

2022-2023



Northern Valley Athletic Association Rules

Updated March 2023

To provide youth participants, the opportunity to learn and play recreational youth sports for enjoyment, learning experience, and athletic growth.

Volleyball

A. Team Rosters

1. **Line-ups**
 - Coaches are required to determine starting line-ups and rotation of players.
2. **Minimum Players**
 - At least 4 players must be present at the start of the match.
 - At least 2 female players must be present at the start of the match.
3. **Female vs. Male Players**
 - Up to 3 male players may play on the court at any time.
 - Male players may not outnumber female players on the court at any time.

B. Equipment

1. **Game Ball**
 - Shall be provided by the hosting Chapter.
 - Shall be constructed of leather or synthetic material.
 - Size of ball shall be
 - K-6th 7 oz. inflated
 - 7th-8th 9 oz. inflated
 - Host site will provide a minimum of 4 volleyballs per team for each game. See Rule 5 below.
2. **Net**
 - K-2nd Net shall be set at 6 ½' measured from center of court.
 - 3rd-8th The top of the net shall be placed at 7' measured from the center of the court.
 - The net shall have antennas according to the National Federation of High School Rules.
3. **Court**
 - Dimensions shall be 30' L x 60' W but may vary depending on the facility being used.
 - K-2nd Only: Court shall be 30' L x 40' W
4. **Jerseys**
 - Numbers may be duplicated and must be 6" tall on back of jersey.
5. **Outdoor Ball Policy**
 - No outside volleyballs are allowed for league play.

C. League Match regulations

1. **Game Play *UPDATED***
 - All league games will play 3 sets.
 - The first two sets will play to 25 points; must win by 2 points with winner not exceeding 30 points.
 - The third set will play to 15; must win by 2, with winner not exceeding 18 points
 - Total time will not exceed 55 minutes.
 - K-2nd: all three sets will be 10 minutes; score will not be kept.
2. **Start of Match**
 - A forfeit will be declared if a team cannot field the minimum number of players required to start a game before the 10-minute allowance after scheduled start time.
 - Prior to start of gametime, the game official will conduct a pre-game conference with a captain and a coach from each team to determine if the minimum players are present from each team to start the match.
 - The game official will conduct a coin toss to determine which team will serve first for set 1 and set 2. Another coin toss prior to the start of set 3 will determine which team will serve first for set 3.
3. **Service**

- Release of the serve is not required. Underhand serves allowed.
- Overhand serves must be executed from the regulation service line.
- The server shall not touch or cross the service line that they are serving from until the ball has been contacted for service.
- A serve must be executed within five seconds of the official's whistle to serve.
- A re-serve will be called when the server releases the ball for service then catches it or drops it to the floor. The official shall cancel the serve and direct a second and last attempt to serve. The server is allowed a new five seconds to re-serve.
- Any serve that hits the net and stays within the boundary of the receiving team will be ruled playable.

4. Second Service Line

- A 2nd service line shall be marked by tape 10 feet inside the court running parallel from each regulation service line. Line should extend across the entire court.
- K-2nd Second service line will be ten-foot line
- 3rd-4th Second service line will be 10' in from the out of bounds line. Service from this line is allowed for underhand serves only
- 5th-8th Not allowed

5. Rally Scoring

- A team may score a point during either team's service.
- If a team scores 5 continuous serves, an automatic side-out will be called and the service will be awarded to the opposing team.
- K-2nd: Score will not be kept. When a team fails to serve properly, return the ball or commits any other fault, the opponent wins serve, regardless of who serves the ball. If the serving team wins rally, they continue to serve. If the receiving team wins rally, they gain the service.

6. Substitutions & Rotation *UPDATED*

- A team MUST rotate into its first service.
- K-6th Continuous substitution (rotation) is required for each team. The rotation/substitution must be made after each side-out, in the middle back position, and include all players from the team.
- 7th/8th Each team must provide a lineup card to the down ref before the game starts. Substitutions may be made before a serve, after a side-out changing possession of the serve, or during a time out for any position. Substitutions must be made between the 10ft line and net, in front of the score table. One or more players may substitute into the game after the official motions them in. Substituted players CAN ONLY substitute for the same player throughout the duration of the game: example- Player B substitutes for Player A, Player A and B can now only substitute for each other during the entirety of the game.

7. Player Participation

- Every player must participate in one half of each game, including 7th/8th grade.
Note: It is not the intent of the NVAA to have parents or coaches "counting minutes" of playing times for players. Coaches should try as best as possible to play every player in half of every game, if they attend practice

8. Time Outs

- Each team is allowed 2, 1-minute time outs per set (up to 6 per game).
 - During a time out the total time (55 minutes) will continue to run for all 3rd-8th grade games
 - During a time out the total time (10 minutes) will continue to run for all K-2nd grade sets
- A maximum of 2 minutes is allowed between sets within a game.
- An official may call a time out for any reason.
- No timeouts shall be taken within the last 2 (two) minutes of the game clock time.

9. Injury

- If a player is removed from a set due to injury, player must remain out for remainder of that set, or game, at the discretion of the official and supervisor after conferring with the team and coaches.
- A player with a head injury or suspected concussion will come out and remain out the remainder of the game and will not return to play.

10. Libero Players

- No libero player will be used.

NVAA Incident Report

Date of Incident: ____/____/____

Time of Incident: ____: ____

Location of Incident: _____

Parties Involved

Name 1: _____

Phone: _____ Address: _____

Parents or Guardian Name: _____

Team: _____ Coaches Name: _____

Coaches Phone: _____

Name 2: _____

Phone: _____ Address: _____

Parents or Guardian Name: _____

Team: _____ Coaches Name: _____

Coaches Phone: _____

Name 3: _____

Phone: _____ Address: _____

Parents or Guardian Name: _____

Team: _____ Coaches Name: _____

Coaches Phone: _____

***Witness Name:** _____ **Witness Phone #:** _____

***On-site Supervisor Name:** _____ **Phone #:** _____

***Report Prepared By:** _____ **Date:** ____/____/____

Incident/Injury Description: _____

Incident Response: _____

Care given (if applicable): _____

Follow Up: _____

Date: ____/____/____