

**City of Henderson**

# **Youth Volleyball**

## **RULES & GUIDELINES**



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Revised 6/20

## **National Standards for Youth Sports**

### **CHILD CENTERED POLICIES AND PHILOSOPHIES**

**Youth sports programs must be designed and administered so that every child, regardless of their abilities, has an opportunity to have a positive youth sports experience from their participation.**

### **VOLUNTEERS**

**To ensure that everyone involved strives to make the youth sports program safe, positive and fun for all children, all administrators, coaches and parents must receive information about the program's philosophy, policies and procedures, as well as specific knowledge required for each position.**

### **PARENTS**

**Parents/guardians must take an active and positive role in their child's youth sports experiences.**

### **SAFE PLAYING ENVIRONMENT**

**Youth sports programs must provide safe playing facilities and equipment, healthful playing situations and be ready for emergencies, should the need arise.**

**Source: National Alliance for Youth Sports, 2017**

## SECTION I: GENERAL LEAGUE INFORMATION

### A. Rulebook Overview

The purpose of this document is to provide all participants in the City of Henderson youth volleyball program with an overview of our rules and regulations. All games are conducted in accordance with the current National Federation of State High School Associations (NFHS) rules of the game and decisions as modified by the City of Henderson. Any issues not specifically addressed in these guidelines will be governed by the City of Henderson. The program coordinator reserves the right to modify, adjust or omit any rule in this document that is deemed to enhance the quality of the program.

### B. Division Setup

Each participant is assigned to a division based on their date of birth.

1. No player may play in a division other than the one they are assigned to based on their date of birth unless approved by the program coordinator.
2. Divisions shall be broken down into zones determined by ZIP codes. Zones may be combined based on registration numbers.
  - a. Zone 1: 89002, 89005, 89009, 89011 and 89015 ZIP codes
  - b. Zone 2: 89011, 89014, 89074, and Las Vegas ZIP codes (except 89123, 89183 and 89016)
  - c. Zone 3: 89012, 89044, 89052, 89123, and 89183 ZIP codes

DIVISION	AGE
U12	10-11
U14	12-13
U19	14-18

### C. Season Timeline

Coaches may hold practice up to twice per week in the preseason, and once or twice per week during the season, depending on court availability. Please note that the timeline may be adjusted due to unforeseen circumstances that alter the availability of allocated court space.

### D. Jurisdiction

1. COURTS  
Volleyball courts are allocated by the City of Henderson for their prospective use; therefore, the city maintains jurisdiction over the courts and surrounding gym during events. All participants of the City of Henderson youth volleyball program will honor the rules and regulations along with employees and officials who are empowered to enforce them.
2. OFFICIAL'S AUTHORITY  
Coaches, spectators and players are reminded that the official is the authority in control of the game including the surrounding gym, from the time they arrive until the time they leave the facility. The official is authorized to enforce these rules and regulations in addition to NFHS rules of the game.

## **E. Non-Player Conduct**

### **1. COACHES' CODE OF CONDUCT**

- a. Each team must have one coach designated as the head coach and may have up to one assistant coach. In the event that the head coach is ejected from the game, then the assistant coach will be designated as the head coach. A substitute coach may be granted with permission from the program coordinator.
- b. Coaches must stay off the court and remain on their respective sideline. Coaches must behave responsibly and may not shout at the officials or otherwise interfere with the game. Coaches should limit specific instructions during the game and do the majority of their coaching during practice.
- c. No voice amplification devices will be allowed.
- d. Alcohol, tobacco and illegal drugs are prohibited.
- e. Head coaches are responsible for their own conduct as well as the conduct of their assistant coaches, players and spectators affiliated with the team.
- f. Coaches along with officials should make every effort to ensure the games are safe and fair.
- g. Coaches should do all they can to minimize the chances of lopsided scores.
- h. Both teams must line up for post-game handshakes prior to having a team meeting.

### **2. SPECTATORS' CODE OF CONDUCT**

All individuals who are not coaches, players, officials, or City of Henderson employees are considered to be spectators from the time they enter the gym until the time they leave. This league is designed to promote fun and fundamentals. Below are some simple rules that should be observed by spectators:

- a. Shouting at players from the sidelines is not permitted; it is the coach's responsibility to direct the players.
- b. Parents are encouraged to cheer for their child's team. They should refrain from any disparaging or discouraging comments.
- c. Avoid obvious displays of anger.
- d. Display good sportsmanship.
- e. Do not run up and down the sidelines or behind the baskets. Spectators should remain stationary in the designated area.
- f. Do not shout insults at the official. The official has the authority to stop the game if the crowd becomes discourteous.
- g. Absolutely no alcoholic beverages, smoking and/or tobacco is permitted at any game.
- h. Non-playing children must be supervised at all times.
- i. Posted facility rules for gym use apply.

