



# ELITE VOLLEYBALL RULES

## OUR MISSION

The mission of all our programs is to strengthen the individual, the family, and the community through participation in youth sports. Each program is centered around sportsmanship and emphasizes fun and the importance of fair play.

Our goal is to offer an amateur sports program, through a volunteer base, for all participants to grow in physical, mental, and moral development through recreational competition and to promote excellent citizenship, sportsmanship, and teamwork, exemplified by our coaches and parents.

NYS ELITE VOLLEYBALL LEAGUE WILL BE GOVERNED BY THE CURRENT YEAR NHFS INDOOR VOLLEYBALL RULEBOOK. ANY RULE NOT ADDRESSED IN THIS NYS RULEBOOK CAN BE FOUND IN THE NHFS RULES. <https://www.nfhs.org/activities-sports/volleyball/>

## SPECTATORS

1. NO DOGS OR PETS ALLOWED AT ANY NYS GAMES.
2. NO FOOD OR DRINK (EXCEPT WATER) ALLOWED IN GYMS.
3. NO POST GAME TREATS DISTRIBUTED INSIDE THE GYMS.
4. NO TOBACCO, VAPE, ALCOHOL OR DRUGS ALLOWED AT ANY NYS EVENTS.
5. NO CHALLENGING OR ABUSING REFEREES, PARTICIPANTS OR SPECTATORS. PLEASE MODEL EXCELLENT SPORTSMANSHIP.

## ATTIRE

6. Teams are responsible for providing their own uniforms.
7. Numbers must be on front and back of jerseys. (Must also be contrasting color to jersey)
8. Uniforms must have unique numbers, no duplicate numbers. Libero Jersey must be a contrasting color to the rest of the team with a unique number. (Contact coordinator for more info) (Libero NOT required)
9. Knee pads MUST be worn during practices and matches.
10. No loose jewelry, hats, or open-toed shoes may be worn.
11. No hand/arm braces (hard or soft) may be worn. (Except at referee discretion)

## COURT

12. The court will be approximately 30 feet wide and 60 feet long.
13. The net will be approximately 7' 4 $\frac{1}{8}$ " high.
14. Substitution Zone is between the NET and the ATTACK LINE. The Libero Replacement Zone is between the ATTACK LINE and the END LINE.

## TEAM

15. Players must be listed on the official season roster AND the NSID Photo Roster to be eligible to play in practices and matches.
  - Players must register in [NSID](#) and verify age as of August 1 to be eligible to play
  - Staff will perform roster checks 10 minutes prior to the start of each match
  - Players who do not arrive before the check in are not eligible to play in the first set and must be checked in before they can play in the second or third set.
16. No mandatory playtime.
17. Each team must provide one scorekeeper. The scorekeeper should be an adult only. The home keeper will handle the scoreboard while the away team handles the scoresheets.
18. Each team will provide one line judge. Line judges will stand on the endlines, on the left back side of each end of the court. Line judges are responsible for calling out of bounds, service line faults, antenna violations and generally assisting the R1 with "touch" calls.
19. Scorekeepers and Line Judges must report to the R1 at the score table while the teams are warming up immediately preceding their match.
20. The match will be played 6-on-6. All age levels MUST have six players on the court. Failure to provide 6 eligible players at the start of the match will result in a forfeit for that set.

## MATCHPLAY

21. All teams should arrive early and warm up outside the gym so they can be ready to play at the conclusion of the match scheduled prior. Sometimes matches run over the expected time and sometimes they end before the allotted time. Be ready for either scenario.
22. Each match will begin with a coin toss. The official will choose which team will call the toss.
23. The winner of the coin toss will determine which team will serve first or may choose the side of court.
24. Each team will have 3 minutes of court time to themselves for brief warmups and serving practice.
25. Rally Scoring: the match is played with the rule of "rally scoring"; every rally results in a point being scored, either by the team serving or the team receiving.
26. The match will consist of (the best of) 3 sets. The first team to win 2 sets wins the match.
27. The first 2 sets will be played, first to 25 points; must win by 2 points. The third set is played, first to 15 points; must win by 2 points.
28. Each team is allowed two 30-second timeouts per set.
29. The volleyball size is OFFICIAL SIZE AND WEIGHT
30. All serves must be behind the endline. Foot faults will be enforced by the R1/ Head Referee with help from the Line Judges.
31. There is a 5 second time limit to serve once the official has blown their whistle.
32. Sportsmanship is required and lead by the coaches. Yelling, cheering or distracting opponents while they are serving is discouraged.

