



IN-HOUSE VOLLEYBALL RULES AND REGULATIONS

ALL GAMES SHALL BE COVERED BY MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION RULES EXCEPT FOR THOSE MODIFIED BY THE FOLLOWING:

League Philosophy

SLARA sponsored leagues and activities are formed and operated on the principles of good sportsmanship, fair play, courtesy to others, healthy activity, tolerance and inclusiveness, and all other policies pertaining to community understanding and development. SLARA reserves the right to make decisions which it feels are in the best interest of the league and community.

Divisions

2nd/3rd Grade

4th/5th Grade

6th-8th Grade

Practices

All teams have a 1-hour practice session per week. Practice day and times are determined by the coach.

Equipment

No equipment is required by SLARA. Players are encouraged to bring their own volleyball to practice. Coaches are responsible for setting up and taking down the volleyball net for practices. All materials should be stored in SLARA's designated storage space within Room 130.

Coach Responsibilities

1. Coaches are responsible for reviewing rules with their players
2. Coaches are responsible for their players' conduct before, during, and after all games.
3. Coaches will receive their players' t-shirts and schedules. Coaches are responsible for distributing these items to each player.
4. Rulings made on the court by referees will be the final ruling. No exceptions. Referees should never be addressed about calls made on the court. All concerns should be brought to the attention of the Site Supervisor or Recreation Coordinator.

5. Teams should not arrive more than 15 minutes prior to their first match. There will be a 5-minute warm-up period before each match. If running late, warmup time may not be guaranteed.
6. Only referees or SLARA staff are authorized to set up the gym (nets, bleachers, etc.) on game days.
7. Only coaches are allowed to set up nets for practices. Equipment must be taken down unless a team shows up to practice after your designated practice time has ended.

Penalties/Player Conduct

1. During the game, a player may not question a referee's call or act in an unsportsmanlike manner.
2. The following acts are subject to penalty:
 - a. Persistent addressing of referees concerning their calls and decisions.
 - b. Any player, sponsor, manager or fans who use abusive, profane or obscene language or gestures, which are audible to the official or league director, shall be ejected from the game and suspended from the next game in which their team takes part. Violent infractions will call for a longer suspension at the discretion of the League Supervisor. PRE-GAME AND POST-GAME activities are included in this rule.
 - c. Committing actions tending to influence decisions by the official.
 - d. Shouting or clapping hands to distract the official or opponent at the time of serve or hit.
3. For minor offenses, such as questioning officials, shouting, or intentional delay of the game, a warning will be issued. In cases where the offense is repeated, the player will receive a personal penalty recorded on the scoresheet and that team will lose the serve or the opponents will be awarded a point.
4. For serious offenses, a penalty is recorded and the team automatically loses serve or is awarded a point. In case of personal repetition of the offense, the referee may disqualify the offender from the game or the entire match

Playing Rules

Matches will be governed by the playing rules followed by the Michigan High School Athletic Association rule book except as modified below.

1. Games will be played with 6 players on the court. Teams may start with 4 players. If necessary, registered players from a different team may play with a team who is short players.
2. Teams will wear the league t-shirt for games.
3. Volleyballs – Grades 2 - 5 will use volleyball lite. Grades 6-8 will use standard size.
4. A match will consist of four games, the fourth game may be shortened due to time constraints. Match time is one hour.

5. Each game will be played up to 21 points by rally score. The cap is 25. If the score is 24-24, next point wins. All 4 games of a match must be played regardless of the outcome of games 1, 2, and 3!
6. Warm-up time will be approximately 5 minutes prior to your scheduled match.
7. Score will be kept by flip score. If no flip chart is available, the referee will yell out the score. It is not necessary for book score to be kept or rosters and written line-ups to be submitted. Standings will not be kept for this league.
8. Substitutions are unlimited (they must be legal substitutions, not rotating into the serve).
9. Speak to the officials before matches to discuss any possible overhead obstructions.
10. Net height will be 6' grades 2 - 5 and 7'4" for grades 6 - 8, unless equipment does not allow for adjustment.
11. Service Line – 6th-8th Grade service line is as marked on gym floor. 2nd – 5th service line adjustment will be marked by a cone
 - a. 2nd/3rd Grade – Players may move into the court up to 15ft as needed to be successful. One re-serve is allowed for all sets.
 - b. 4th/5th Grade – Players may move into the court up to 10 ft as needed to be successful. No re-serves are permitted (can allow re-serves if both coaches agree)
 - c. 6th-8th Grade – Players must serve from the marked service line. No re-serves are permitted. Players will be issued one warning for a foot fault (foot over the service line). Second violation results in loss of serve.
12. Each player may only serve 5 consecutive points. The serving team keeps possession of the ball but must rotate in a new server after the 5th point is won. Each team may only win 10 consecutive points in the same possession. Once the 10th point is won in the same possession, the opposing team will be rewarded the serve.
13. All players must play an equal part of the match!

Clarifications

The following are clarifications, not modifications:

1. Each team is limited to 2 timeouts per game. Timeouts may not last longer than 1 minute.
2. No blocking or attacking a serve.

The South Lyon Area Recreation Authority reserves the right to study and incur the decisions on any situation not expressly covered within these rules and regulations and to interpret these rules set forth to govern the South Lyon Area Recreation Girls' In-House Volleyball League. South Lyon Area Recreation Authority decisions are final and binding on all members.