3. GYM RULES

There are rules and guidelines that all coaches, parents, players, and spectators must follow within the recreation centers:

- a. Food and drink are not permitted in the gyms (except water).
- b. After each game, coaches are responsible for cleaning their bench area.
- c. After each game, snacks for players must be provided outside the gym (snack areas with tables).
- d. Do not leave personal items unattended. The City of Henderson is not responsible for lost or stolen items.
- e. Appropriate attire must be worn at all times. This includes appropriate shirts, shorts/pants and shoes.
- f. Inappropriate language or gestures are not tolerated and may result in removal from the gym.

**F. Disciplinary Procedures**

1. PLAYERS DISCIPLINED BY THE COACH

While the City of Henderson recognizes discipline is a key ingredient to the success of a team, no coach can prevent a player from participating in a game without prior approval from the City of Henderson. Any coach who feels a player's playing time should be restricted due to tardiness, absenteeism, behavior, or any other reason should discuss the matter with the program coordinator prior to the game.

2. PLAYERS EJECTED BY THE OFFICIAL

Players ejected from the game by the official cannot participate in the remainder of the game. Such players are allowed to remain on the sidelines, provided they do not (in the opinion of the official), further disrupt the game. Any player ejected from the game by the official will be suspended for one or more subsequent games, subject to review by the program coordinator. In all cases where a player is sent off the court, the official must submit a written report to the program coordinator within 24 hours, upon request.

3. EJECTION OF COACHES

The official or league representative may eject any coach from the vicinity of the gym for the remainder of the game if they feel the coach's behavior is inappropriate. The game will not resume until the coach complies with the ejection. If the official or league representative decides to abandon or terminate the game because a coach fails to leave the immediate vicinity after being ejected, the program coordinator will decide the outcome of the game. The official shall verbally inform the head coach of the ejection and all implications that may apply.

Any coach ejected by the official or league representative will be suspended for one or more subsequent games, subject to review by the program coordinator. In all cases where a coach is ejected, the official or league representative must submit a written report to the program coordinator within 24 hours.

4. **EJECTION OF SPECTATORS**

The official or league representative may eject any spectator from the gym or its immediate vicinity for the remainder of the game if they feel the spectator's behavior is inappropriate. The game will not resume until the spectator complies with the ejection. If the official or league representative decides to abandon or terminate the game because a spectator fails to leave the immediate vicinity after being ejected, the program coordinator will decide the outcome of the game. The official shall verbally inform the head coach of the ejection and all implications that may apply.

Any spectator ejected by the official or league representative will be suspended for one or more subsequent games, subject to review by the program coordinator. In all cases where a spectator is ejected, the official or league representative must submit a written report to the program coordinator within 24 hours upon request.

**G. Suspended or Postponed Games**

In the event a game is not completed in regulation time for any reason (including insufficient players or abandonment or termination by the official), all relevant facts must be submitted to the program coordinator for review. The program coordinator has the option to:

1. Schedule the game to be replayed, thus nullifying the original game.
2. Continue playing the game at a later date with the score and elapsed time starting as it was when the game was terminated or abandoned.
3. Accept the score of the game at the moment it ended as the final score.
4. Award both teams a tie.
5. Award one team a win and the other a loss.

The program coordinator's decision is final and under no circumstances can a game be protested by a coach, spectator or player.

**H. Quality of Officials**

All officials have different styles of officiating and different levels of experience, Coaches, spectators and players must allow for these differences and realize that officials are part of the match. The final outcome of a match is rarely determined by an official's actions or inactions. Any concerns regarding officiating should be filtered through the head coach of the team and discussed with either the site lead or program coordinator at an appropriate time. Officials will consist of City of Henderson employees and contracted officials.

Each team is requested to provide one volunteer line judge. Assistant coaches or a parent may be used. The contracted official can overturn any line judge call.

