

## **Volleyball Rules for All Grades:**

- Home Team (Responsible for Line Judges)
- Away Team (Responsible for Score Keeping)
- Both Teams will assist with putting up and taking down nets if you're the first/last teams playing
- Subbing/Rotation:
  - The server will serve the ball until there is a side out and that server will stay in for serve receive. Upon rotation, the server will rotate out and the new player will go into the middle back position.
    - example: On the rotation, previous server will leave the court, new player will come into middle back position and right front will move into server position and so on.
  - Substitutions will only be made in the middle back position, unless there is an injury.
  - Requesting a "substitution" from the referee is not required.
- Captains:
  - Please provide one or two Captains to the Referee
  - Referee will do a coin toss (Away Team calls heads/tails) and gets choice of Side or Serve.
- Switching Sides:
  - Teams will switch sides between first and second game.
  - 3rd game, the Referee will do a coin toss with Captains for Side or Serve.
- Sportsmanship:
  - For now let's have players walk along the net to congratulate and wave at each other rather than handshake/fist bump.
  - Teams should line up across the middle of the court at the beginning of the game to say GOOD LUCK – wave.
  - Ensure your parents are providing encouraging words only....Players can get frustrated quickly and embarrassed when they make a "mistake" and they

don't need parents criticizing from afar! I think that's part of the PYAA Etiquette, so please share this with them! Parents are to provide emotional support.

- Coaches: please work with one another, if a team gets to the gym a little early for practice, ensure your players sit quietly in the bleachers until the other team is finished.
- Coaches: please ensure you are providing direction followed by encouragement....We want our players to be excited about playing and we want them to come back next season! This is developmental volleyball and your team is only as strong as its weakest link! Encourage growth, positivity, and communication to contribute to the growth of our program.
- Sidelines:
  - Coaches and Players must use the front row of the bleachers as your bench. This allows direct eyesight to the Up-Referee and eliminates water bottles/bags along the wall.
- Balls
  - Coaches please ensure you bring your own balls and collect your balls after warm-ups. Keep your players from grabbing other team's balls b/c we had several balls end up in the wrong bags. Feel free to put a colored dot on your balls to keep track!