



GARDEN CITY
PARKS & RECREATION

Garden City Parks & Recreation

Recreation Youth Volleyball League

Rules Packet / Coaches Manual

The goal of the Garden City Recreation Youth Volleyball Program is to provide wholesome recreation for the youth who take part in the program. Emphasis is on learning fundamental skills, basic rules of the game, and participation. Objectives of the program will be to provide development in motor skills associated with volleyball, to build character in each individual by stressing sportsmanship and fair play, and to build stamina and healthy minds and bodies through physical activity. Through these objectives, the successful attainment of our primary goal can be realized.

ADMINISTRATION

The Athletic Supervisor, with the approval of the Recreation Superintendent will establish the policies governing the program. Evaluations, surveys, and input from advisory committees will be used to help formulate those policies. The Athletic Supervisor will be responsible for administering the policies in such a manner to assure an equitable, competitive, and enjoyable program for all.

ELIGIBILITY & REGISTRATION

Anyone meeting the grade level requirements will be eligible to participate in this program. All boy's and girl's wanting to participate must be registered and fees paid before they will be allowed to play. For those unable to pay the fee, scholarships are available through Garden City Recreation. Registrations will be accepted **ONLY** at the Garden City Recreation Office, 310 N 6th St. A registration period will be established by the Athletic Supervisor. Registrations after the deadline are accepted only as roster space permits or as new teams can be formed.

COACHES & ASSISTANTS

Volunteers are used as coaches and assistants for all teams. Any parent that volunteers is allowed to coach his/her own child. A coaches training session and organizational meeting is conducted each year prior to the start of the season. It is strongly recommended that all volunteers attend. **All volunteer coaches will be required to submit a background check to the Garden City Parks and Recreation, along with any assistant volunteer coaches helping out.**

TEAM SELECTION

Teams are established by means of evaluation and group rating by the coaches involved in the league. Workouts will be held for the purpose of rating players and all players must attend. A numerical rating is assigned to each player participating in the workout. Teams are selected randomly drawing players out of a pool of the same rating until each pool has been evenly distributed

SELECTION PROCEDURES

1. After the first selection, the rotation will continue until all players in that pool have been distributed. All other pools will be distributed in the same manner with the rotation being picked up from the point where the previous pool ended.
2. Teams with assigned players sit out of the rotation until they are even in number with the teams with the fewest players. At that point, they fall back into rotation.

3. The son or daughter of the head coach will automatically be assigned to his/her team as is rated. A head coach may choose to reserve an individual whose parent has agreed to serve as an assistant coach. (One assisted per team).
4. This will be allowed only if his team will fall into the rotation sometime during the distribution of that pool and after any assigned players (brothers or sisters) have been subtracted from that pool total.
5. No teams will be allowed to reserve more than two players from the number one pool.
6. Players not attending the workout and those signing up after the registration deadline are assigned to teams in the order of the rotation established picking up from the last selection.
7. Order of draft will be determined by a drawing.

GENERAL RULES

1. Youth volleyball is played in a manner similar to Junior High School volleyball. All games are governed by the latest official Kansas High School Volleyball rules except when local rules are specified.
2. Cancellation of games will be announced on Garden City Parks and Recreation Facebook Page and our Hotline number is 276-1202. Managers are responsible for notifying players of the cancellation. Managers affected by a cancellation will be notified by mail of make-up dates.
3. The Garden City Parks and Recreation, its staff, officials, participants, and sponsors are not responsible for any injury sustained due to participation.
4. No street shoes will be allowed to play in. No jewelry such as watches, rings or neck chains may be worn while playing. No drinks or food allowed in the gym. Unsupervised children will not be allowed in the facility.
5. Smoking by managers is not permitted in the gym. Any manager under the influence of alcohol will be automatically out of the program and relieved of all responsibility.
6. Managers and assistants shall be responsible for the conduct of their players and parents or relatives of the players.
7. The Garden City Parks and Recreation reserves the authority to forfeit any games in which an infraction of league rules has been committed. Recreation personnel - this being supervisors, officials, etc. - have the right to award points or to evict players from the game, from the bench, or to stop and forfeit a game to the opposition, if in their opinion unsportsmanlike conduct is being demonstrated by a player, his team, or fans. If evicted you must leave the building within two minutes or the game will be forfeited to the opposing team.
8. Any player, fan, manager, or assistant shall be suspended for the remainder of the match and ejected from the area if guilty of any of the following:
 - a. Using profane language in any manner.
 - b. Making unnecessary gestures in protesting an official.
 - c. Resorting to unnecessary roughness on the court.
 - d. Throwing the ball in an unsportsmanlike manner. (Yellow card Warning)
 - e. Riding, heckling, or making uncomplimentary remarks to an opposing player, manager, or official.
 - f. Bickering with judgment decisions of the official. Any manager, assistant, player, or anyone related to the functions of a team at a game who is guilty of the above or other unsportsmanlike conduct and is ejected from more than one game for such conduct may be banned from further participation in the program for the remainder of the year.