33. Attacking the serve is not allowed. Contact with the ball must be made below the height of the net if it is directed to the opposing team.
34. If a serve touches the net and continues over the net, it is a legal serve, and the receiving team can try to return the serve.
35. Players may play a ball off the net. If a player's hand or foot completely crosses the plane of the centerline, it is a fault or violation.
36. A player can never touch the net while the ball is in play.
37. There is a maximum of 3 contacts before the ball must go over the net. Blocking does NOT count as the team's first contact.
38. It is illegal for the same player to play the ball in two consecutive contacts (double hit).
39. Illegal Hits- two-hand, open palm hits (underhand or overhand) or throwing hits will be called on all age levels. One handed hits are legal if the ball does not come to a rest.
40. 18 substitutions are the maximum permitted per team per set. One or more players may be substituted at the same time. A substitute player may enter the match in place of a player on the court, but only with their subbing partner(s).
41. There is a specified substitution zone which substituting players should stand to be officially recognized during a stoppage in play. Or the coach can request a substitution.
42. Must substitute with the acknowledgement of the official (scorer's table).
43. Players must start each rally in their required rotational serving order position but may move once the ball is served.
44. NFHS Libero rules apply. (One Libero per set)

#### **UNSPORTSMANLIKE CONDUCT VIOLATIONS**

- Shouting of negative comments by any coach or spectator to any opposing player, official, staff member or to the opponent's sideline is strictly prohibited.
- Disrespectfully addressing a referee, line judge or scorekeeper.
- Questioning or trying to influence a referees' decision or showing disgust with decisions.
- Using profane or insulting language or gestures and/or taunting anyone involved in the contest.
- If any person, not included in the team roster (coach or player), enters the court of play the referee and/or site supervisor have the discretion to end the game immediately.
- \*\*Referees will use a Yellow Card as a warning and a Red Card for an ejection.

## **Player Code of Conduct**

- I will remember that games are played for fun!
- I will display good sportsmanship ahead of my own personal desire to win.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents, and coaches.
- I will show respect to all game officials, coaches, players, and parents and never act in a manner that would be disrespectful toward them.
- I will not use drugs, tobacco or alcohol at any National Youth Sports practice or game and will remind others on my team not to do so.
- I will shake hands with the other team at the conclusion of all games.
- I will shake hands with the officials at the conclusion of all games.
- I will remember that youth sports are played for fun!

## **Parent Code of Conduct**

- I will be a role model for my team demonstrating how to treat other players, parents, officials, and coaches with respect always.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents, and coaches.
- I will show respect to all referees, officials or umpires and never act in a manner that would be disrespectful toward them.
- I will be an encouragement to all players on all teams regardless of the score.
- I will place my child's emotional and physical wellbeing ahead of my own personal desire to win.
- I will volunteer to help my child's team by coaching, officiating, planning team parties, team pictures, and team trophy orders, phone calls and/or other needs.
- I will not use drugs, tobacco or alcohol at any National Youth Sports practices or games and will remind other parents not to do so.
- I will remember that the game is played for the youth and not for the adults.
- I will encourage my child to shake hands with the officials and the other team at the conclusion of all games.
- I understand that I and possibly my child will be suspended without warning from the league for any violation of this Parent's Code of Conduct

## **CONCUSSION RECOGNITION - SIGNS AND SYMPTOMS**

Concussions are a serious injury. One misconception is that concussions are a football or contact sport related injury. Concussions can occur in any sport or recreational activity.

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

### Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Cannot recall events prior to hit or fall
- Cannot recall events after hit or fall

### Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right” or is “feeling down”

You cannot see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. Most people with a concussion will recover quickly and fully. But for some people, signs and symptoms of concussion can last for days, weeks, or longer.