## I. Equipment

### 1. COACHES' EQUIPMENT RESPONSIBILITIES

- a. Each team will receive a minimum of two volleyballs for practices reserved through the City of Henderson. A form of collateral, such as keys or ID, will be exchanged for use of the practice balls.
- b. Each player must wear the City-issued jersey/shirt which must be tucked in; shoelaces must be securely tied. No jeans. Open-toe shoes or hard-soled street shoes are not allowed. Volleyball shoes and kneepads are recommended.
- c. A player may not wear anything that could be dangerous to themselves or to another player, including orthopedic casts (even if cushioned), rings, watches, jewelry, hair clips, etc. Hair ties must be soft in texture. Exception: Prescription eyeglasses that appear to be reasonably safe.
- d. A player with blood, even if dried, on their uniform will not be allowed to participate until a new uniform is provided or until the blood is removed from the uniform.
- e. Uniforms may not be altered in any way.

If a player is wearing an ineligible uniform, the City of Henderson reserves the right to allow that player to participate in the game as a legal player if they feel it is safe and fair to do so. Officials, coaches and game monitors should be notified if a player is out of uniform before the player enters the match. A match cannot be protested due to a player being out of uniform. City of Henderson and game officials will be the sole determining factor whether a player is deemed eligible or ineligible.

2. Game balls will be provided by the City of Henderson Sports office on game days. Teams are responsible for providing their own warmup.
3. Balls for all divisions must be at least 25 inches.

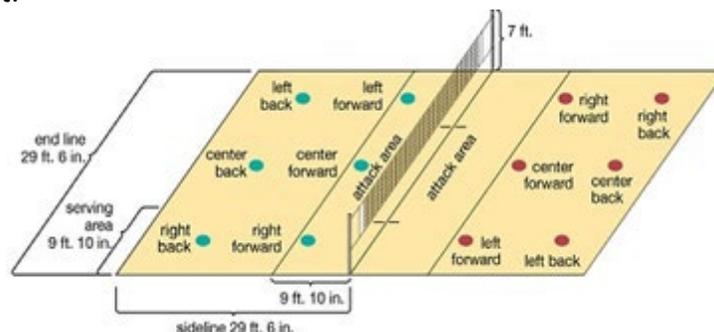
## SECTION II: GAME-PLAY INFORMATION

### A. The Court of Play

Court sizes are subject to change at the league's discretion.

Choosing Sides

1. Each team may warm up before the first set at the side farthest from its bench.
2. Teams will change sides each set.
3. The home team will be on the left bench of the scorer's table when facing the court.



**B. Number of Players and Forfeits**

The only time a set can be played with fewer players is if fewer than five show up to participate. Each player must be listed on the team's official roster to participate. A team that cannot supply the minimum number of qualified players (five players) within 5 minutes of the scheduled start time will forfeit the game. Minimum numbers are subject to change at the league's discretion.

**C. Player Participation Requirements**

1. A City of Henderson-approved jersey must be worn during the game.
2. Each roster will have a minimum of five players and a maximum of 12 players.
3. Based on players participation, all players must play evenly.

**U12/U14**

**SUBSTITUTIONS & ROTATIONS**

1. All players present at the game are required to play in each set.
2. Players should sit on the bench or sideline in rotation order when not in the game.
3. Rotation must occur in a clockwise direction middle back row to the left back row.
4. Rotation must occur before the serve.
5. The player substituting into the game from the bench will be the middle back row.
6. The player substituting to the bench will go to the end of the rotation.
7. During substitution, each player must sub for one specific player. The substitution pattern must still be followed between sets.
8. During the third match you can choose any player who is eligible to play. Substitutions will be allowed.
9. Coaches must make substitutions quickly to avoid game delays.
10. All players must still play 50% of the game subject to the conditions of the player participation requirements.

**SERVICE/SERVER**

1. Home team will start the game by serving first.  
U12 - Server may stand between the attack line and the end line. Server gets two chances. If serving a side out on their first attempt, they will get an extra attempt. This is only on their first serve of that sequence.  
U14 and U19 — Players will only get one serve attempt.
2. An automatic side out (loss of serve) will occur after four points scored in a row. This is to help ensure fair playing time and competition.

**LENGTH OF PLAYING SET: PLAYING TIME**

1. Matches are limited to 60 minutes.
2. Teams can play a maximum of number of sets as the sixty-minute time frame allows.
3. The first two sets consist of 25 points with a cap of 30. A team needs to win by two points. After two sets, if it is tied 1-1 games, there will be a third set (15 points straight up).

