



Winter Warriors Volleyball Rules

Winter Warriors follows NFHS with exceptions made in younger age divisions to maximize successful team competition and self-confidence for our participants. For detailed information regarding NFHS rules, please visit www.nfhs.org

I. Pre-match Court Preparation

A. Court Size

- i. 1st/2nd grade level 20' x 30'
- ii. 3rd grade & above Regulation Court Size

B. Net Height – Recreational Leagues

- i. 1st/2nd grade level 6'
- ii. 3rd/4th grade level 6'6" iii. 5th/6th grade level 7'0" iv. 7th grade & above 7'4"

C. Serving Lines – Recreational Leagues

- i. 1st/2nd grade level 10' from net
- ii. 3rd/4th grade level 15' from net
- iii. 5th/6th grade level 20' from net
- iv. 7th grade & above Regulation Court Line

D. Competitive Leagues i. 5th/6th Grade

- 1. Serving Line is Regulation Court Line
- 2. Net Height is 7'0"

*Serving Lines will be taped off prior to the start of each match.

E. Game Ball

- i. 1st through 6th grade recreational
 - 1. Volley Lite or similar
- ii. 5th/6th grade competitive & 7th/8th grade
 - 1. Leather ball SV5W Gold/similar

F. Referee/Line Judge/Scorekeeper i. Referee

- 1. The referee will call for at least one captain to represent their team in the coin toss. The league's predetermined home team will call the toss. The winner of the toss will choose to serve first or choose which side of the court they wish to start on. The following game, teams will switch sides and the other team will have the opportunity to serve first.

ii. Line Judge

- 1. Both teams will provide a line judge prior to the match. The line judge is to report to the referee to receive instructions for the proper signaling of inbounds, out-of-bounds, and foot fault during the match.

2. The line judge must be at least 16 years of age and may not have any distractions such as cell phones, children, pagers, etc., that may cause interference with the calls made during the match. If the referee finds the line judge to be distracted for any reason, they, along with the approval of the other team, have the right to remove that person as line judge at any time without explanation.
3. The line judge is to remain in the left corner, opposite of server, and may not cheer, coach, or sit-down during match play.
4. The head referee reserves the right to overrule **any** call made by the line judge.

iii. Scorekeeper

1. Home team will provide someone to run the scoresheet/scorebook. Away team will provide someone to run the scoreboard/clock
2. The scorebook at the table is the official scorebook. If a coach has a conflict with the score they may call attention of the conflict to the referee. If the referee agree with the coach then the scorebook will be corrected but otherwise the score that is on the timekeepers score sheet is the official score.

II. Pre-Match Preparation

a. Coach

- i. Each team may have a head coach and an assistant coach if they are at least 18 years of age and have undergone a background investigation within the past 12 months.

b. Players

i. Eligibility

1. All players must be on the official team's roster to participate in any Winter Warriors league game.
2. Players may only participate on one grade division per season. Players are allowed to play in a competitive team.
3. The maximum number of players that a team may have on any one roster is 15 players.
4. The minimum number of players that a team may have on any one roster is 6 players.
5. Male and female players are allowed to play in the league.
6. The maximum number of male players on the court at any given time is 2 male players.
7. During play (excluding serve), if a male player touches the ball, a female player must also touch the ball before it is volleyed over the net.
8. All male players must be enrolled/registered to play on a roster that is 1 age level up.
9. If you advertise as a club or play in club tournaments, your team is ineligible to enroll or play in this league.

ii. Uniform

1. All players must have a like colored jerseys with a permanent number on at least the back of the jersey. Libero's must have a

jersey that is a different color than then the rest of the teams and must also have a permanent number.

iii. Jewelry and Other Objects

1. Players may not wear rings, necklaces, stud only earrings, or bracelets during match play. There are **NO** exceptions to this rule. Earrings **may not** be taped over. They must be removed. This is to protect the safety of the participant and their team members.
2. Players may not participate in the game with any type of cast on or any other object that would provide an artificial advantage to the player. (This does not include ankle braces.)
3. Players may tie their uniform in the back or secure it with a band or hair tie. Again, this is to prevent injury to player.
4. The head coach is ultimately responsible for administering these rules. The first warning will be an unnecessary delay warning (YUD – yellow card) assessed to the team. The second instance will be a second unnecessary delay (RUD – Red card), this will result in a loss point/rally.

