

WINNING SEASONS VOLLEYBALL INVITE TOURNAMENT
Sunday, November 4, 2007

RULES & REGULATIONS

National Federation High School rules will apply with the following modifications:

1. Coin flip will determine server.
2. Each team must supply one student (16 & over) or adult line judge for all matches.
3. Each team must supply an adult scorekeeper to sit at the appropriate table and keep score of the match using the sheets provided and the flip scoreboard. A table and chairs will be placed at each court for this purpose.
4. Format: Rally scoring, best 2 out of 3 games to 25 points, no cap and to rally to 15 points, no cap in the third game if needed. Teams will **not** switch sides for the third game. For those of you unfamiliar with rally scoring, a point is scored at the end of every rally. So, if you are on defense and your opponent serves the ball into the net, then you score a point and now get to serve. The NET SERVE will be used for all games.
5. Each team must provide a suitable ball. A regular ball will be used, however if both teams agree the volleylite lightweight ball may be used.
6. Teams may play with a minimum of four and a maximum of six players.
7. Players will rotate after every sideout.
8. Players may catch or drop the ball for a re-serve opportunity. Only one re-serve is allowed per term of service although enforcement is at the discretion of the officials.
 - a. In the Jr. High division, only one re-serve is allowed per term of service, otherwise it is a sideout.
 - b. In the 3rd-6th grade division, only two re-serves are allowed per term of service. otherwise it is a sideout.

You **MUST** hit the ball on your second service attempt. If you catch or drop it twice in a row then it is a sideout.

The definition of "per term of service" means that once a team has rotated and a new player begins to serve, her term of service lasts until the other team gets the ball back.

9. Serves may be hit either underhand or overhand, as indicated below.

10. Serving Rules for 3rd & 4th Grade Division:

- a. Players may serve UNDERHAND from the 10', 15', 24' lines and the endline.
- b. Players may ONLY serve overhand from the 24' line or endline.
- c. Once a player has served twice successfully in a row from a line, she must move back to the next line. This player may NOT serve from the closer line for the duration of the match since she has already demonstrated an ability to serve up close. If this player again serves from this line twice successfully in a row she must then move back to the next serving line and the same procedure is in effect.
- d. EXCEPTIONS: Exceptions to this rule are allowed only with agreement of the opposing coaches and notification to the referee. This exception applies to individual players only-note the entire time.
- e. The above rule applies to each match separately.

Serving Rules for 5th & 6th Grade Division:

- f. Players may serve ONLY from the 24'line or endline.
- g. They may serve either overhand or underhand.
- h. Once a player has served twice successfully in a row from a line, she must move back to the next line. This player may NOT serve from the closer line for the duration of the match since she has already demonstrated an ability to serve up close. If this player again serves from this line twice successfully in a row she must then move back to the next serving line and the same procedure is in effect.
- i. EXCEPTIONS: Exceptions to this rule are allowed only with agreement of opposing coaches and notification to the referee. This exception applies to individual players only-note the entire time.
- j. The above rule applies to each match separately.

Serving Rules for the Jr. High Division:

- k. Players may serve ONLY from the endline.
- l. They may serve either overhand or underhand.
- m. If an exception is granted (see below), they may serve overhand or underhand from the 24' line. Once they have successfully served two in a row from that line they must move back to the endline for the remainder of that match.
- n. EXCEPTIONS: Exceptions to this rule are allowed only with agreement of opposing coaches and notification to the referee. This exception applies to individual players only-note the entire time.
- o. The above rule applies to each match separately.

11. One 30-second timeout per game will be allowed.
12. Coaches have the option of using the conventional substitution procedure or they may have players automatically rotate into the centerback position each time. Whichever method is chosen must be used for that entire game.
13. No jewelry of any kind may be worn while playing. This means NO earrings or posts.
14. No metal or plastic hair barrettes are allowed. They must be made of a soft material.
15. The ball will be considered out if a player enters an adjacent court to play a ball.
16. Net heights will be at 7'4".
17. First Aid: It is recommended that you bring ice packs or first aid kits for injuries.
18. CHEERING: Sportsmanship must be emphasized at all times in the RAGE Volleyball League. Positive comments and spontaneous individual cheers are encouraged at all times. Organized team cheers or comments conducted in the middle of the court or on the sidelines will no longer be allowed. Too often cheers such as this can be interpreted as being demeaning or hurtful and that is contrary to the RAGE philosophy. Therefore, the only two team cheers that we will allow are before and after the match. In other words, go ahead and be excited when you score points or make a great play but avoid cheers where the other team might feel as though you are rubbing it in their face. In a nutshell, we will no longer allow cheers that, in essence, highlight another team's lack of skill such as inability to serve which is the most common one.
19. Awards Packages consist of the following:
 - First Place: 15 T-shirts
 - Second Place: 3' Subway sandwich coupon
 - Third Place: 3' Subway sandwich coupon
 - Fourth Place: Domino's Pizza coupon
 - Consolation Winner: Domino's Pizza coupon