4. In between each set are 2-minute breaks. Teams meet with coach and switch sides before next set.
5. At the end of the 60 minutes, if in the middle of a set, game ends as is.

## **U19**

### **GAME PLAY INFORMATION**

1. Games will be played in three sets.
2. Each set consist of 25 points with a cap of 30. A team needs to win by two points.
  - a. After two sets, if its tied 1-1 games, there will be a third set (15 points straight up).
  - b. No free substitution within the first two sets. A sub can only take place for an injury.
3. Each player must play one set before playing two.
4. Each player must play two sets before playing three.
5. During the third set, there will be free substitutions at the coach's discretion.
6. Boys may not block at the net.
7. Boys may not spike (swing over hand) within in the 10ft line. They are allowed to hit or spike beyond this line.
8. If the ball is played more than once on your side of the net then a female player must make one of the plays on the ball or it's a loss of point.
  - a. Examples of illegal play  
Male - Male (ball over net)  
Male - Male - Male (ball over net)

### **ALL DIVISIONS**

#### **SUBSTITUTION PROCEDURE MODIFICATIONS**

##### **DUE TO PLAYER INJURY**

1. If a player is injured and play has been stopped by the official, the injured player may be substituted for another player.
2. If the injured player is able to return within the same set, then they may substitute back into the set for the player who replaced them.
3. This substitution must occur at a natural stoppage in the set, which will temporarily halt the set, and allow for player substitutions to take place.
4. The player must receive a signal from the official to return to the game. The official must recognize the player leaving the court.
5. The player who played the majority of points (out of 15) is credited for finishing the rally.

##### **SUBSTITUTION PROCEDURE FOR LATE-ARRIVING PLAYERS**

1. If the player arrives during the first set, the player must be substituted onto the court at the first substitution break or next set and may be required to play the remainder of the match.
2. If the player arrives during the second set, they must be substituted onto the court at the third substitution break and are not subject to the conditions of the player participation requirements.

3. If the player arrives during the third set, at the discretion of the coach and the official, the player may be substituted onto the court for the final set.

**D. Timeouts**

Each team will be allowed one 30-second timeout per set.

**E. Coaching Box Rule**

The NFHS has authorized the use of a 14-foot coaching box or seven chairs closest to the score table. All head coaches must comply with the rule by staying in the coaching box. The coach is responsible for the conduct and behavior of substitutes, disqualified team members and all other bench personnel. Any violation of the “coaching box” rule by the head coach will be disciplined with the yellow/red card system and the loss of the coaching box for the remainder of the match.

NOTE: Any bench personnel may rise to applaud an outstanding play or applaud a player who has been replaced but must be seated immediately.

**F. Violations**

1. Net fouls will be called on all age levels.
2. It is illegal for the same player to play the ball in two consecutive contacts (double-hit).
3. Illegal hits: Two-hand open palm hits (underhand or overhand) or throwing hits will be called on all age levels. One hand is legal as long as the ball does not come to a rest.
  - a. U12 league: Illegal hits will be called tighter with underhand pass (hand together) and overhand set (brief contacts with finger pads).
  - b. U14 & U19 league: Lifts and carries will be called. All illegal hits will be called at official’s discretion.
4. If the ball hits a facility structure above the playing court it is playable. If the ball hits any object outside of the playing court, it is not playable.

**G. Coaching Tactics**

The overall object is for players to enjoy the game and strive to do their best at every level. Coaches should recognize that the primary goals of the City of Henderson youth sports program are to teach fundamentals and sportsmanship in a safe setting. Coaches should keep practices engaging and play each player at a variety of positions giving them the best chance to succeed. Practices should focus on fun activities and the basics of volleyball. Coaches in the U12 to U19 divisions should introduce tactical thinking and strategy based on their division’s skill level. The key to being a successful coach is not determined by your record, but by creating an environment that allows players to learn and fall in love with the sport.

**SECTION III: OTHER VOLLEYBALL INFORMATION**

**A. Terminology**

ACE: A serve which lands in the opponent’s court without being touched, or is touched but unable to be kept in play by one receiving team player.

**ASSIST:** A player passes or sets to a teammate who attacks the ball for a kill.

**ATTACK:** Any action other than a block or serve that directs the ball toward the opponent's court.

**BLOCK:** A player or players block the ball into the opponent's court leading directly to a point or loss of rally.

**DIG:** An underhand or overhead defensive saving skill resulting from a kill attempt in which the ball is contacted by the forearm(s), fist(s) or hand(s) and allows the ball to remain in play for the next hit.

