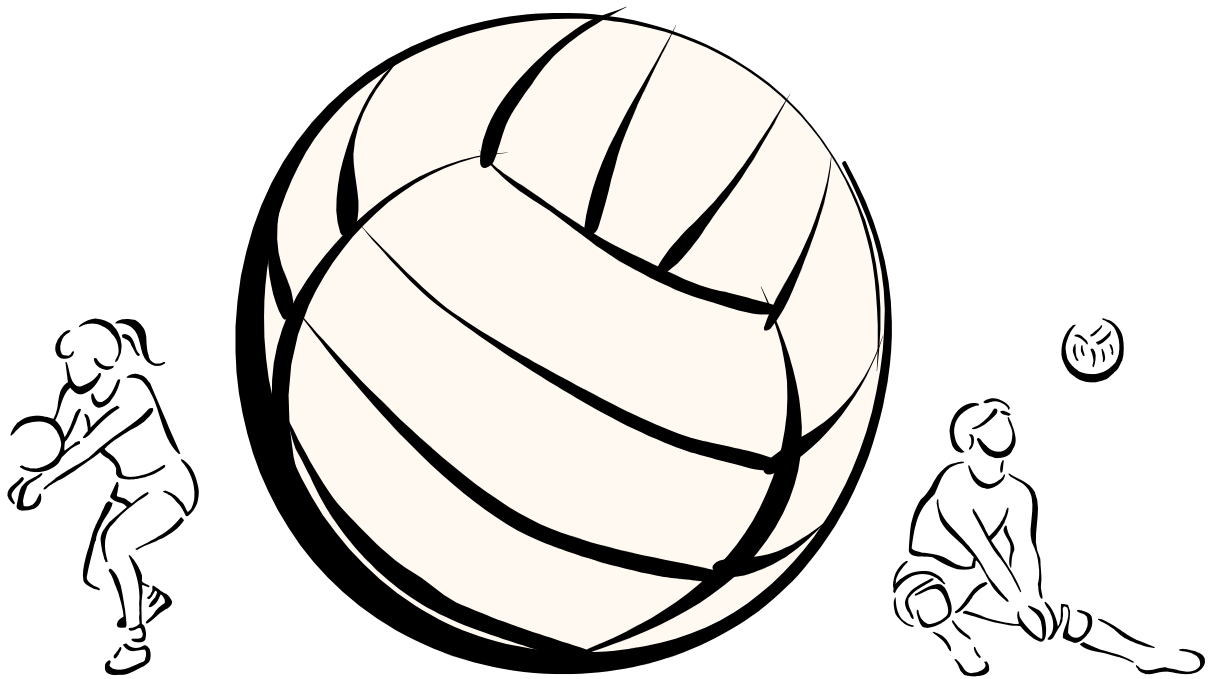




Volleyball



RULE BOOK

Version 3.0
01 Jan. 2014

Pray then Play Volleyball Rule Changes for 2014

Approved by the National Pray then Play Sports Committee **Nov 2013**

Since its inception, Pray then Play Sports has not only been a community ministry but also a sports development league. With that in mind, the following is a modification to the previous version of the Pray then Play Volleyball Rule Book.

(Items in red are additions)

(Section numbering in this manual has also been altered in order to maintain consistency)

Pray then Play Sports

Is a Christ-centered sports league for the community that strives to exalt Jesus Christ in all that we do.

Pray then Play Sports is also an instructional league that was designed to promote a healthy, safe, competitive sports environment. Pray then Play Sports helps in the development of our youth to play in a sports league that has no superstars. All participants have playing time which encourages team unity.

COMMON RULES

Volleyball rules will be conducted under the NIRSA rules of the game with the following additions, exceptions, and clarifications.

- Conduct:
- [a] This is a Christian sports league that strives to exalt the Lord Jesus Christ in all that we do. Prayer will be encouraged at practices and will be held at the beginning and/or end of each game.
 - [b] There is to be NO profane or vulgar remarks to officials, opponents, or spectators.
 - [c] NO shouting, yelling, or crossing the vertical plane of the net in an attempt to distract an opponent who is playing or attempting to play the ball.
 - [d] Each team must have a coach or assistant coach who is a member in good standing at an approved church and is in agreement with the beliefs set forth in the affiliate beliefs documentation.

