



YOUTH VOLLEYBALL LEAGUE RULE BOOK

PROGRAM PURPOSE AND OBJECTIVES

The purpose and objective of the NEW TERRITORY Youth Sports Programs are to teach sportsmanship, physical fitness, and personal development. We have designed this program to help children learn the fundamentals of volleyball and gain a lifelong love for the sport.

A. PLAYER ELIGIBILITY AND REGISTRATION

1. Participants aged 8-13
 - a. Early Registration Fees
 - i. \$105 Resident/\$150 Non-Resident
 - b. Late Registration Fees
 - i. \$120 Resident/\$165 Non-Resident

B. JERSEYS

1. The Home Team will wear (gray) jerseys during the season, and the Away Team will wear (maroon) jerseys.

C. COVID POLICIES

1. **Waivers (League & COVID-19):** Each youth must have a signed authorization from a parent or guardian to participate in all New Territory-sponsored sports programs.

D. NUMBER OF PLAYERS

1. The minimum number of players required without risking forfeiture is three (10-minute grace period, beginning at game time). The remaining game time is played as a scrimmage if fewer than three players are present. When playing with fewer than six players, the team will not lose the serve when the sixth player "hole" goes to serve. The next player in the rotation will serve.
 - a. Sub in after every rotation so that all girls get equivalent playing time.
 - b. Players on the floor must be in proper standard position until the service begins. Players may change position on the floor only after the ball is in the air. In other words, you may not start a rally with all your players in the back, for example.
 - c. Even in a tournament championship game, it is NOT allowed to continuously play six girls on the floor and keep X number on the bench without substitutions in and out.
 - d. There will be no libero in this league.

E. THE BALL

1. Girls ages 8-10 will use the volley-lite ball.
2. Girls ages 11 and above will use the regulation, full-size ball.

F. LINES

1. Girls ages 8-10 will serve from the closer, taped lines, and the boundary will be the regulation line.
2. Ages 11 and above will underhand serve from the black line. The same grade will overhand serve from the regulation line. The boundary will be the regulation line.

G. SCORING AND TIMING

1. Best 2 out of 3, played to 25 points.
2. Must win by 2 points (cap at 30)
3. If a 3rd game is necessary, it is played to 25 (cap at 30).

4. If the 3rd game is unnecessary, the coaches can agree to play a game to 15 points.
5. Each team shall be allowed three (3) time-outs per game.
6. Every service, except a replay or re-serve, results in a point. If the serving team wins the rally, it receives a point and continues to serve. If the receiving team wins the rally, it gets the point and the ball for service. If the serving team or player is assessed a penalty, the opponent is awarded and the ball for service. The winning team doesn't need to be serving at the time the winning point is scored.

H. BEGINNING THE GAME

1. Before the beginning of the game, each team will send captains to the officials to stand for a coin toss. The team in maroon will call the toss. The team that wins the toss may choose to serve or choose which side they want to play.
2. The official will blow the whistle, have teams shake hands under the net, and then take positions.
3. ALL SERVES MUST FOLLOW THE WHISTLE OF THE OFFICIAL

I. SERVING THE BALL

1. Players must serve from behind the line designated for their age group.
2. A player's foot may not cross the service line.
3. At the official's discretion, a player may serve from closer to the net if necessary to allow the ball to travel over the net.
4. A player shall not take more than 10 seconds following the whistle to serve the ball.
5. A five (5) consecutive serve limit will be in effect:
 - a. **EXCEPTION:** If a team is losing by five or more points, a player may serve until their team is winning by 3 points, which becomes the opposing team's serve.
 - b. **EXAMPLE:** If your team is winning by 2 points, a single player may serve until your team wins by 7 points. The serve ends, and the opposing team will not serve.
 - c. **EXAMPLE:** If your team is losing by 5 points, a single player may serve to tie the game and continue to serve until your team is winning by 3 points.
6. A Net Serve shall be allowed. A Net Serve is defined as a ball contacting and crossing the net shall remain in play provided the ball is within the net antennas.

