park staff will use the preferences to create a practice schedule for pre-season and regular season.
 - **Preferential practice times will be granted to those coaches who are head coaching multiple teams and those coaches that participate in evaluations.**
- The serpentine order is used to evenly distribute the number of players each team will receive in the formation. For example: The serpentine formation order means that the selections will go from 1-10 and then back up from 10-1 (where there are 10 coaches/teams). In this process the 10th team will have the last player in the first round and the first player in the second round, while the 1st team will have the last player in the second round and the first pick in the third round.
- After the initial formation is completed, Pelican Park staff will operate an open draft for the remaining players. Coaches will go one-by-one selecting players for their teams.
 - Coaches will be required to select their children or their assistant coach's children in the round they evaluated.
- In leagues with combined age groups, all players evaluation scores will be combined to determine team formation. The ages will not be separated.
- This team formation procedure is not allowed to be changed during the formation
- Staff will prepare all necessary paperwork needed for team formation. The paperwork will consist of registered player list, evaluation list prepared from evaluation scores.
- During the team formation, only one coach per team will be allowed at the table to participate in the formation. Parents and other coaches can witness the team formation but are not allowed to carry on conversations with the coaches at the table during the draft process. Anyone who is not a head coach may be asked to leave the team formation at any time if said person is deemed to not be following the rules set forth for the draft process.



PELICAN PARK YOUTH SPORTS

GIRLS VOLLEYBALL

- The teams are finalized once the team formation process is over. Copies will be made for each coach. The originals will be kept by park staff on file.
- Each head coach can name one assistant coach before the draft and before the evaluation numbers are disclosed. This assistant coach must also be pre-approved by Pelican Park staff to be a designated assistant at the draft.

Regular Season Play

Practices

The standard is 2 – 3 practices per week before the season and one practice per week during the season. Scheduling practices is the responsibility of Pelican Park staff.

Games

- With the exception of the Summer season, the 9 – 18 year old leagues will play a 10 – 12 game season with no more than 2 games per week.
- During the Summer season, the 13 – 18 year old league will play an 8 game season with no more than 2 games per week

Game Rules

Head Coaches may NOT modify game rules. Games rules are set prior to the season and can only be modified during season in an emergency by the Recreation Superintendent.

Playing Time Rules

- During each match, every player must play at least **2 FULL SETS** without being substituted out.
 - A full set is defined as playing from the beginning of the set until the set is finished without being substituted out for any reason.
 - Exceptions may be made by the official if there are extenuating circumstances such as injury or illness.
- During tournament play, if the match only lasts two sets, then each player on the team is required to play **1 FULL SET** without being substituted out.

Pool Player Rules

A team may begin playing a match with FOUR players from its own team. If a team does not have at least FOUR of its own players to start the match, the team must forfeit. If a team has FOUR or FIVE of its own players to start a game, the team may add ONE or TWO pool players to reach a MAXIMUM OF SIX PLAYERS to round out the team, using the following guidelines:

- A pool player must be a registered player from the same age group. Under no circumstances is it permissible for a player from a different age group to play up or down as a pool player.
- A coach may take only as many pool players as necessary to make SIX players. For example, if a team has only four players, the coach may take two pool players to make a total of 6.
- Pool players must be on the list of approved pool players. The pool player list will be made up of players from the 4th round or below.
- **During a game, if a player cannot continue due to illness, injury, ejection, etc., and that player leaving would result in the team forfeiting due to having less than 4 players, a pool player can be used and inserted into the game in progress.**

Tie Breaker System

In the event of a tie in determining team standings the following process will be followed:

1. Head-to-head competition among the teams involved
2. Sets won
3. Coin toss by Staff (will be recorded for verification)



PELICAN PARK YOUTH SPORTS

GIRLS VOLLEYBALL

Referees and Scorekeepers

- Referees will be contracted for and provided by Pelican Park.
- The home team must provide an adult volunteer for the scoreboard
 - This volunteer may be someone from either team, but the HOME team is responsible for providing this adult.
- **Both teams must provide an adult volunteer to work as a line judge**
 - **An adult is defined as someone who is 18 and older.**
 - **Lines judges must not coach the players nor call out directions to their team**
 - **The line judge must be on the opponent's side of the court.**
- Coaches are strongly encouraged to train parents on clock operation prior to the first game.