c. Coin Toss

- i. The referee will call for at least one captain to represent their team in the coin toss. The league's predetermined home team will call the toss. The winner of the toss will choose to serve first or choose which side of the court they wish to start on. The following game, teams will switch sides and the other team will have the opportunity to serve first.

ii. Third Game Coin Toss-see Rule III:f;i

d. Line-up

- i. After the coin toss, the head coach from each team is responsible for turning in their lineup, in serving order, to the scorekeeper two (2) minutes prior to each match.
- ii. The lineup is to include the designation of the captain by writing a "C" next to their number on the line up. If the team captain is substituted out, the head coach will inform the referee of the new team captain.
- iii. If the coach chooses to designate a Libero, that player's number will be placed in the Libero box on the score sheet prior to each game. A Libero may not be added once the game has started. (Libero Rules see Rule III,d.)

e. Team Warm Up

- i. Both teams will be allotted five (5) minutes of warm up time prior to beginning of the match. Hitting lines will be allowed from the left front position on both sides of the court for three (3) minutes.
- ii. The remaining two (2) minutes are reserved for the teams to simultaneously warm up serving.
- iii. In between the games of a match, each team is allowed three (3) minutes.
- iv. At the end of the warm up session, each player will line up at their end line and the referee will signal for the players to proceed to their right sideline. The teams will reach the net, proceed to the left down the net and shake the opponent's hand prior to the start of the match.

f. Forfeit Policy

- i.** A forfeit will be rendered by any team that does not have five (5) legal players on the court 5 minutes after the posted game time.
- ii.** If at any point during the match a team's strength falls below five (5) players, **it must only be due to injury during the game.**
- iii.** If a team only has five (5) players, then each time the vacant 6th position on the court come to the serving position, as loss of rally/point is awarded to the opponent.
- iv.** Any game that is forfeited will be considered as a 0-25 loss.

III. Match Play

a. Scoring

- i.** All regular season match will be 2 games. Each game is counted/documented as a win or a loss.
- ii.** All competitive games will be played with the rally scoring system where a point is awarded after each defensive or offensive play. In each of the 2 games, the first team to 25 wins. Teams must win by 2 and has a cap of 30.

b. Libero

- i.** 7th grade Grade and up Along with Competitive Leagues
 - 1.** The coach may designate a player to represent the Libero position during any game of the match.
 - 2.** The coach will record the Libero's jersey number in the Libero box on the line up sheet prior to the beginning of the game.
 - 3.** Only one (1) player may play the Libero position per game.
 - 4.** You may change the Libero for the 2nd or 3rd game.
 - 5.** The Libero must wear a visibly different color jersey than the other players on the court. If another jersey color is not available, a penny will be provided by Winter Warriors at the scorekeeper's table.
 - 6.** The Libero may enter the game through the sideline between the end line and the ten (10) foot line, for any player in the back row, after the initial line up is checked by the referee.
 - 7.** The Libero is to maintain the same position in the serving order according to the original line up of the player they have subbed in for.
 - 8.** The Libero may not play front row and the player that subbed out will be required to come back in for the Libero and maintain the same position in the serving order.
 - 9.** The Libero may sub in for any player in the back row, however, they must remain out of the game for at least one play before subbing in for any other back row player.
 - 10.** The scorekeeper will record the Libero's substitutions to ensure the proper rotation is being maintained.
 - 11.** The Libero has unlimited substitution capability and is **not** included in the eighteen (18) substitutions allotted per game.

d. Coaching Staff

i. Time Outs

1. Each team is allotted two (2) thirty (30) second time outs per game. No additional time outs are permitted.
2. During a timeout, the coach and the players must be off the volleyball court.
3. If an additional time out is called, by the serving team, the penalty is loss of ball and a point is awarded to the opposing team.
4. If an additional time out is called, by the non-serving team a point will be awarded to the opposing team.
5. In the event of injury to a player, or a player is bleeding, the referee will take a time out. During a referee time out, the players on the court must line up at the end line on their side of the court until the referee signals to proceed with the game.
6. Any bleeding wound must be covered prior to that player returning to the game. If blood is on any part of the uniform of the player, that item of clothing must be replaced prior to the player returning to the game.

ii. Conduct During a Match

1. Coaches may choose to sit on the bench with the players or stand behind/next to the bench during the game. At no point during the match may the coach stand in between the 10-foot line and the net just outside of the court perimeters.
2. If there is a question regarding the score, the coach may request a score check.
3. If there is a question regarding line up, the coach may request a line up check.
4. If there is a question regarding a referee's call during the game, the coach is requested to utilize the court captain to ask any direct questions to the referee. This is **not** to be used as a time out.