J. ATTACKING THE BALL

1. Attacking the ball is defined as contact with the ball while both feet are off the ground in a manner that sends the ball over the net.
2. Only players in the front row at the serve may attack the ball.

K. ILLEGAL HITS

1. **Lifts:** A lift is defined as prolonged contact of a player with the ball. All strikes on the ball must be deliberate and immediately send the ball away from the striking player.
2. **Double Hits:** A player may not contact the ball twice before a second player has touched the ball. Double Hits include hits when offset hands make two different contacts on the ball during a set.
 - a. **EXCEPTION:** The first contact when receiving the ball shall not be called a double.
3. Teams may only contact the ball three times before it must be sent over the net. A fourth contact will result in a violation and a point for the other team.
4. Players shall not intentionally use any body part below the wrist or the head to contact the ball. Incidental contact shall be legal and not constitute a violation.

**NEW TERRITORY PARKS AND RECREATION
COACHES' CODE OF CONDUCT**

- 1. I will place the emotional and physical well-being of my players ahead of a personal desire to win. Expected Behavior:**
 - a. Respectfully use appropriate language when interacting with players, referees, and staff.
 - b. Understand that New Territory Youth Sports is a recreational program that emphasizes equal playing time, teamwork, respect, and having fun.
 - c. Include all team players without regard to race, religion, color, sex, or any other legally protected classification.
 - d. Treat all players, referees, staff, coaches, parents, and spectators with dignity and respect.

- 2. I will treat each player as an individual, remembering the extensive range of emotional and physical development for the same age group. Expected Behavior:**
 - a. Be aware that youth may vary greatly in physical, social, and emotional maturity.
 - b. Understand that some skills, drills, and demands are not appropriate for all youth.
 - c. Be aware that a child may need additional support depending on behavioral, emotional, or physical disability.

- 3. I will do my best to provide a safe playing situation for my players. Expected Behavior:**
 - a. Report any safety hazards to New Territory Staff.
 - b. Protect players by removing them from play if injured and will communicate all player injuries with parent/guardian and New Territory Staff.
 - c. Keep all players' personal information confidential and only use it for league purposes

- 4. I will do my best to organize practices that are fun and challenging for all my players. Expected Behavior:**
 - a. Understand that communication with parents is essential regarding schedules, and I will do my best to inform parents about any changes in programs.
 - b. Realize that players may have absences from practices or games due to reasons beyond my control.

- 5. I will lead by example in demonstrating fair play and sportsmanship to all my players. Expected behavior:**
 - a. Do my best to encourage, teach, and expect good sportsmanship from my players and their parents.
 - b. Play all players equally, including both playing time and playing each position.

- 6. I will provide a sports environment for my team free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events. Expected Behavior:**
 - a. Be alcohol, tobacco, and drug-free at all Youth Sports activities.
 - b. Remind parents/spectators to refrain from using alcohol, tobacco, or drugs while at New Territory Youth League activities.

- 7. I will be knowledgeable in each sport's rules that I coach, and I will teach these rules to my players. Expected Behavior:**
 - a. Encourage parents and players to read the rules and answer any questions they may have.
 - b. Teach and require compliance of the rules from my players

- 8. I will remember that I am a youth sports coach representing the New Territory. I understand that the game is for children and not adults. Expected Behavior:**
 - a. Maintain a positive and respectful attitude.
 - b. Accept and adhere to all league rules and policies.
 - c. Be responsible for the behavior of my parents and spectators.

Enforcement of the Code of Conduct:

Enforcement of the code of conduct will vary based on the severity of the issues and complaints. Any coach ejected from a game must leave The Club facility immediately. All ejections will include an additional one-week suspension (or longer based on the issue's severity). Immediate suspension or permanent removal from the league can occur without a written or verbal warning. New Territory has the right to refuse future coaching applications based on previous code of conduct violations.

As a New Territory Volunteer Coach, I acknowledge and agree to the established coaches' code of conduct. I understand that my position as a volunteer is a privilege and not a right. Any violation of this code of conduct can lead to suspension or removal of volunteer status and forfeit of coach.

Coach's Name (print): _____

Date: _____