



3rd-8th Volleyball Rules

Program Overview:

Fountain Recreation Youth Volleyball Program (FRYVBP) is a volleyball league feeder program to Fountain Fort Carson Middle School. Our first **PRIORITY IS FUN!** While paving the road to success for future Trojans.

FRYVBP will be instructional in nature, and is intended to introduce boys and girls to the rules and fundamentals of soccer.

FRYVBP will follow all current CHSA rules, except where modified by grade division.

Players will be chosen for teams through a random process or carpool necessity. Every player in FRYVBP is guaranteed a roster spot if entered prior to the league registration deadline. Teams will not be altered following the coaches meeting without Recreation Department approval. An individual may **NOT** participate in FRYVBP practices or games unless registration is completed and a parent or guardian has signed an agreement waiver on his/ her behalf. All games will be played with players from the original team roster unless coaches and officials agree otherwise.

Every player is guaranteed a minimum of one (1) full half of playing time in each game, with the exception of injury, or arrival of a player after the start of the 2nd Game (refer to "Playing Time Rules" for further details). Every team will have a minimum of an six (6) game schedule.

However, makeup games are not guaranteed. Games canceled due to unforeseen circumstances, i.e. inclement weather; games will be rescheduled if possible.

Fountain Recreation has a **ZERO TOLERANCE** policy toward fighting, flagrant, or intentionally violent penalties, abusive or obscene language and any other inappropriate behavior by players, coaches, parents or spectators. The Head Sports Official reserves the right to ask any player, coach, parent, or spectator to leave the premises and cancel the game, the Recreation Coordinator has the authority to suspend any player, coach, parent or spectator for any number of games or indefinitely from participating in any recreation program.

1. Player Eligibility:

- a. We will follow Colorado School guidelines
- b. Children will be registered based on the Grade level as of December 1, 2018
- c. A child may move up one Grade Level only if the parent signs a waiver acknowledging that they are aware their child will be playing with children up to three years older
- d. If a child is held back a grade or placed ahead a grade letter from the school will need to be provided during registration

2. The Match, Scoring and Player Numbers:

- a. Best two out of three games. If time allows the referee will always call a third game.
- b. Rally scoring to twenty-five (25) points and a team must win by two (2)(34 max score). **To win a game or match the team winning must serve their own point.**
- c. Two one minute timeouts per game. Timeouts DO NOT carry over.
- d. When the serving team loses possession of the ball a side out will occur and the other team will begin to serve.
- e. We will play 4, 5, or 6 on the court. **The serve will come from the right corner and rotation will be in the center back.**

3. Service and Rotation

- a. The team who wins the coin toss elects to serve or the court they want to begin play on.
- b. The team who does not serve first in the first game serves first in the second game.
- c. If game three occurs a coin toss will determine first serve or court.
- d. The right back position is the first server. The serve comes from anywhere along the back out of bounds line. The serving line is moved up five (5") feet for 3rd – 6th Grade. 7th -8th Grade will serve from the normal distance unless a special need is required.
- e. A serve can hit the net, go over the net and can be played. On a serve both antenna and ceiling are out.
- f. After five points are scored by an overhand serve, the server must serve underhand.

4. **Hits and the Net:**

- a. Up to three hits to clear the net. We will tighten up on carries as the season progress.
- b. We are lenient if a player touches (brushes) the net or steps under the net.
- c. If a team hits the ceiling on THEIR side they can continue to play the ball. If they hit the ceiling on the other side the ball is considered out. Side walls and baskets are also considered out.

8. **Good Sportsmanship Examples:**

- a. End of game cheer for opposing team
- a. Shaking of hands at the end of the game with opposing players and coaches
- b. Insuring that comments from parents, players and coaches are all positive in nature
- d. Runaway games: In keeping with the idea of **GOOD SPORTSMANSHIP** and learning the aspect of small-sided games, anytime one team starts to dominate the game (ahead by 4 goals) the coach should institute a training mode during the game. Such as encouraging passing, (team must have so many passes before shooting on goal), or every player on the team must touch the ball before a shoot on goal can be taken.
- e. Coaches and parents need to remember that we are here for the good of the game and the good of the players, be positive at all times.