## HOW TO USE LINE JUDGE SIGNALS

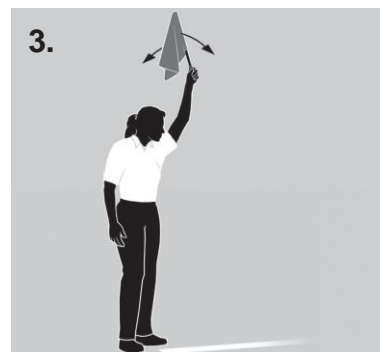
### LINE JUDGE SIGNALS USING FLAGS



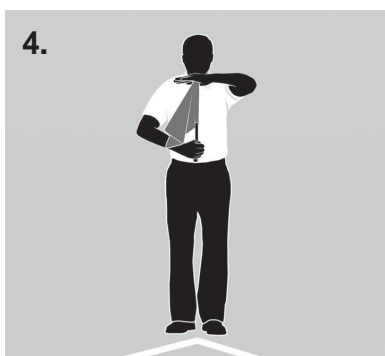
1. Inbounds



2. Out-of-Bounds



3. Obtain R1's Attention



4. Touch



5. a. Antenna Violation  
b. Service Line Fault



6. View of Play Blocked

The flags should be solid red in color and of a recommended size of approximately 12 inches by 12 inches to approximately 16 inches by 16 inches. The flag and hand grip should be securely affixed to the pole.

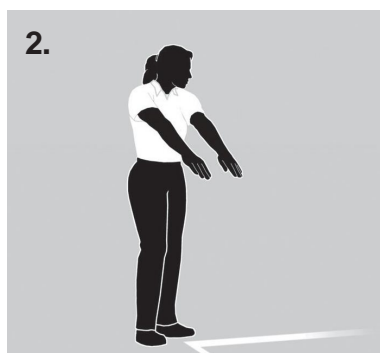
1. **Inbounds:** Point with the flag down and toward the middle of the court.
2. **Out-of-Bounds:** Raise the flag, arm extended.
3. **Obtaining First Referee's Attention:** Raise flag over head and wave to obtain the first referee's attention, when necessary.
4. **Touch:** Raise the flag to shoulder height in front of body and place the open palm of the other hand on top of the flag.
- 5a. **Ball Outside or Hitting Antenna:** Wave the flag over the head and point to the antenna.
- 5b. **Service Line Fault:** Wave the flag over the head and point the service area using index finger, extended arm shoulder height.
6. **View of Play Blocked:** Raise and cross both arms in front of the chest, palms facing the body.

**NOTE:** Flags shall be used by line judges, unless determined by the state association to use hand signals.

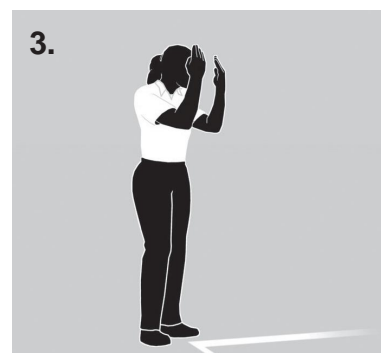
## LINE JUDGE SIGNALS USING HAND SIGNALS



1. Obtain First Referee's Attention



2. Inbounds



3. Out-of-Bounds/  
Antenna Violation



4. Touch



5. Line Violation/  
Service Fault



6. View of Play Blocked

1. **Obtaining First Referee's Attention:** Wave arm over head to obtain the first referee's attention, when necessary. (1)
2. **Inbounds:** Arms extended in front of body, hands open (palms down) toward the floor area between the attack line and the net. (2)
3. **Out-of-Bounds/Antenna Violation:** Hold forearms in front of chest, hands open (fingers together) and palms toward face. (3)
4. **Ball Touched:** Hand on offending team's side held beside head, palm toward head, then brush upward across fingertips one time with other hand, palm forward. (4)
5. **Line Violation/Service Fault:** Indicate the line where violation occurred by extending arm and pointing toward the line with the index finger. (5)
6. **View of Play Blocked:** Cross forearms in front of chest, palms facing the body. (6)

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