Court and Equipment

- The court is 60 feet long by 30 feet wide for all age levels.
- Net height is 7'4" for all age groups with the exception of Bounce Ball.
- Ball sizes
 - 7- 8, 9 – 10 and 11 – 12 year old leagues use a Molten "12 and Under" volleyball (Volley-Lite)
 - 13 – 18 year old league uses a Molten L2 regulation volleyball

Player's Uniforms

- All jewelry on the neck and wrist is prohibited. Pierced ears may have studs only. Hair devices to control the hair must be soft.
- A cast or protective brace on the lower extremity is permissible provided there are no exposed metal or hard abrasive parts.
- Uniform requirement of NFSHSA waived

The Match

- A match consists of 3 sets. **The 3rd set will be played even if a team wins the first two sets.**
- The standings will reflect the win/loss record of matches.
- During tournament play only, the best two out of three sets will be played
 - **If the same team wins the first 2 sets, then the 3rd set will not be played**
- Each coach is responsible for turning in a roster before each match.
- The match will begin with a coin flip by the referee to determine which side has first serve.
 - The away team (2nd listed team on schedule) will call the first coin toss.
 - The winner of the flip may choose serve or side.
 - The team that serves 1st during the 1st set will **receive** the 1st serve during the 2nd set
- Before the beginning of the 3rd set, there will be another coin toss to determine the serving team. Whichever team did not call the toss before the 1st set will call it before the 3rd set
- Forfeiture Rules
 - if 4 players are not present at the scheduled start of the match, Set-1 is forfeited 25-0.
 - The official may allow a 5-minute grace period if players are confirmed to be close
 - If 4 players are not present 15 minutes past the scheduled start of the match, Set-2 is forfeited 25-0.
 - If 4 players are not present 30 minutes past the schedule start of the match, Set-3 is forfeited 25-0.

Game Rules

Girls' volleyball will adhere to the rules as stated in the rules book of "National Federation of State High School Associations" with the following modifications



PELICAN PARK YOUTH SPORTS

GIRLS VOLLEYBALL

Serving

- **UNDERHAND** serves in the 9 – 10 year old league may be completed from the **marked short yellow serve line. This line is equal with the free throw line on the basketball court.**
- **OVERHAND** serves in the 9 – 10 year old league must be completed from the **end line.**
- All serves in the 11 – 18 year old leagues must be completed from the **end line.**
- A side out will be awarded if the player steps on or over the serving line during the serve.
- There will be no taunting or unsportsmanlike conduct during playtime on the court or against other teams before, during or after the games.
- Once the official blows the whistle for the server to serve the ball into play, there will be absolutely **NO** taunting, talking or noise making of any kind to distract the server during the time the player has to make their serve.
- **After one server earns 5 consecutive points, there will be an automatic side out. (No point is given with side out in this situation.)**

Scoring and Clock Rules

- **Rally Scoring** is in effect for all age groups
 - A point will be awarded to the team each time its opponent violates a rule (e.g., failure to return the volley).
- The 1st and 2nd sets are played to 25 points (Team must win by 2 points)
- **The 3rd set is played to 25 points (Team must win by 2 points)**
- There is a 15-minute time limit for all sets.
 - If neither team is ahead by 2 points when time expires, the teams will continue playing until one team wins by 2 points
- The clock is a running clock except for time-outs and injuries.
 - After a time out or clock stoppage by the official, the clock restarts when the ball is served.
- There are (2) 30-second time outs per set, per team.

Rotation

- Rotation order, as determined by the starting line-up, must be maintained throughout each set
- Each time a team earns a Side Out, the team must rotate one position clockwise
- Even at the beginning of each set, when the receiving team has gained the right to serve, its players must rotate one position clockwise.

Substitutions

- A player in the starting line-up may leave the game and re-enter two times per game, but only to their previous position in the line-up.
- The player **MUST** report to the official before entering the game.
- A substitute must report to the official, during a dead ball, before entering the game. The substitute will show their number and say the number of the player they are replacing.
- A player may **NOT** be substituted out in the position before or during their serve.
- **Reminder: Each player MUST play two complete sets without being substituted**

Overlapping

- At the moment the ball is contacted by the server, each team must be completely within its own team's court (except the server) in two rows of three players. These rows may be staggered.

1	6
5	
2	3
4	
4	3



PELICAN PARK YOUTH SPORTS

GIRLS VOLLEYBALL

2	
5	6
1	

- The position of the players is determined and judged according to the position of their feet contacting the court as follows:
 - Each front row player must have at least a part of a foot closer to the center than both feet of the corresponding back-row player.
 - Each right (left)-side player must have at least a part of a foot closer to the right (left) sideline than both feet of the center player in the corresponding row. The server is exempt from this rule.
 - Once the ball is served, the players may move to any position on their playing area.