e. End of Game Sportsmanship

- i. At the end of each match, the player will line up at their end line and the referee will signal for the players to proceed to their right sideline. The teams will reach the net, proceed to the left down the net and shake the opponent's hand at the completion of the match. It is not mandatory, but highly encouraged, that the players also shake the hand of the referee.
- ii. Any player that is reported for making rude, obscene, or unnecessary comments to the opposing team will be suspended for the following scheduled match.

IV. Match Play Rules

a. Rotation

- i. Each team must start, play, and end the game with six players on the court.
- ii. Players will rotate in a clockwise formation.
- iii. **5th & 6th grade competitive & 7th grade and above** - Teams will rotate prior to their first serving opportunity. (For example: If Team A won the coin toss and has chosen to serve first, their first server will start in the right back position on

the court. The opponent's, Team B, first server would start the game in the right front position.

b. Substitutions

- i. **5th&6th grade competitive & 7th grade and above** A maximum of 18 substitutions are allowed per game. There is no limit to the number of times a player can enter the game, however, a player can only substitute in or out for the same player during that game.
 1. The coach must visually signal for a substitution to the referee during a dead ball.
 2. When a substitution is signaled for by a coach, it must be completed.
 3. Multiple substitutions are permitted and need to be requested at the same time.
 4. The substitution is to take place in front of the ten (10) foot line at the sideline of the team's bench. The player subbing out is to remain inside the court sideline, while the player subbing in is to remain outside the court sideline until they are signaled by the referee to make a legal substitution.
 5. The substitute is to remain in the game until the next dead ball.
 6. The substitute is to maintain the same position in the serving order according to the original line up of the player they have subbed in for.
 7. If multiple substitutions are made during a dead ball, the additional players will remain **behind** the ten (10) foot line until the substitution in front of them has been completed.

c. The Serve

- i. **5th&6th grade competitive & 7th grade and above** there is no limit to the number of consecutive points earned by a single player in a game.
- ii. A player in the right back position will contact the ball with one hand, fist, or arm in their attempt to serve over the net. The ball must be released and suspended in air, if only for a moment, and then contacted with one hand.
- iii. The server may not step on or over the serving end line prior to or during contact. The serving line extends across the width of the court from sideline to sideline and the ball must be contacted within those parameters. Referee will signal a foot fault and loss of ball and a point awarded to the opposing team will occur.
- iv. All players from both teams, except the server, must remain inside the court during the serve until contact is made.
- v. The player is to watch and listen for the referee to give a hand signal and a whistle to start their service attempt. One (1) warning will be given to each **team** if they attempt the serve without the signals from the referee. After the warning, a side out will occur and a point will be awarded to the opposing team.
- vi. The player has eight (8) seconds to contact the ball when both signals have been given by the referee.

- vii. A re-serve shall be called when the server releases the ball for service, then catches it or it drops to the floor. The referee shall cancel the serve and direct a second and last attempt at serve.
- viii. Players may receive the serve with an overhead pass (set) or both arms simultaneously, an underarm pass, except for a diving attempt where the ball may have a single contact with any part of the body above the waist.
- ix. For teams with fewer than six players, each time a vacant position rotates to serve in the right back position, a loss of rally/point is awarded to the opponent.

d. Contact Rules

- i. Each team is allowed three (3) touches, or contacts, per side per play. The ball must be returned to the opposing team's side of the court prior to, or on, the last permitted touch of the play.
- ii. The ball may not be contacted by the same player consecutively unless:
 - 1. A block has occurred and the blocker legally contacts the ball to keep the ball in play.
 - 2. To save a hard driven attack, pending the absence of "finger" action.
- iii. Any contact made to the ball in play may not be lifted, held, carried, pushed, or caught at any time.
- iv. If two players contact the ball simultaneously, it will be considered as one contact. Either one of those players may contact the ball again pending there is another legal contact permitted.

e. The Pass

- i. A player will contact the ball with both arms simultaneously and hands must be connected. If arms are separated and do not contact the ball simultaneously, a "Double" contact penalty will be called by the referee.
- ii. Returning the ball to the opposing team with the first touch is permitted, however, Winter Warriors would strongly encourage the use of multiple contacts to return the ball.

