

Southside Youth Senter



"A Safe Place for Children"

Volleyball League By-Laws

Coaches Guidelines and Policies

Match Rules

"A Coaching Philosophy"

The 'Coaching Philosophy' is the foundation of our Volleyball Programs; it not only guides the Coaches and the Staff involved, but it also sets the stage for Athletes on the teams. A Coach is a role-model for all involved. A Coaches' desire to share their integrity, experience, skills, attitudes, behaviors, values, and decisions directly affects everyone on their team. Be a positive and outstanding role-model, because you are molding the future of our youth.

Code of Ethics

- ❖ Display an attitude of teamwork and good sportsmanship at all times.
- ❖ Display respect for other coaches, the officials, the athletes, the staff, and spectators.
 - ❖ Respect and abide by the rules, regulations and policies of our Volleyball League.
 - ❖ Teach each athlete to display an attitude of teamwork and good sportsmanship.
 - ❖ Teach each athlete to respect and abide by the rules of the game.

Coaches/Assistant Coaches-Requirements

- 1.** MUST submit a completed Coach Application (Application, Roster, and Conflict Form) and applicable fees by the required date.
- 2.** MUST submit a completed Sponsorship Fee of \$100.00 by the required date.
- 3.** NEW Coaches must submit a \$25 fee and pass a Criminal Background Check.

4. All Coaches MUST attend Mandatory Coaches Meetings.
5. MUST ensure that all relevant information is communicated to their Parents/Guardians.
6. MUST ensure that all individual Athlete paperwork and fees are completed and submitted, by the required date.
 - a. Refunds will not be given after the first game of the season, no exceptions.
7. MUST comply with the requirements to reserve practices days/times.
 - a. "First come, first serve" after all Coaches application and fees are submitted.
8. MUST communicate any and all concerns, issues, suggestions and comments with the Athletic Director.

Coaches/Assistant Coaches-Conditions

1. FORFEITURE of any game MUST be respectfully reported twenty-four (24) hours prior to your scheduled game.
2. It is the responsibility of the Coach to ensure their team is properly uniformed:
 - a. Team jerseys, gym shorts, proper gym shoes, and kneepads are required.
 - b. Gym shorts must be appropriate. No jean shorts. No cheeks showing.
 - c. Girls-Hair pulled back.
 - d. No jewelry. No exception
3. Coaches are required to have their team line up submitted to the Scorekeeper's table five (5) minutes prior to the game/set.
4. The HEAD coach is the only one permitted to stand during play; for instructional purposes only.
5. ANY and ALL NEGATIVE BEHAVIOR by the Coach/Coaches are unethical and not permitted:
 - a. Yelling and ranting at the other coaches, officials, staff or spectators.
 - b. Using profanity, derogatory remarks or belligerent behavior
 - c. Behaving in a purposeful distracting or rude manner.
6. ANY and ALL NEGATIVE BEHAVIOR by the Coach/Coaches will be handled in the following manner:
 - a. 1st Caution-Coach will be seated and not allowed to stand for the rest of the set/game.
 - b. 2nd Caution-Coach will be asked to leave the gym.
 - c. Continued negative behavior will result in Coach being banned from Southside Youth Senter Sports Leagues.
7. However, any and all of the consequences of negative Coach behavior is ultimately at the discretion of the Officials/Athletic Director.
8. Coaches and their team are responsible for picking up any trash and cleaning up the bench area after each scheduled game.

9. ANY and ALL scouting at another team's practice, by any coach not directly associated with that team, or its representatives, is considered unethical and is not permitted. If a coach or representative of a coach is found scouting, the said coach will be terminated from the Southside Youth Senter Sports Leagues, in all capacities and never permitted to return.

Player Eligibility

1. All players must be enrolled in School or Home Schooled.
2. MUST submit a completed Volleyball Players Application.
3. During games, all players MUST be PROPERLY uniformed:
 - a. Any player not dressed out properly will not be allowed to play. NO exceptions
 - b. Cast, other padding, or prosthetics must have approval of Official prior to play.
4. A team will not be allowed to ADD a player AFTER the third (3rd) game of the season.
5. Any player added AFTER the first (1st) game will be responsible for and pay for their team jersey.
6. There is a possibility that a player will be requested to provide a Birth Certificate, to determine proof of age.

Divisions by Grade Level

The SYS Volleyball Program is broken down into the following Divisions:

-3rd and 4th Grade -5th and 6th Grade -Jr. High -High School

A player may reasonably PLAY UP, but never DOWN. Once a player moves up and plays one game, they will not be allowed to move down.