General Rules of Play

- The volleyball may not come to a stop and/or rest in a player's arms or hands (contact must be instantaneous).
- The server may serve from anywhere behind the end line, staying within the extended extensions (full width of 30' area).
- When overhand serving, the server has one reserve bad toss up **PER SERVE** (e.g., tosses the ball and allows it to drop without contact). The server may toss the ball one more time after the referee acknowledges the re-serve. **NOT PER SERVER.**
 - Per Serve is defined as **each time** the player attempts to serve the ball over the net.
- Each server has 5 seconds to serve the ball from the time the official signals to serve.
- There are 3 contacts per side.
 - A block is not considered one of the 3 contacts. Therefore, a player may block an attack and then play the ball consecutively.
- In reference to the centerline, a player's hand(s), foot (feet) or any body part may be on any part of the line provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other body part is illegal. However, any contact with an opponent will result in a slide out.
- A back-row player may not jump on or in front of the attack line (10-foot line) and spike or set or attack the ball over the net when the entire ball is above net level.
- A back-row player may not block a ball when on or in front of the back line.
- A player may follow through with their hand(s) over the net after a spike or block.
- A served ball may not be blocked or attacked by the receiving team.
- If any part of the served ball touches the net but goes over the net (inside the antennae, net post or any supporting apparatus) it is a legal serve.
- A player may block the ball on the opponent's side of the net IF the ball is on its way over after the hit.
- The ball is in bounds when any part of the ball contacts any part of the line.
- The ball must travel completely inside the net antennae to be in bounds. If the ball hits the antenna, it is out of bounds.

General Rules of Play (continued)

- A ball that hits the ceiling may be played IF the ball remains on the striker's side for the next hit. (If the ball has crossed the plane of the net, hits the object and returns, it is a dead ball)
- A ball that hits the wall or the basketball goal is a dead ball and may not be played. When this occurs, the other team earns a point
- A contact is any touch of the ball by a player excluding the player's loose hair.
- Players may use ANY part of their bodies to contact the ball on a volley
- Participation awards for all players
- Trophies for 1st and 2nd place teams in regular season and tournament

Post Season Activities

Evaluations

Post-season evaluation forms will be distributed through email. We encourage all coaches and parents to complete evaluation forms at the end of the season. We also ask all coaches to complete and submit End of Season Player Rankings to assist with the Team Formation process for following seasons.

Intra-League All Stars (optional)

The District designed Intra-League games to be a fun game played at the end of the season by those players selected based on exceptional skill and sportsmanship.

- **Team Makeup:** The teams will be divided according to their standings in the league. The Pelican Park staff will pick a date towards the end of the season and will use the standings as of that date. The teams will be divided in a normal “S” curve type of draft as much as possible.
- **Intra-league All-Star Selections:** Each All-Star team will consist of 8 players. Each league team will get to place as many players as necessary to make up 8 players per team. If the numbers do not allow each team to place the same number of players on the team, the higher seeded teams will get to place an extra player until the numbers add up to 8 per team. Each regular season head coach should verify his players will be able to attend the game before nominating them.
- **Coaches:** The Head Coach for each All-Star team should be the Head Coach from the higher seeded teams. If that coach is unable to coach the game, the next highest seeded team’s coach should be asked, and so on. The coach must be in good standing with Pelican Park. A neutral coach will officiate the game. The Head Coaches may not contact the intra-league team beforehand or hold a practice.

Miscellaneous

Safety

It is the goal of Pelican Park Youth Sports in conjunction with each team’s coach to provide a safe environment to play and enjoy the game of volleyball. If any unsafe act or situation is observed during any practice or game, coaches should complete a facility evaluation form that is located in the game bucket.

Disciplinary Action

Each coach is expected to demonstrate good sportsmanship and set the tone for parent and player attitude and behavior. Persistent arguing with and badgering of the referees is unacceptable behavior and carries significant consequences:

- **Any coach, player, or spectator ejected from the game must leave the gym completely.**
- **Any ejected coach, player, or spectator is suspended for the next game as well.**
- **Any coach or player ejected from multiple games will be suspended for the remainder of the season.**
- Coaches are responsible for their fans and can be penalized for their behavior.



PELICAN PARK YOUTH SPORTS

GIRLS VOLLEYBALL

Coach Conduct

- Coaches must sign a Code of Conduct waiver
- No tobacco/alcohol/vaping use
- No use of foul or abusive language.
- No violent play or physical abuse.
- No unsportsmanlike conduct.
 - Coaches will not harass, intimidate, or abuse any player, parent, scorekeeper, referee, fan, or league volunteer either verbally or physically at any time.
 - Violations of the Code of Conduct will result in the loss of coaching privileges for a period to be determined by the Recreation Disciplinary Committee.
 - Coaches must sign a code of conduct form and have a completed application on file prior to the season beginning.