- Dress:
- [a] Players and coaches are required to wear their team shirts during the entire time they are in the facility on game days. No **jersey alterations** of any kind!
 - [b] Spandex will only be allowed to be worn underneath another article of clothing.
 - [c] **Outerwear must be a running short with a 4" minimum inseam.**
 - [d] **No jewelry** of any kind is to be worn while on the court. Medical or religious medals must be removed from chains or taped/sewn under the uniform.
 - [d] Kneepads are optional.
- Practices:
- [a] **No practices** on Sundays or Wednesdays.
 - [b] They will be no longer than ninety (90) minutes long. There can be up to **two** practices per week until the first game; **one** practices per week thereafter.
 - [c] Each team player must play at least half of the game after meeting coaches practice requirements {attend all practices or have excused absence}. If a player has not met their coach's requirements, and will affect their playing time, the head referee must be notified prior to the start of the match. Coaches are to use their discretion.
- Host:
- The Host facility will be responsible for the following:
- Volleyball net set to the correct height.
- {1} The younger and middle age groups - women's regulation height, **7' 4" at mid court.**
 - {2} The older age group – between women's and men's regulation height, **7' 7" at mid court.**
- [b] Correct volleyball for each age group.
 - [c] Referees, scorekeeper and scorebook, and game clock.
- Rosters:
- [a] A full roster **is to be completed before** the start of the **second** game of the season. No new players after that time will be allowed.
 - [b] Rosters should be turned into your Affiliate Director or **the FBC High Springs Pray then Play representative**. It should include the child's name and their jersey number **along with the coaches' names and their contact information.**
- Officials:
- [a] Will oversee everything from 15 minutes before the game starts until they leave the floor after the final score has been approved.
 - [b] Will make decisions on the interpretations of the rules, call substitutes onto the floor, and put the ball in play.
 - [c] Should inspect the equipment, make sure the correct ball is being used and nets set to proper height. They should also check the floor for any foreign objects
 - [d] Officials should correct any calls once they have been discovered.

1. Rule Modifications for Younger League Players

8 to 10 years olds will follow the same rules, as stated in this manual, with the following modifications:

1.1 The serving line will be placed ten (10) feet in front of the end line.

1.2 Over hand serving is not allowed.

1.3 If the player serving serves five (5) consecutive points, service will rotate to the next player in the rotation. The team with the ball does NOT lose possession.

(see page 9 for diagram of rotation)

1.4 Contact with the net and going under the net will be corrected during play by the referee and penalized only if repeated.

1.5 A lift or double hit will be corrected during play by the referee and penalized only if repeated.

2. Playing Area

2.1 The walls are out of play.

2.2 Low obstructions are out of play including anything perpendicular to the floor. Anything horizontal to the floor is in play, as long as the ball does not cross the net after hitting obstruction. Both are in the judgment of the officials.

3. Teams

3.1 Each team is allowed two (2) thirty (30) second time-outs per game. Requests may be made for time-outs when the ball is dead.

3.2 Sweatbands or bandanas worn as sweatbands are permitted; however hats and other bandanas are not permitted. Hair barrettes are permitted to secure hair.

3.3 A guard, cast, or brace made of hard and unyielding leather, plastic, or pliable plastic, metal, or any other hard substance, even though covered with foam padding, is not permitted on the finger, hand, wrist, forearm, or elbow.

3.4 Supports are permitted on other parts of the body as long as they are soft and yielding or all exposed metals and other hard parts are padded with at least ½” of foam rubber (or ¼” closed cell, slow recovery foam rubber).

4. Team Composition

4.1 Teams must be prepared to start a match at the scheduled match time or risk forfeit. (Game time plus five (5) minutes will result in a forfeit.)

4.2 Each team must have a minimum of four (4) players and a maximum of six (6) players to start the game.

4.3 When there are only four players available, the person in the serving position is considered the only player in the back row.

5. Substitutions

5.1 Time-outs are not required for substitutions.

5.2 Open substitution will be used. As each player reaches a certain position, he/she is replaced by a waiting teammate (this is usually done at the serving position, but not exclusively). Once a position for substitution is made, it will continue in that position for the duration of that game.

6. Team Area and Duration of Matches

6.1 All matches shall consist of the best 2 of 3 games.

6.2 The appointed 'Home' team will start serving to open the match.

6.3 A coin toss is performed before the third game, if necessary, with the 'Home' team calling the toss. They may then choose:

- [a] serve.
- [b] to receive the serve.
- [c] choice of court.

6.4 The teams will switch sides after each game.

7. Commencement of Play and Service

7.1 The server shall have ten (10) seconds after the referee's "ready to serve" whistle in which to contact the ball for service. If, after releasing or throwing the ball for service, the server allows the ball to fall to the floor without touching it, the service effort shall be cancelled and a re-serve directed.

