

# 2024 GIRLS VOLLEYBALL POLICY HANDBOOK

Revised 8/29/2024 - CA



**Pelican Park Recreation Supervisor – Girls' Youth Sports**

Carly Arthur



## 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 7 – 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)

### 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.

### 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.**



## PELICAN PARK YOUTH SPORTS

## GIRLS VOLLEYBALL

### 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. This assistant coach must also be pre-approved by Pelican Park staff to be a designated assistant at the draft. 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 1<sup>st</sup> round of the team formation. If the head coach and the assistant coach's players land in the 1<sup>st</sup> round, they will not be allowed to coach together.

**The only person allowed on the sideline besides the head and their rostered players is the approved and registered assistant coach. Assistant Coaches are not allowed to address the officials during games, and only the HEAD 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 all policies set forth by the Advisory Board and Pelican Park.

If the assistant coach is assigned to scorekeeping or line judge, they forfeit the ability to coach during that game. This includes during timeouts and game breaks.

***All coaches must wear coach's shirts and coach's badge to all games in its entirety.***

### 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, parent or player that is ejected from the game, gym or field will be required to complete a sportsmanship course and submit their certificate before they are allowed back in the gym, game or field.**
- **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.

### 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.



## PELICAN PARK YOUTH SPORTS

## GIRLS VOLLEYBALL

- 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:

- Notify referee and state protest at point of question. Judgment calls cannot be protested. All details must be noted in the score book and both head coaches and referees must be asked to sign the score book. The game will resume until completion.
- Provide Pelican Park with a written description within 48 hours from the start of the game.
- All protests are to be brought to the Recreation Division for ruling. Pelican Park will rule on the protest within 72 hours of receipt.

### Team Formation

#### **7 – 15 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 was not evaluated 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 the 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 10<sup>th</sup> team will have the last player in the first round and the first player in the second round, while the 1<sup>st</sup> 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 the necessary paperwork needed for team formation. The paperwork will consist of a registered player list and an 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.
- 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.



## Regular Season Play

### Practices

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

### Games

- With the exception of the summer season, the 7 – 15-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 Director.

### 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.
- 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.
  - *All 3 sets will not be played if the same team wins the first 2 sets. If a 3rd set is needed, each player that sat out for one set in the first 2 sets must play the full 3rd set.*
- *Coaches must adhere to the playing time rules at all times unless:*
  - **The official deems there are extenuating circumstances such as injury or illness**
  - **The parent/guardian deems there are extenuating circumstances**

### Pool Player Rules

Pool players must be on the list of approved pool players. To qualify as a pool player, players must be ranked as a Round 4 or below and must have attended evaluations.

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.
- **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. Win/Loss Record
2. Head-to-head competition among the teams involved
3. Sets won among the teams involved
4. Coin toss by Staff (will be recorded for verification)



**Referees, Scorekeepers and Line Judges**

- Referees will be contracted for and provided by Pelican Park.
- The home team must provide a volunteer, 16 or older, to work the score clock.
  - This volunteer may be someone from either team, but the HOME team is responsible for providing this adult.
- **Both teams must provide a volunteer, 16 or older, that is NOT a register player in the league, to work as a line judge**
  - **Line 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 and line judgements prior to the first game.

**Court and Equipment**

- Ball sizes
  - 7/8: Molten "12 and Under" volleyball (Volley-Lite)
  - 9/10: Molten "12 and Under" volleyball (Volley-Lite)
  - 11/12: Molten "12 and Under" volleyball (Volley-Lite)
  - 13 – 15: Molten L2 regulation volleyball
  - 16 – 18: Molten L2 regulation volleyball
- Court Dimensions
  - 7/8
    - Court Size:
      - 50' x 30'
      - Out of Bound lines are indicated by BLUE TAPE
    - Serving Lines
      - 10ft step in line for 7/8s (RED TAPE)
  - 9/10
    - Court Size:
      - 60' x 30'
    - Serving Lines
      - 5ft step in line (BLUE TAPE) for ***underhand serves only***
  - 11/12
    - Court Size:
      - 60' x 30'
    - Serving Lines
      - True service line
  - 13-15
    - Court Size:
      - 60' x 30'
    - Serving Lines
      - True service line
  - Net Height:
    - 7/8s – 6'6"
    - 9/10s – 7'0"
    - 11/12s – 7'0"
    - 13-15s – 7'4"



## PELICAN PARK YOUTH SPORTS

## GIRLS 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

- The standings will reflect the win/loss record of matches.
- A match consists of 3 sets or games.
  - During tournament play only, the best two out of three sets will be played
    - The first 2 games will be played to 25 points.
    - Players are required to play one full game if only 2 are played.
    - All 3 games will not be played if the same team wins the first 2 games.
      - If a 3rd game is needed, each player that sat out for one game in the first 2 games must play the full 3rd game and the final game will be played to 25 points.
      - During each game, the teams must win by 2 points.
- 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 to serve or choose which side of the court they want.
  - The team that serves 1<sup>st</sup> during the 1<sup>st</sup> set will **receive** the 1<sup>st</sup> serve during the 2<sup>nd</sup> set
- Before the beginning of the 3<sup>rd</sup> set, there will be another coin toss to determine the serving team. Whichever team did not call the toss before the 1<sup>st</sup> set will call it before the 3<sup>rd</sup> 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 scheduled 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



### Serving

- **UNDERHAND:**
  - Underhand serves may be administered from the step in lines for ages 7/8 and 9/10
- **OVERHAND**
  - **All overhand serves will be administered from the true service line.**
- All serves in the 11 – 18 year old leagues must be completed from the **true service 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 must make their serve.
- For ages 7/8, if the initial serve fails to travel as far as the bottom of the net, the server is allowed ONE re-serve.
  - If the serve contacts the net, it is a fault, and the point and service is awarded to the opposing team.
- **For ages 7/8 and 9/10, after one server earns 5 consecutive points, there will be an automatic side-out.**
- **For ages 11/12 and 13-15, after one server earns 7 consecutive points, there will be an automatic side-out.**

### 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).
- All 3 sets will be played and will be counted.
- All 3 sets are 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
<i>NET</i>		
4	3	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, partial crossing of the centerline with one’s feet or hands is permitted, but some part of the foot/hand must remain on or behind the centerline. 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)**



## PELICAN PARK YOUTH SPORTS

## GIRLS VOLLEYBALL

- 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
- Trophies for 1<sup>st</sup> and 2<sup>nd</sup> 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 into 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.