

# Gold Crown Volleyball

## THE GAME

**Rules:** Gold Crown Volleyball uses High School Rules. Any exceptions are discussed below. Players must follow rules for the grade and division they are playing in, regardless of the grade the player is actually in. EXAMPLE: A 6<sup>th</sup> grader playing on an 8<sup>th</sup> grade team would need to follow the same serving rules, etc.

NEW RULE: Serving team players **MUST** keep their hands no higher than head height.

**Videos:** There are two videos on the Gold Crown website covering scoring and line judge duties. Be sure YOU watch these videos before our training!

**A. Game Format** – Matches are 2/3 sets. The first two sets are **21 points**, win by two points, **cap at 24** points.; the third set is 15 points, cap at 17. Teams **stay on their sides**. Time permitting, all three sets will be played even if a team wins the first two. If the third set is not necessary, the cut off time is **15 minutes** prior to the next scheduled match start time.

There is a two-minute break between sets.

Substitutions are unlimited.

All grades may use **two** Liberos.

**B. Coin Toss & Pre-match Conference** – Cover the following:

Ground rules (including service line and divider nets), balls entering the court, warm-up procedure.

BE AWARE: Posts ARE ALLOWED in the ears. However, jewelry is **NOT** ALLOWED below the chin. This means **no necklaces or bracelets**. Be sure to mention this to coaches as well as the captains, during your pre-match meeting; hair ties go in the hair not on the wrist.

Players are responsible for chasing the ball; do not rely on line judges or fans.

The coin toss and captains' meeting will be conducted 12 minutes prior to the scheduled match start time. Winner of the coin toss has the choice of SERVE, SIDE, or RECEIVE. If a team chooses SIDE, the other team may choose SERVE or RECEIVE. Teams stay on the same side of the net that they start on.

**C. Two Contact Rule** – 8<sup>th</sup> grade Gold and 7<sup>th</sup> grade Gold teams ONLY! Teams should play the ball at least twice before sending it over the net unless the act is unintentional. It shall be unsportsmanlike conduct on the team should this rule be abused. Determining abuse of this rule shall be the judgment of the referee, referee coordinator, or gym supervisor. Sending the first ball back to the opponents' side of the net is legal if the contact is inside of the attack zone (attack line to centerline).

NOTE: Should this happen at any other level please remind coaches of our philosophy of skill development over winning. Please let our staff know if you think this is a problem.

One of the guiding principles of Gold Crown Volleyball is development of players' skills. This is promoted by teams having multiple contacts of the ball.

**D. Jewelry** – Only posts are allowed in the ears. Jewelry is only allowed **above the chin**. Stress this during the Captains Meeting and remind the coaches. Bracelets, glitter make-up, rings, and ankle bracelets are not allowed. Headbands or other hair control devices with sequins are allowed. However, if the headband breaks and sequins fall on the floor it will result in a time out to the offending team. If that team does not have any time outs remaining, it will be a point to the other team. These guidelines are designed to give all players a safe experience. Covering jewelry with tape or other material is NOT allowed!

**E. Time** – Each team gets two **45 second time-outs** each set. The full 45seconds will be used unless both teams are ready to play early. Whistle with five seconds left in the time-out. Time-outs may be taken back to back.

There are **two minutes** between sets. Blow your whistle with 15 seconds remaining if either team has not returned to the court. Teams must be ready to play at the end of two minutes.

In case of injury, allow as much time as needed for players to be attended to.

**F. Warm-up** – Start the clock for warm-ups at **10 minutes** before match time. An **8-minute** running clock will be used on the scoreboard. Each team has **4 minutes** to warm up on the court, **including serving**. **\*\*\*If games are running late the Gold Crown Director reserves the right to cut warm up time to 3 minutes warm up per team, including serving.** The serving team has the court first. There is no shared court time. Let coaches know when there is one minute left in warm-ups. Blow your whistle with 10 seconds left in the first team's warm-up time to prepare the other team to enter the court. Sound a second whistle at 4:00.

If a team is not present for the coin toss, you act as their representative and proceed with the coin toss and warm ups. The team that is present will have the first four minutes and the late team will have whatever time remains in their 4-minute warm up. Be aware that teams may be playing on another court. **START WARMUPS ON TIME!!! BE AWARE OF THE TIME!**

**Exception** – If the prior match ends early, those teams may use the court until their scheduled warm up time (12 minutes prior to match time). They can also start early if both teams are ready and coaches agree.

