

## **PLAYER ELIGIBILITY**

- Players must be in the 5<sup>th</sup> - 6<sup>th</sup> grade for the 2024-2025 school year.
- At any time during the season, Rahll Activity Center may request proof of eligibility.

## **EQUIPMENT**

- Rahll Activity Center will furnish the following equipment for teams:
  - a. VolleyLite Volleyballs
- Please return all equipment immediately following the season.
- Players must wear their assigned Rahll Activity Center t-shirt.
- Jewelry or hair accessories of any kind are not permitted, with the exception of plain bobby pins.
- Hard or plaster casts are not permitted.
- Knee pads are required.

## **GAME RULES**

- All players must play in at least half the match.
- The serving area is from the back line of the volleyball court.
  - a. Every player should have the opportunity to serve during the match.
- The net height for the 5<sup>th</sup> grade league is 6-feet and 6-inches.
- The net height for the 6<sup>th</sup> - 8<sup>th</sup> grade leagues is 7-feet.
- Each match will consist of three complete sets. Teams will not play best two out of three.
- Time limit for all sets is 15-minutes, with a running clock.
- Time limit for all matches is 60-minutes.
- There will be a 3-minute break between each set. The clock will stop.
- Each team will be allowed one 30-second timeout per set.
- Teams must have six players to constitute a legal set. Otherwise, the set is a forfeit.
  - a. A set will be a forfeit if one or both teams are not present 5-minutes after the set is scheduled to start.
- Substitutions shall be made on a position/player basis only at the 10-foot line in front of the bench. Do not run onto the court until you have checked in with the official.
  - a. Example: In each set, you may substitute a player for another player. The subbing players must substitute for the same players during that particular set. This applies to the 2nd and 3rd sets also. You may substitute any amount of players at once, but each subbing player must substitute for the same player each time in a particular set.
- No line-ups are required.
- Use the "let" serve method, meaning if a serve hits the net, goes over, and is not played, the serving team will be awarded a point. If the ball does not go over the net, the result is a side-out and a point for the receiving team.
- Players do not have to receive the serve with a forearm pass, but this technique should be taught in practice.
- Front row players may not attack the serve.
- One official will be provided for each match. The official will keep time if there is no clock or the clock is not operating.

## **SCORING**

- All sets will be played to 25 points with a cap of 27 points.
- Rally scoring will be used. A point is awarded to the serving team or receiving team depending on the result of the play.
- Before time has expired, if one team is not ahead by two points when they reach 25 points, the first team to 27 points wins.
- After time has expired, a team must win by two points (regardless if they have reached 25 points) or reach the cap of 27 points first.
  - a. Example: If a team is ahead by 1 point and time expires, the match will continue until a team wins by 2 points or has reached the cap of 27.
  - b. Example: If a team is ahead by two points or more and time expires, the set is over.

## **COACHES**

- The head coach is responsible for:
  - a. The physical and mental well-being of all children while entrusted to their care.
  - b. Maintaining an adequate level of discipline on his or her team.
  - c. The conduct and control of their team's fans and spectators.
  - d. Ensuring minimum playing time is met for all players.
- All assistant coaches must be listed on the roster and have a background check on file. If no background check is on file, the coach will be removed from the sideline.
- Should head coaches or their assistant coaches violate any Rahll Activity Center playing rules or directives, they may be subject to disciplinary actions.

## **CODE OF CONDUCT**

- The Code of Conduct applies to parents, coaches/volunteers, spectators, parents, contracted employees, officials, and professional staff.
- Profane, obscene, abusive, degrading/threatening language, gestures and/or taunting in the presence of anyone attending a Rahll Activity Center event is prohibited.
- Do not handle a child/participant in an aggressive or abusive manner.
- Any act of violence is prohibited.
- Accept the decision of the game officials as being fair and called to the best of their ability.
- Do not knowingly permit an ineligible player to play in any game.
- Please use good sportsmanship.
- The use of drugs, alcohol, vaping, or tobacco in any form is not permitted while attending any Rahll Activity Center event.
- No firearms or weapons will be permitted at any Rahll Activity Center event.

**AT ANY TIME, AT THE SOLE DISCRETION OF RAHLL ACTIVITY CENTER, VIOLATION OF THE CODE OF CONDUCT IS SUBJECT TO SUSPENSION OR EXPULSION FROM OUR PROGRAM.**

## **CONCUSSION PROTOCOL**

In the event that an injury occurs during a Rahll Activity Center sponsored activity, and where a possible head injury is involved, the Rahll Activity Center office should be notified immediately. Generally, our paid officials will contact our General Manager, Dannie Claycomb, should an event of this nature occur.

Rahll Activity Center will require a "Permission To Return" document from a licensed, medically-trained professional, before allowing the player to participate in future scheduled activities.

If you have any questions about this policy, please contact Dannie Claycomb at 806-244-3722.