Uniforms

1. All jerseys are paid for by the Sponsorship Fee.
2. Player's numbers must be printed on the front and back of the jerseys.
3. Gym shorts are required. Spandex is allowed. No jeans or any shorts with snaps, buttons, strings, zippers, etc. No cheeks showing.
4. Gym shoes and socks are required to be athletic-type. No street shoes.
5. Kneepads are required. No exceptions
6. No jewelry. No exceptions.
7. Hair must be tied back securely and neatly. Bows/bobby pins are allowed. (No large-sized bows)
8. Players may not wear excessive make up/face paint.

Practices

- 1.** Practice times are determined after all Coaches application (Application, Roster, Conflict Form, T-shirt order form) and fees are submitted.
- 2.** Each team is permitted one (1) practice/one (1) hour per week. There will be an Extra Practice fee of \$20.00 for extra team practices requested; and if there are times available.
- 3.** A Coach or team representative **MUST** be present at all team practices and must be over the age of eighteen (18) years to supervise the practices.
- 4.** Please report any person or persons attending your team practices, including coaches from other teams, who were not invited by you to observe.
- 5.** Give **IMMEDIATE ATTENTION** to all injuries. It is the responsibility of the coach to inform and follow up with the Parents/Guardians concerning the injury and treatment.
- 6.** Keep the gym clean. Please clean any areas soiled during your practice time.

Line Judges

Coaches are responsible for ensuring that at least ONE VOLUNTEER (Parent, Grandparent, or Guardian, Spectator, etc.) who is of reasonable age and responsible, is scheduled to be a LINE JUDGE, at every scheduled game. Line judges may not have children, friends, or extra purses, bags, or any other hindrances around while serving as a line judge.

General Game Rules

Schedules- Game schedules are finalized by the Athletic Director/Department

Practices- Team practice schedules are finalized by the Athletic Director/Department

Benches- Water and Gatorade in a twist cap bottle are allowed at the benches during the games. Drinks with lids, drinks in glass containers and food, are never allowed at the benches. Teams and coaches are expected to clean the bench area after their games have been played.

Players- Teams may have a Maximum of twelve (12) players on their roster. Each team must have at least five (5) players on the court at all times. If only 5 players are on the court, a 'ghost' player rule will go into effect, and will incur a side-out and loss of rally point for each time the 'ghost' is in the Server's position. Players may only play on one team per season.

Ball- Southside Youth Senter will provide 2 warm-up balls and a SEPARATE game ball.

- a. 3rd and 4th Grade division and 5th and 6th grade division will use the Volley-Lite Ball
- b. Jr. High and High School Division will use a Normal Weight ball.

Matches- The location of the games will be played at the Bea Wood Gym, next to Southside Youth Senter, unless otherwise designated by the Sports Director.

- a. Best 2 out of 3 rallies to 25 points.
- b. If a third set is needed, it rallies to 15 points.

Time Outs- Each team is allowed 2 time outs per set, not to exceed 60 seconds per time out.

Rules of Play

Players- Teams may have a Maximum of twelve (12) players on their roster. Each team must have at least five (5) players on the court at all times. If only 5 players are on the court, a 'ghost' player rule will go into effect, and will incur a side-out and loss of rally point for each time the 'ghost' is in the Server's position.

Substitutions- A request for substitutions shall not be recognized if made:

- a. By anyone other than the Head Coach
- b. During a live ball
- c. After the first referee has signaled for serve.

Team positions- At the time the ball is served the players of each team must be within their respective team area, taking positions as follows:

- a. The three players at the net are front line players occupying positions 2, 3, and 4 (Right to Left)
- b. The three players in the back line are occupying positions 1, 6, and 5. (Right to left)

Players out of position- When a player is found to be out of position, the play must be stopped and the error corrected.

- a. If the discovery is made prior to service by the opposing team, all points scored by the team while any player was in an incorrect position will be cancelled.
- b. If the team at fault is serving at the time of discovery of the error, a side out will be declared.

Interruption of play-

- a. A team is allowed two time outs per set. The length of the time out will not exceed 60 seconds.
- b. As soon as the referee notices an injury, ALL play will be stopped. The referee will direct a play over when the game is resumed.
- c. The Athletic Director or Assistant Athletic Director has the authority to interrupt play and to stop any scheduled practice or game.

Service-

- a. Players in the 3rd and 4th Grade Division must begin serve from the second (middle) line.
- b. Players in 5th and 6th Grade, Jr. High and High School Divisions must begin serve from the service (back) line.
- c. No player may step on or over the service line while serving.