### **G. Officiating Duties:**

**Scorers & Line Judges** – Two people are required from each team: a line judge and someone for the scoreboard or score sheet. Each team should have two representatives attend scorer training on the first day of matches. Scorers **MUST** report to the score table when warm-ups begin to discuss their duties with the referee. Talk with the scorer and timer to see if they have any questions. Be prepared to show them how the clock works.

Have coaches send their line judges to you **immediately following the pre-match conference**. Go over their position and responsibilities (HANDOUT). Adult line judges are preferred. Line judges must be at least 15 years of age.

Line Judge position: about a foot back from the corner; put them in correct corners.

Signals - use flags – demonstrate – IN, OUT, TOUCH, ANTENNA, SERVICE FOOT FAULT.

Being aware of balls hitting or going outside antennas; foot faults on the serve (Be aware of service differences!).

Emphasize that they are part of the officiating team and do need to pay attention and make calls. Remind them to stay in their corner and let players chase the ball.

**H. Game Ball:** Pick out the best ball possible from the warm-up balls. 6<sup>th</sup> Graders use Volley-Lites.

**I. Facility Usage:** Coaches must ensure that players, parents, spectators, etc., respect all property and gym facilities. Players and spectators are not allowed on the court when their team is not playing, i.e. between matches, games, time-outs, etc. Spectators are **NOT** allowed to sit or stand along the curtains.

## **Rule Highlights**

Any overhead obstruction over a playable surface is play-on if contact is on a team's side of the net, including backboards and supports when in an upright position. Vertical backboards (in a down position) are **OUT** immediately. It is the referee's judgment if someone could have legally played the ball. A ball contacting a wall or divider net is **OUT**.

Antennas are placed in line with the outside edge of the sideline. Be sure to check these after warm-ups so they are in a vertical position(straight up and down).

Team benches need to be 6' away from the court and no closer to the extension of the centerline than the attack line. Check this before each match.

NET HEIGHT – 6<sup>th</sup> Grade: 7'; 7<sup>th</sup> and 8<sup>th</sup> Grades: 7'4 1/8"

### **PLAYER EQUIPMENT & UNIFORM**

No casts anywhere, including arms. Soft hair devices only. Unadorned bobby pins and hard barrettes are legal. No glitter or body paint. Posts are allowed in the ears. Other jewelry is allowed above the chin but nothing dangling. No jewelry below the chin. No necklaces or anything on the wrists.

Uniforms do not need to match; they should have numbers (no duplicate numbers). The Libero's jersey must be a contrasting color to the rest of the team. A penny of a different color may be worn over the jersey. Pennies will be available at each score table.

## THE TEAM

A team may start a game with five players. The team will use a “GHOST” which starts in the middle back position if that team is serving or right back if receiving. It is an automatic side out when that position rotates to serve, however, no point given to the opponents.

If a team has fewer than five players to start a set, it shall result in a forfeit. Set one will be forfeited 5 minutes after the scheduled match start time. If sufficient players have not shown up by 10 minutes after the scheduled match start time, the second set and the match shall be forfeited. Score of a forfeited game is 21-0.

## LINE-UPS

Coaches will turn in the official Gold Crown Line-Up Sheet two minutes prior to the end of warm ups and at least 30 seconds prior to the end of time between sets. Be flexible with this but encourage coaches to hustle!

## THE SERVE

First server for the receiving team shall start in the right-front position and rotates to serve. The serve must be hit with one hand, fist, or arm while the ball is being held or released by the server. After being released, the ball may come in contact with the server's body or be caught as long as no attempt is made to serve the ball. The server has 5 seconds to contact the ball after the referee's whistle and signal to serve. There can be only ONE re-serve during a player's term of service. A served ball that touches an antenna, ceiling or any overhead object is OUT. A served ball may never be blocked, but can be attacked once the bottom of the ball has dropped partially below the top of the net.

6th Grade players are allowed to serve from a line that is seven feet into the court. When a team wins five points in a row the team rotates to the next server and retain the ball. If there is a 10-point difference during a game, the team that is winning must serve from the regular end line (no exceptions). **From this position they can serve either underhand or overhand.** Once the next game begins or when the point spread drops below 10, teams can resume service rules listed above. At the referee's discretion, if a team is having constant difficulty getting the ball over the net, they may start at the service line and take one step into the court.