Game Protest

The following process will be used to address protests in game situations:

- Only Rule Interpretation or Eligibility Protests will be considered. Judgment calls cannot be protested.
- For rule interpretation protests, coaches must make the protest when the alleged call has been made. Coaches must call a timeout and say the words "I want to protest that rule interpretation".
 - Officials should stop the game and inform Facility Staff.
 - Facility Staff, if able, can rule on the protest. If the coaches are not satisfied with the result of the protest, then facility staff will document the time and score of the game and resume the game.
 - Recreation Superintendent will rule on the protest the following business day. If the protest is successful, the game will restart at the documented time
 - Any unofficial protests (i.e. email/phone after the game, non-coaches, or
- For eligibility protests, coaches must provide Pelican Park with a written description within 48 hours from the start of the game.
 - Eligibility concerns include unapproved pool players, suspended players/coaches, scoring caps.



Bounce Ball Rules

The following is a general guide to playing the game of Bounce Ball. Should a more specific situation arise, the answer may be found in the 2023 Volleyball Rule Book. The National Federation Volleyball Rule Book will determine all legal or illegal hits.

A. EQUIPMENT:

- A net three (3') feet wide shall be placed such that the net height is:
 - i. Four (4') from the floor for the 8 and under league
- Regulation volleyball will be used.

B. OBJECT OF THE GAME: To hit the ball back and forth over the net trying to prevent the ball from becoming dead on your side of the court and at the same time, trying to return the ball in such a manner that the opponents cannot return it.

- Six (6) players compose a team.
 - i. Three (3) players on each row (right front, right back, center front, center back, left front, and left back).

C. NO OFFICIALS

2023 Volleyball Rules Page

- The server may hit the ball directly over the net or may hit the ball so that it bounces once inside his/her own court and is hit over the net **by the center front player only**.
- The ball in play may be volleyed from a bounce or may be hit while in flight. Once the ball bounces outside of the volleyball court, the ball becomes dead.
- The ball, after hitting a player above the waist, will be considered still in play.
- Players are not permitted to catch, scoop or lift the ball. Ball may be played with both hands. The same hits legal in volleyball will be legal in bounce ball.
- No more than three (3) players may play the ball on one side of the net. Players may touch the ball twice before it is returned, but not twice in succession.
- Players will rotate clockwise. Rotation will occur when teams win service.
- Bounce ball will use rally scoring. Rally Scoring Format follows:

D. RALLY SCORING FORMAT:

- **Rally Scoring** is in effect for all age groups
 - A point will be awarded to the team each time its opponent violates a rule (e.g., failure to return the volley).
- The 1st and 2nd sets are played to 25 points (Team must win by 2 points)
- The 3rd set is played to 25 points (Team must win by 2 points)
- There is a 15-minute time limit for all sets.
 - If neither team is ahead by 2 points when time expires, the teams will continue playing until one team wins by 2 points
- The clock is a running clock except for time-outs and injuries.
 - After a time out or clock stoppage by the official, the clock restarts when the ball is served.
- There are (2) 30-second time outs per set, per team
- Every service, except replay or re-serve, results in a point.
- If the serving team wins the rally, it receives a point and continues to serve.
- If the receiving team wins the rally, it receives a point and the ball for service.



PELICAN PARK YOUTH SPORTS

GIRLS VOLLEYBALL

- If the serving team or player is assessed a penalty, the opponent is awarded a point and the ball for service.
- It is not necessary for the winning team to be serving at the time the winning point is scored.

E. FOULS:

- The penalty for the following fouls is loss of serve:
 - i. Server using two hands on service.
 - ii. Server steps on baseline while serving.
 - iii. Ball touching the net on the serve.
 - iv. Reaching over or under the net to play the ball. (NOTE: A follow-through is legal.)
 - v. Failure to rotate.
 - vi. Hitting the serve from a bounce (NOTE: Ball must be hit from held position.)
 - The penalty for these fouls is a “side out” or point:
 - i. Four hits on one side.
 - ii. Player plays the ball twice in succession.
 - iii. Ball hits a player below the waist.
 - iv. Ball is caught, pushed, lifted, kicked or rolled on body (any illegal hit).
 - v. Ball bounces more than once inside the court without being played.
 - vi. Touching the net or reaching over or under the net to play the ball (NOTE: A follow-through is legal.)
 - Legal hit must bounce inside of the court dimension.
- F. If the server hits the ball so that it bounces once inside his/her own court and is hit by center front player and the ball hits the net, it is a loss of serve.

If server directly hits the ball over the net, and the ball hits the net, it is a legal serve