Contacting the ball during play-

- a. Each team is allowed a maximum of three consecutive contacts with the ball in order to return the ball to the opponent's area.
- b. The ball can contact any number of parts of the body down to the waist; providing the contacts are simultaneous.
- c. When the ball comes to rest momentarily in the hands or arms of a player, it is considered a lift. The ball must be cleanly hit. Scooping, pushing, or carrying the ball will be considered holding.
- d. A ball clearly and cleanly hit with one or both hands from below the ball will be considered to have committed a double contact.

Blocking- Blocking is the act at the net, which intercepts the ball coming from the opponent's side by making contact with the ball as it crosses the net.

- a. An attempt to block does not constitute a block unless contact with the ball is achieved during the attempt.
- b. From row players are the ONLY ones who can block.
- c. The team which has affected the block will have the right to three more contacts with the ball in order to return it to the opponent's side. (**Blocking the ball is not considered a hit**)
- d. Any player who initiates the block will have the right to make the next contact with the ball, such contact counting as the first of three allowed contacts.
- e. Multiple contacts of the ball by a player participating in a block are legal, provided that only one effort is made to play the ball. This will constitute the first hit, even though the ball might have touched multiple players on the block.
- f. The hands of the blocker(s) may reach over the net. However, the blocker(s) may not contact the ball over the opponent's area until after the completion of the opponent's actions which sends the ball towards the blocker's side.

Play at the net-

- a. To be good, the ball must cross the net completely between the antennas or their indefinite extensions.
- b. When the ball in play touches the net completely between the antennas, it is considered good and play continues.
- c. If the ball is hit into the net and falls on the players' side who hits the ball, that will constitute a side-out and the team will lose the ball.
- d. If two opponents contact the net simultaneously, it will constitute a double fault.
- e. If any part of the players body touches the net; body, hair, jersey, etc., will constitute as a side-out.

Hands passing over the net-

- a. Contacting the ball over the net above the opponent's playing area before the opponent's action to send it toward the opposite side is made, is a fault.
- b. Sets or set passing over the net after a spike is attempted or made is not a fault.

Crossing the centerline-

- a. If a players foot touches the centerline it is legal; however, if a player crosses the centerline completely with any body part in contact with the ground, it will be a side-out.
- b. Crossing the vertical plane of the net with any part of the body, with the purpose of interference of the opponent while the ball is in play will create a side-out.

Back Row players-

- a. A back row player may not participate in any attempted block at the net.
- b. Back row may attack the ball from behind the attack line without fault.
- c. An illegal back row attack is an attack that is made on or in front of the attack line by a back row player, and the ball is contacted completely above the height of the net.
- d. The ball must completely cross the net to be a completed attack.

Ball out of play-

- a. A ball that touches either antenna or the net outside of the playing area is considered out of bounds.
- b. A ball is out of bounds if it touches any area outside of the playing area, or any object that is not on the court.
- c. If a ball hits the boundary line, it is considered in play, or good.
- d. If a ball hits the ceiling and lands on opponent's playing area it is considered out. If a ball hits the ceiling and comes back on same team's side it is good and can still be played if number of contacts does not exceed three.

Point or Side Out- A side out is declared against the serving team if any player on the team commits a fault, or a point is awarded to the serving team if the opposing team commits a fault or cannot put the ball back in play.

Scoring and results of the game-

- a. A game is won when a team scores 25 points and has at least a two point advantage over the opponent.
- b. Games that require a third set will go to 15 points.
- c. If the score is tied at 25 all, the play continues at deuce an advantage until one team has reached a 2 point lead.
- d. There will be a cap of 30 points for the first two sets, and a cap of 20 for the third set. Whichever team reaches the cap first will win, regardless of whether they have a two point advantage.

Penal Code

Chapter 22

Assaultive Offenses

SEC. 22.01. ASSAULT

(C) (2) a Class B misdemeanor if the offense is committed by a person who is not a sports participant against a person the actor knows is a sports participant either:

- (A) While the participant is performing duties or responsibilities in the participant's capacity as a sports participant; or
- (B) In retaliation for or on account of the participant's performance of a duty responsibility within the participant's capacity as a sports participant.
- (C) (4) "Sports Participant" means a person who participates in any official capacity with respect to an interscholastic, intercollegiate, or other organized amateur or professional athletic competition and includes an athlete, referee, umpire, linesman, coach, instructor, administrator, or staff member.

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