7.2 Each serve must be put into play by hitting the ball underhand or overhand over the net into the opponent's court by a player in the serving area. The player serving must not step on or over the end line until after the ball is contacted on the serve.

7.3 There may be more than one re-serve during any term of service, but not consecutively.

7.4 The service is considered good if the ball passes over the net, between the antenna and the definite extensions, without touching any obstructions. The ball MAY contact the net on the serve.

7.5 The team not serving first in the match shall serve first in the second game.

7.6 The team that receives the ball first in a game shall rotate once before serving.

7.7 At the time that the ball is contacted for service, the placement of the players on the court must be in the proper service order (the server is exempt). Players may interchange positions to pass or block, only after the serve.

7.8 Serving out of turn:

- [a] discovered while server still serving: side-out called, mistaken points subtracted, serving order corrected.
- [b] discovered in interval between change of serve: opponent serves, mistaken points subtracted, and serving order corrected.
- [c] discovered after opponent begins serving: no loss of points, serving order corrected on next dead ball.

7.9 A player entering the game will go to server location each time.

7.10 A player that didn't start game one must start game two.

8. Playing the Ball

8.1 Each team is allowed a maximum of three (3) successive contacts of the ball in order to return the ball to the opponent's area.

8.2 No intentional contact of the ball with any body part other than the hands.

8.3 Players may have successive contacts of the ball during blocking and during a single attempt to make the first team contact (even if the ball is blocked) provided it is one attempt to play the ball, there is no finger action during the effort, and the ball is not held or thrown. A ball hit simultaneously by two teammates, it is considered as one hit, and either player may contact the ball a second time.

8.4 When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held. The ball must be hit in such a manner that it rebounds cleanly after contact with a player. Scooping, lifting, pushing, or allowing the ball to roll on the body shall be considered a form of holding. A ball cleanly hit with one or both hands from a position below the ball is considered a good play.

8.5 A player is not allowed to attack the ball on the opposite side of the net. If the ball is hit above the spiker's side of the net and the follow-through causes the spiker's hand and/or arm to cross the net without touching an opponent or the net, it is not a fault.

8.6 Only the players who are in the front line at the time of service may legally accomplish blocking.

8.7 Any player participating in a block shall have the right to make the next contact.

8.8 Back row players may not block or participate in a block, but may play the ball in any other position near and away from the block. A back row player may spike providing that he/she jumps and remains behind the 10 foot line.

8.9 Blocking a serve is prohibited.

8.10 Blocking the ball across the net above the opponent's court shall be legal provided that such a block is:

[a] after a player of the attacking team has spiked the ball.

[b] in the referee's judgment, has directed the ball into his/her opponent's court.

[c] after the opponents have completed their three allowable hits.

[d] after the opponents have hit the ball so that, in the referee's judgment, the ball would clearly cross the net if not touched by a player, provided no member of the attacking team is in a position to make a legal play on the ball; if the ball is falling near the net and no member of the attacking team could reasonably make a play on the ball.

8.11 A back row player returning the ball to the opponent's side while forward of the attack line must contact the ball when at least part of the ball is below the level of the top of the net over the attacking team's area.

8.12 Illegal hits:

[a] slapping the ball.

[b] bumping the ball with two separate hands (hands must be together).

[c] carrying the ball.

[d] palming the ball.

[e] directing the ball.

NOTE: in order to not be an illegal hit, the ball must leave the players hands immediately upon contact of the ball.

8.13 A player may go outside of the court area to play a ball, as long as the ball is contacted on that players' side of the court. It will only be considered a legal return as long as the ball crosses the net between the antennas and within the boundaries of the court as extended.

8.14 If any part of the ball touches any part of the line the ball is considered IN.

9. Play at the Net

9.1 If a player's action causes him or her to contact the net during play, whether accidentally or not, with any part of the player's body, it shall constitute a fault. Hair does not constitute a fault. If the ball hits the net with such force that it causes the net to hit an opponent, the ball is still in play.

9.2 Contacting the opponent's playing area with any part of the body except the feet is a fault. Touching the opponent's area with a foot or feet is not a fault providing that some part of the encroaching foot or feet remain on or above the centerline.

9.3 Either team may play a ball that has penetrated the vertical plane of the net.

10. Team and Player Faults

10.1 A double fault occurs when players of opposing teams simultaneously commit faults. The referee would direct a replay.

10.2 If faults by opponents occur at approximately the same time, the referee shall determine which fault occurred first, and penalize that fault; if this cannot be done, a double fault shall be declared.