7th Grade Silver players are allowed to start at the end-line and step over while serving if they are having difficulty getting the ball in play. The libero is allowed to serve in ONE position in rotation. Once the libero has served in a position that is the only position she can serve during that game. The libero is not required to serve.

## DURING PLAY

For set one, players will line up along their end line until motioned onto the court by the referee to shake hands with the opponents. In subsequent games, teams simply line up on the court. Teams are not required to go to the end line at the end of a game. Simultaneous contact by two teammates is considered one hit and any player may make the next hit, including either of the players who made the prior contact. Multiple contacts are allowed on the team's first and second contact and only in one attempt to play the ball provided they do not send the ball to the opponents. Contact is allowed anywhere on the body.

### Prolonged Contact/Held Ball

The ball may not visibly come to rest, be held, or create prolonged contact.

### Back Row Player Fouls

A back row player on or in front of the attack line may not contact a ball that is TOTALLY above the top of the net, sending the ball into the opponent's court. Whether the player jumps or not has no bearing on this call. Be especially aware of the setter's position.

### Centerline Violations

Hands or feet on or above the centerline is allowed. No other body parts, other than hair, may cross the centerline and contact the opponents' court. A player may touch the floor across the centerline outside of the court provided they do not interfere with play of the opponents.

### Adjacent Courts

Players may not enter adjacent courts at any time during play unless matches are not scheduled on that court.

#### Net Play

Contacting any part of the net with any part of the body, including the uniform, is a fault. This includes contact outside the antennas and cables. Contact with poles is legal unless it is considered dangerous play. Contact of the net by hair is okay.

A ball that crosses over the top of the antenna, hits the antenna, hits the net and the antenna, or hits the net outside of the antenna is OUT. A player may not contact a ball which is totally on the opponent's side of the net unless it is legally blocked. It is illegal to block a serve or attack a ball that is totally on the opponent's side of the net. The serve may be attacked once part of the ball has crossed the net and dropped partially below the top of the net.

#### REPLAY SITUATIONS

A player becomes injured during play.

Ball enters the court and is interfering with play or may be a safety hazard.

Simultaneous fouls by opponents.

Referee's inadvertent whistle that affects play. If the whistle dose not affect play, play on.

Player's legitimate effort to play the ball is affected by a non-player anywhere in a playable area.

The ball becomes motionless in the net between the antennas or on/in an overhead object over a playable area on that team's side of the net, except after a third contact resulting in the ball being "OUT."

Ball contacts a backboard or its attachments that are hanging in a vertical position over a playable area and, in your judgment, a player could have made a legal play on the ball.

#### SUBSTITUTIONS

Unlimited substitutions. 7 Gold and 8<sup>th</sup> grade Gold players must always enter into the same position in service rotation for that set. 7 Silver and 6<sup>th</sup> Grade players may rotate into one position every time. For continuous rotation, coaches will list their entire serving rotation when submitted to the scorer. The scorer will then list the players in serving order on the sheet as follows:

If there are 9 players -

|     |   |   |   |   |
|-----|---|---|---|---|
| I   | 1 | 7 | 4 | 1 |
| II  | 2 | 8 | 5 | 2 |
| III | 3 | 9 | 6 | 3 |
| IV  | 4 | 1 | 7 | 4 |
| V   | 5 | 2 | 8 | 5 |
| VI  | 6 | 3 | 9 | 6 |

NOTE: Teams are not allowed to use a combination of continuous rotation and regular substitution.

#### CONDUCT

Refer any problems with parents or coaches to the event director and/or facility manager. You can issue Yellow and/or Red cards to coaches and players. Cards carry over from set to set within a match. There is no additional penalty for a Yellow card Warning. Any Red card issued results in loss of rally and a point awarded to opponents. Cards must be recorded on the score sheet and reported to management.

### **The Libero**

Teams are allowed to use two Liberos but only one can be on the court at a time. Libero replacement takes place between the attack line and end line during a dead ball. Once replaced, the Libero must sit out one play, unless serving. They must be replaced by the same player they went in for. Can serve in one position in rotation. This applies to all teams. Cannot block or attempt to block. It is illegal to use finger action (setting) in the attack zone to a player who completes an attack totally above the top of the net. Completed attack from totally above the top of the net anywhere on the court is illegal. The libero number and jersey color must be different from any other player on the roster. May wear a penny over their jersey. Liberos can change each set.