9. Protests are allowed only for the purpose of determining an ineligible player. All other questions regarding a ruling by an official shall be settled on the spot by the official and supervisor if available. Judgment calls are not open to discussion.
10. **Tobacco products are not permitted at any of the GCPR / Holcomb or GCHS Premises by coaches or spectators. Coaches should act and dress like role models around the youth. Any coach or spectator under the influence of alcohol will be automatically asked to leave the facility.**

UNSPORTSMANLIKE CONDUCT

1. **Zero Tolerance Rule** - There will be zero tolerance for players, coaches and spectators who engage in harassing and/or unsportsmanlike behavior with umpires / officials, other spectators, game supervisors, other players, or GCPR Athletic Staff. Officials, game supervisors and GCPR Athletic Staff have the authority to penalize the player, coach, spectator, or team if an official is sworn at, harassed, argued with, or insulted. Penalties will range from: warning, to ejection from game, to suspension from future games and possible forfeiture of the game.

NUMBER OF PLAYERS

Ordinary play is based on six players, but teams may start with four players. Three players or less constitutes a forfeit. If you have more than six players then you must play them all and they must rotate in which the server goes out each time and the substitute moving to center-back. If someone is present and cannot play, then the coach must notify the official and that player must sit out the entire match. If a player is injured while playing, then the coach must notify the official of this and the next player to rotate in must replace that player. The player leaving or sitting out due to injury may return to the game, by rotating in, when ready.

ROTATION

LF	CF	RF
LB	CB	RB
Sub		

- Substitutes may not skip people in the rotation. This will allow the most equal playing time.
- A 5th or 6th person just arriving may enter the game on a dead ball when ready at center back.

LENGTH OF GAME/SCORING

1. Games will be Rally Scoring played to **25** points the first 2 games and the first team to 15 points in the 3rd game. All games will have a **45-minute running clock**. If at the end of 45 minutes the score is tied, play will continue till a team is one point ahead.
2. **The best two out of three games will be the winner. Rally Score Will Be used (1st to 25 in 1st & 2nd Game and 1st to 15 in 3rd game.)**
3. Requests for time-out may be made by the coach when the ball is dead. Each team is allowed (2) time-outs per game. The length of a time-out is limited to 30 seconds. The clock does not stop during a time-out.
4. There will be no warm-up between matches, unless ahead of schedule.
5. **NO** grace time for scheduled games. If a particular team has **NO** players present at game time or at the conclusion of the previous game (whichever is later) then that team will forfeit the entire match. Otherwise, the three games of a match will be forfeited at 15-minute intervals if a team is short players.

LINE UP

The head coach or playing captain must submit a lineup of players present before the beginning of every match.

#1 - Right Back Player

#2 - Right Front Player

#3 - Center Front Player

#4 - Left Front Player

#5 - Left Back Player

#6 - Center Back Player

#7 - #9 - Substitutes in order of rotation in

- **Any players arriving after line-ups are in will be added to the bottom of the order.**

START OF GAME / PLAYING THE GAME

1. For the first and third game of a match, the choice of serve or playing area shall be decided by a coin toss by the referee and the captain of each team. The teams will change courts between game 1 and 2.
2. The first server of a game shall be the right back player of the serving team or the right front player of the receiving. The serving line will be 5 feet in front of the normal line for 5th & 6th grade and 10 feet in front of the normal line for 3rd & 4th grade in right back position or anywhere along the end line. 1st & 2nd grade will serve from the spike line on the right back position. The server has the option of using either line (must be designated before the service). If using the front line, service must be at right back. If using back service line, server may use KSHSAA service rule.
3. If the player lines up in back of the end line to serve, the official will call the end line for foot fault. If the player lines up in front of the end line in right back position, the official will call the 5-foot line for foot fault.
4. On serving ball - If the ball touches any part of the ceiling the official will call side out. (Let Serve is Played, KSHSAA rule) The server will have five seconds to serve the ball after the referee has given notice by blowing of the whistle or side out will occur.
5. Each player is allowed **(3)** successful serves. Following three successful serves the team keeps possession but rotates to the next server. Side out on a missed serve.
6. Foot-Fault - Touching the opponent's area with a foot or feet is not a fault providing that some part of the encroaching foot or feet remain on or above the center line and does not interfere with the play of an opponent.
7. Ceiling Play - Teams may play the ball off of the ceiling if they have hits remaining. If requested by the official, honor calls need to be made on ball touch, net and line.
8. Any communication to the official must be done through the head coach and in a respectful manner. Coaches must be seated at team bench on sideline.

EQUIPMENT

- Net Height will be set at 7' for up to 3-4 grade, 7' 4 1/8 inches for 5-6 grade.
- 5th & 6th – Regulation Volleyball
- 3rd & 4th – Volley Lite
- 1st & 2nd – Volley Lite

SERVING LINE

- 5th & 6th – Can serve from regular serving line or 5 feet in front but must designate which line to official
- 3rd & 4th – Can serve from regular serving line or 10 feet in front but must designate which line to official
- 1st & 2nd – Can serve from anywhere behind the volleyball spike line on the right back side.

KSHSAA Rule - Multiple contacts are permitted on the first hit over provided the player is not using finger - action. A roll or prolonged contact is not multiple contacts.

Bench Placement

1. Team benches will be placed on the side of the official. All coaches must be seated with team. No coaching allowed on ends or near serving area.
2. Coaches and Assistants are responsible for the conduct of their players and parents or relatives of players. If this becomes out of your control bring it to the supervisor's attention.