10.3 If the serving team, or a player on the serving team, commits a fault, a side-out shall be declared and the opposing team shall be awarded a point. If the receiving team, or a player on the receiving team, commits a fault, the serving team shall be awarded a point.

11. Scoring and Results of the Game

11.1 All matches will be played under rally scoring, awarding a point on each serve. When the serving team commits a fault, the receiving team scores a point. When the receiving team commits a fault, the serving team scores a point

11.2 There will be no point cap in rally scoring games. The first team to reach 25 with an advantage of two (2) points will win the match.

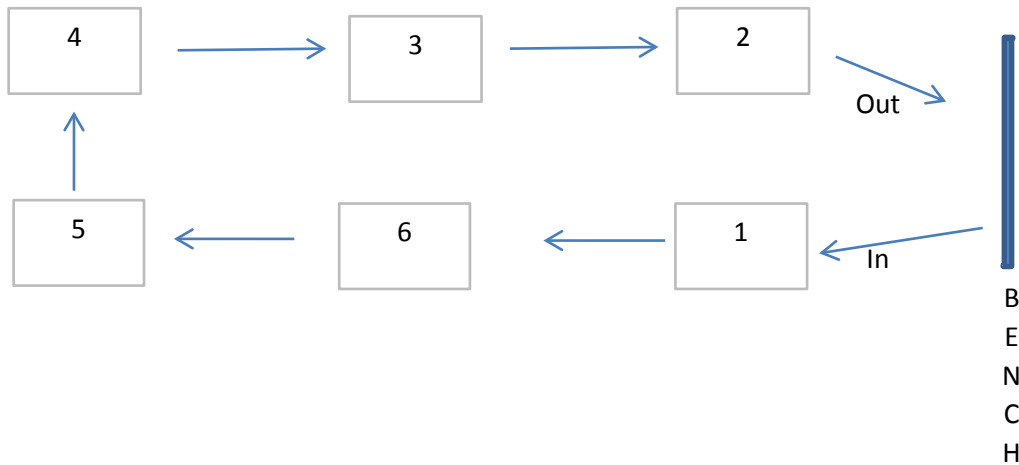
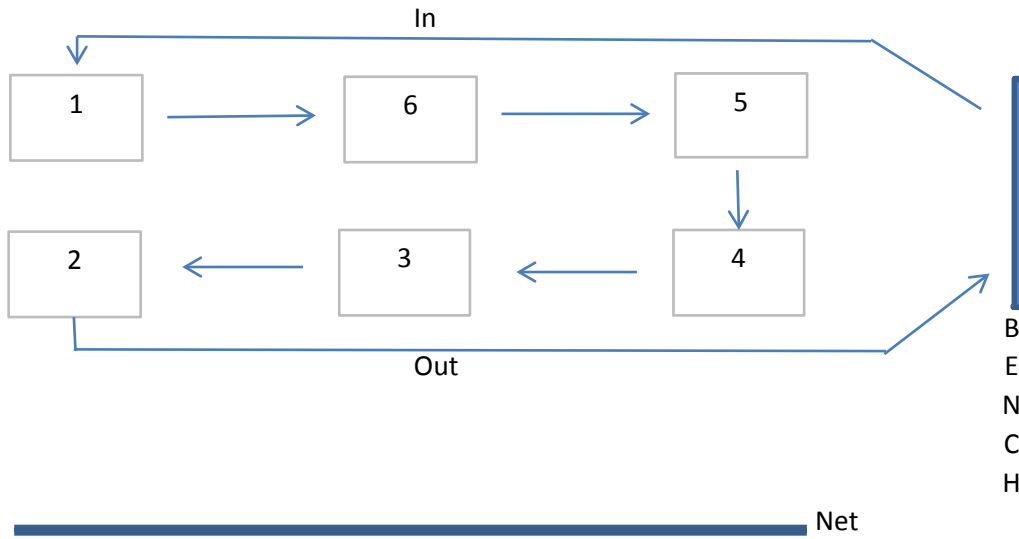
11.3 A deciding game is won when a team reaches 15 points and has a least a two (2) point advantage over its opponent.

Any disagreement on the application on these rules shall be decided by the Pray then Play Committee and all decisions by the Committee are final.

**** Unless otherwise stated, FHSAA rules shall apply ****

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PLAYER ROTATIONS..



**All players must play 50% of the entire game..
Rotation in and out after each serve isnt required..
If a player plays the first half they can't play
second half**