f. The Set

- i. The set is to be contacted above the player's head with their open hands simultaneously receiving and releasing the ball in a fluid motion. In the event the ball releases from the hands in a rotational spin, the referee will call a "Lift" or "Double" contact penalty.

g. The Attack

- i. Also known as a spike; the player is to contact the ball with a single hand above their head with a forward swinging motion.
 - 1. Any player on the court may attack the ball, however, if a player is in a back row rotational position, they may not leave their feet in front, or on, the ten (10) foot line. If this should happen, the referee will call a "Back Row Attack" penalty. The back row player, however, may land in front of the ten (10) foot line after they have attacked the ball.

h. The Block

- i. The ball may contact one (1) or both hands above the net. The player blocking the ball may not cross the plain above the net as to interfere with the opposing team's attempt to keep the ball in play. A player blocking the

ball may contact the ball again, immediately following the block attempt, as the block is not included in the team's three (3) contact attempts.

- ii. Players may not block any serving attempt by the opposing team.
- iii. No blocking, or blocking attempts, will be made by a back row rotational positioned player.

i. Net Rules

i. Antenna

1. If at any point during a rally or serve the ball is to contact or break the plain of the antennas, it will be considered a dead ball on the team that last contacted the ball.
2. If at any point during the game a player is to touch the antenna it will be considered as a "Net Violation" on that player.

ii. Net

1. Players may not touch the net with any part of their body except for loose hair, such as a ponytail.
2. Players may not cross the centerline painted on the floor below the net. A player may step on or have their foot partially crossing the centerline.
3. If any part of the body of the player is to completely cross the centerline, a violation has occurred and will be signaled by the referee.

j. Out of Rotation

- i. A coach has the right to call for a line up check during the game. However, this does significantly decrease the rhythm of the game.
- ii. Any team to be found out of service rotation or positional rotation will be given one (1) warning. Players will be placed in correct rotation by referee.
- iii. A second violation of this rule will result in loss of ball and /or a point awarded to the opposing team.
- iv. **If it is found that the server is the player out of rotation, any points earned by that player will be removed from the scoreboard. NO EXCEPTIONS.**

k. Overhead Obstruction

- i. **Basketball Goals**-Every effort will be made to retract the basketball goals into the ceiling. In the event, due to mechanical error, the goals are in the down position, the following rules will apply:

1. If the basketball goal (backboard or rim) is outside of the court playing space, on contact of the obstruction the ball will be out-of-bounds by the team who contacted the ball last.
2. If the basketball goal is inside the court playing space and the volleyball contacts the obstruction, the ball will be determined playable if it occurs on that team's side of the court and pending that team has a legal hit remaining on their side of the court.

ii. Ceiling

1. If the volleyball during play contacts the ceiling above one teams side of the court, the ball will be determined playable if it occurs on that team's side of the court and pending that team has a legal hit remaining on their side of the court.

iii. Referee Discretion

1. As always, the referee of the match reserves the right to call a replay of any previous volley if they deem necessary to give both teams an equal opportunity to earn the point.

V. Code of Conduct During Match

a. Player's/Parents/ Spectators

- i. Spectators, spectators, and parents are to act in a way that is encouraging towards all players that are involved.
- ii. Only a floor captain for each team is allowed to talk to the referees during that match. If a coach or player has a problem, they are to tell the captain and the captain shall inform the referee.
- iii. At no time is a spectator or parent allowed to directly talk to, or approach, a line judge, scorekeeper, or referee. **THE DECISIONS OF THE REFEREE ARE FINAL.**

b. Coaches

- i. All coaches must sign a copy of the Winter Warriors Coaches Code of Conduct and turn it into the volleyball director before the start of the first game.
- ii. The coach will be the ultimate example of sportsmanship for his/her team and will abide by all rules and regulations set forth herein above.
- iii. If a coach has an issue during the match they will need to inform the team's captain and then the captain shall inform the referee.
- iv. Coaches are responsible for the actions of their team's fans and players. If the referee or Winter Warriors staff has a problem with a parent, they will come to the coach first and ask them to address it. If the problem is not addressed then the team will be charged with an administrative yellow card to the coach and the coach must remain seated for the rest of the game.

VI. Protesting a Match

- a. A coach may protest a game by the set in which the incident occurred. The score at the time of the protest must be documented before continuing the game. No judgement calls will be protested.