

## Junior and Little Spikers

### Fall 2017 - Rules and Requirements

- All Players and coaches must wear league shirts for season matches. No other attire. Referees will enforce this rule.
- Please make sure all players get playing time. You must rotate properly and a girl/boy may not serve more than one time in a six-time rotation.
- Teach the fundamental of passing, serving, setting, and hitting.
- Model and teach sportsmanship to your players.
- The net height will be 7' for the older league and 6'8" for the younger league.
- Coaches are responsible for the fans(parents) supporting your team. Be professional and sportsmanlike when you are coaching, and your fans(parents) will usually follow your lead.
- Officials(referee) will use yellow and red cards. The yellow card is a warning to a coach, players, bench, or fans. A red card will result in loss of a point and/or serve.
- We will play regular UIL rules for the league with the serve rule exception below.
- All players in older league must serve from the regular endline of the volleyball court. The younger league will be allowed to move up to a 20' service line that we will have taped on the court. This is for the underhand serve only. If you have any players in the younger league that progress and are capable of serving from the regular endline, then please have them do so. As a coach you are supposed to be concerned with developing players, not just winning matches. Anyone that serves overhanded must serve from the regular endline.
- \*\*\*\*New rule- In the younger league(1-3), no server will serve more than three points. After three points, it will be a sideout with NO point and the other team rotates and gets the ball. In the older league(4-6), no server will serve more than five points. After the fifth point, it will be a sideout with NO point and the other team rotates and gets the ball. If you have the better team, you should still win the match. This will allow every girl to serve. All players should be given the opportunity to serve. Do NOT let a player serve more than once in six rotations!!
- We will play with a volley-light volleyball in both leagues. Later in the season, I may insert a regular weight volleyball in the older league to prepare the older girls for junior high volleyball.
- Each player receives a shirt and a volleyball. We are NOT giving participation awards. Each girl receives a shirt and a volleyball for participation in the league. We will give awards at the tournament that we are holding at the end of the league.
- The tournament is scheduled for Monday and Tuesday, Nov. 13 and Nov. 17<sup>th</sup>!! It will be a single-elimination so if you lose on Monday night, you will NOT play on Tuesday.

- Please do your best to only practice one evening for no longer than one hour and fifteen minutes per week. You will have two matches per week and one practice per week. That is enough time to ask parents to commit to. Please do not abuse your team and parents by practicing too much because we will lose players for our spring league. Practice times and days are the coach's choice, but I do expect you to try and work with the parents of your team.
- I will do my best to find you a gym for practice. Use the parks when we have good weather. Do NOT ask to practice at the boys and girls clubs. We are NOT asking staff to stay late and keep the clubs open more than our two game nights. I will allow practices at the sandcourts, but I have to have an employee there so need to know when you want to go there.
- Team and individual pictures will be made available to you during the season. The two dates will be Saturday, October 21<sup>st</sup> and Saturday, October 28<sup>th</sup>. Site to be determined.
- A FREE fundamentals clinic will be offered to all members of the league and we will be having a coach's clinic. I am a retired volleyball coach and am not directing a social volleyball league. It is my expectation that you are teaching fundamentals to your team and trying to make sure that we are helping to create a passion for the sport of volleyball. It is your job to help the girls have a positive experience while playing in this league and to learn fundamentals to help them when they want to participate in junior high athletics. It is NOT your job to win all matches. Set a good example!!
- 1<sup>st</sup> – 3<sup>rd</sup> grade season dates - Monday, October 9, 16, 23, 30, Nov. 6, 13<sup>th</sup>
- 4<sup>th</sup> – 6<sup>th</sup> grade season dates - Thursday, October 12, 19, 26, Nov. 3, 10, plus Tourney on Monday, Nov. 13 and Tuesday, Nov. 14<sup>th</sup>
- Each team will be asked to provide an ADULT linesman when your team is playing. We will provide one official and an adult scorekeeper. Please help us get your parents and fans to call lines during matches.
- We will be using high school/junior high volleyball rules according to the National Federation. (NOT Junior Olympic club rules)
- Both the younger and older league will play to 25 points in their regular matches with a 40-minute clock. At the end of the time, the match will be stopped no matter what the score is. We will stay on schedule to assure teams two matches per night. 5 minute warmup between matches.
- If you are short players(less than six on the court), the referee will make you have a ghost server for your lack of players. You may NOT use players from other teams.

**\*\*\*\*\*Have fun! Play volleyball! Grow the passion for the sport! Enjoy!!**