**DIVE AND SLIDE:** The defensive player dives forward, recovers a difficult shot and then touches the floor with his hands and arms, and by their impetus slides forward on his/her chest and abdomen. This is the cushioning effect. Most of the energy of the impact is transferred into the sliding motion.

**FLOATER:** A ball hit in such a manner that there is little or no spin imparted to it. Such a hit causes the ball to unpredictably weave or float in the air.

#### **FOOT FAULT**

An illegal placement of the feet with respect to court lines.

1. **SERVING FOOT FAULT (server):** Server's last contact with the floor, as he/she strikes the ball, must be within the serving area (and behind the end line).
2. **SERVING FOOT FAULT (other players):** All players, other than the server, have to be within the boundaries of the court, but may touch the boundary lines
3. **CROSSING THE CENTER LINE:** The player may cross the center line so long as a part of the body remains in contact with the center line and the action does not interfere with play or cause a safety concern (discretion by the referee).

**FOUL:** A rule infraction, also called a violation.

#### **INBOUNDS:**

1. A ball landing inside or touching the line of the court.
2. A ball passing over the net inside of the antennas.

**KILL:** An attack by a player that is unreturnable by the receiving player on the opposing team and leads directly to a point/loss of rally.

**LINE-BALL:** A ball that hits the line. It is considered to be in bounds.

**LINE JUDGE:** The official positioned at the end of the court is responsible for indicating whether a ball is inbounds or out of bounds.

PANCAKE: An emergency defensive move where a player anticipatorily lays his/her hand on the floor (palm facing down) with the intention of having the ball bounce off the hand instead of the floor.

REFEREE: The head or chief official positioned with a view across the top of the net. Also called the first referee.

SETTER (TOSSER): The player assigned to set the ball into the air for the purpose of placing the ball in position for the attack.

SPIKE (HITTER, ATTACKER):

1. A forceful method of returning the ball across the net and usually the third contact by a team within its own court.
2. The act of jumping in the air and hitting a set ball from above the level of the net.

SUBSTITUTION: The act of one player entering the game to replace another player.

#### **E. Nevada Revised Statute**

NRS 199.300 Intimidating public officer, public employee, juror, referee, arbitrator, appraiser, assessor or similar person.

1. A person shall not, directly or indirectly, address any threat or intimidation to a public officer, public employee, juror, referee, arbitrator, appraiser, assessor or any person authorized by law to hear or determine any controversy or matter, with the intent to induce such a person contrary to his or her duty to do, make, omit or delay any act, decision or determination, if the threat or intimidation communicates the intent, either immediately or in the future:
  - a. To cause bodily injury to any person;
  - b. To cause physical damage to the property of any person other than the person addressing the threat or intimidation;
  - c. To subject any person other than the person addressing the threat or intimidation to physical confinement or restraint; or
  - d. To do any other act which is not otherwise authorized by law and is intended to harm substantially any person other than the person addressing the threat or intimidation with respect to the person's health, safety, business, financial condition or personal relationships.
2. The provisions of this section must not be construed as prohibiting a person from making any statement in good faith of an intention to report any misconduct or malfeasance by a public officer or employee.
3. A person who violates subsection 1 is guilty of:
  - a. If physical force or the immediate threat of physical force is used in the course of the intimidation or in the making of the threat:
    - i. For a first offense, a category C felony and shall be punished as provided in NRS193.130.
    - ii. For a second or subsequent offense, a category B felony and shall be punished by imprisonment in the state prison for a minimum

term of not less than 2 years and a maximum term of not more than 10 years, and may be further punished by a fine of not more than \$10,000.

- b. If no physical force or immediate threat of physical force is used in the course of the intimidation or in the making of the threat, a gross misdemeanor.
4. As used in this section, “public employee” means any person who performs public duties for compensation paid by the state, a county, city, local government or other political subdivision of the state or an agency thereof, including, without limitation, a person who performs a service for compensation pursuant to a contract with the state, county, city, local government or other political subdivision of the state or an agency thereof.

## COACHES' CODE OF ETHICS

I hereby pledge to live up to my certification as an NYSCA\* coach by following the NYSCA Coaches' Code of Ethics:

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I promise to review and practice first-aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.

\*National Youth Sports Coaches Association