

AMSAC VOLLEYBALL BY-LAWS

(Revised May 2016)



National federation rules will be followed with the adaptations that follow:

1. The volleyball season for the boys and girls teams will be the spring season of the school year. The season will start in March after the completion of the boys' basketball season and it will conclude with an AMSAC tournament in May.
2. The AMSAC Volleyball Program is restricted to students who are in the 6th, 7th, and 8th grade levels. Fifth (5th) graders are not allowed to play on any 6th, 7th or 8th grade teams. If a school is found to be potentially short of players for an upcoming regular conference match due to temporary / unforeseen circumstances, every attempt should be made to play the match. The first option is to move players up from the lower grade for that match. The second option would be to move players from another team in the same grade from the same school. As a courtesy, the athletic director of the school initiating a roster change should contact the other school involved in the match about the situation.
3. The home team will be responsible for all of the game equipment. The home team will provide 6 volleyballs for the visiting team, for which they are responsible. It is recommended that the courts should be ready at least fifteen minutes before the scheduled start time. Game balls will be National Federation approved volleyballs.
4. The league will provide one official per match during regular season play. During the tournament, the Arrowhead coaches who are coordinating the tournament will be responsible to provide one official and two line judges for the matches.
5. During regular season play, it is recommended, but not mandatory, that the home team provide two line judges. If necessary it is appropriate to ask the visiting team to help supply line judges.
6. A maximum of 6 players on the court for each team at any one time during the game. There is a minimum of four players to start a match. There is no phantom position which means the four or five players rotate normally. If a fifth or sixth player shows up, they must be inserted into position five or six.
7. Substitution will be governed as follows: **“Regular”** substitution. Regular substitution is defined as “same player for same player/position” throughout the game. **All grade levels of play for girls and boys must use the regular substitution system.** Penalty for illegal substitution is delay of game resulting in a charged time out. **AMSAC will use a “libero” only at the 8th grade level. The “Libero” will be demonstrated and explained for 8th grade coaches at the coach’s meeting.**
8. **Coaches are required to turn in a written line-up to the official prior to the start of each game.**
9. No serving out of order by the players. The penalty is a side-out, loss of serve and one point to the other team.
10. Change of service: Upon receiving a side-out, the receiving team must rotate 1 position clockwise before serving, including the first serve of the game.
11. A match is won when a team wins two of three games. All regular season matches will be three games regardless of who wins the first two games of the match.
12. **All AMSAC matches will use the rally scoring system defined as follows:** In rally scoring, points are awarded on each play, regardless which team serves. In the first two games of the match the first team to 25 with at least a two point margin is declared the game winner. If there is not a two point margin when one team reaches 25, play continues until a two point margin of

- victory is achieved, or until a team reaches the cap of 29, the first team to reach 29 wins the game with or without a two point margin. In the third game, play goes to 15, with a two point margin of victory needed, and a cap of 19.
13. Whoever wins the coin toss has the option to choose whether to serve first, receive first, or choice of side. If a 3rd game is necessary, then and only then will a coin toss be conducted. Other than that, just continue in service order. If no coin toss is necessary, remain on the same side and the team who didn't start serving game 2 will serve game 3.
 14. Each team is allowed two-one minute time outs per game. There is no extra timeout when a team reaches twenty - five points.
 15. An official timeout will be called during a player injury.
 16. The let serve shall be allowed, and play shall continue provided net contact is entirely within the antennas.
 17. Three hits per team per volley on a side are allowed.
 18. Consecutive hits by the same person in the same attempt to play the ball are considered illegal. The following two situations involving contact with the ball are not considered double hits. The first is when a player attempts to block a shot at the net and the ball hits the player's hand(s) and continues over the net, the same player can hit the ball again to keep the ball in play. The second situation is when a player makes the initial play on the ball over the net, whether it be a serve or a spike, incidental second contact of the ball is not considered a double hit. Examples would be a sloppy set of a serve is legal as long as the ball is not palmed, or a dig attempt that is played off of the forearm, and then glances off of the same players head is legal.
 19. Any single contact with the ball, using any part of the body, is considered a hit. The serve must be with a legal hand contact.
 20. An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player's body part.
 21. No catching or carrying of the ball is allowed.
 22. Blocking and spiking the serve are illegal. This is defined by any contact with the ball above the plane of the net and the ball returning over the net as a result of that contact.
 23. Any type of serve including underhand, sidearm, overhand, and jump serve will be allowed.
 24. The server can serve anywhere behind the end-line, but they must stay between the sidelines extended.
 25. A ball landing on any perimeter line is considered to be in bounds.
 26. Spiking is permitted by the 3 front row players in front of the 10' line. Back row players must take-off behind the 10' line before spiking the ball.
 27. The ball can be played off of the ceiling during a volley if it returns to the same side as the team who last hit it and it does not cross the centerline. A ball is considered out of bounds if it makes contact with a back wall, side wall, or any dividing barrier that may be in use at the facility.
 28. Any player contact with the net is a foul, except hair.
 29. Centerline fouls: it is only considered a foul if a player's entire hand or foot contacts the floor on the other side of the centerline. If a player touches the centerline with their hand or foot but they do not go completely over the centerline, it is NOT considered a foul.
 30. Overhead court obstructions: It is the responsibility of the official to identify overhead obstructions prior to the match. It is the discretion of the official to determine if a replay is warranted when the ball hits any overhead obstruction.
 31. No jewelry allowed including pierced earrings. All bracelets are illegal. No metal clips or other hard items allowed in the hair (rubber bands and scrunches are allowed in the hair). Bobby pins and unadorned barrettes 2 inches or smaller will be allowed. No jewelry will be allowed and there will be no taping over piercings/jewelry.

32. Court size is 60' by 30', with a 10' back row hitting line located 10' from the centerline of the court.
33. The proper net height is 7' 4" for both boys and girls at all grade levels. It is the home team's responsibility to provide nets at the proper height.
34. If possible a volleyball court should have at least 6' of space behind each end-line. This space is for the server to perform necessary skills to serve the ball. All 7th and 8th grade level teams are to use the end-line as their service line, unless a court does not have 6' of space between the end-line and the wall. Each AMSAC member school must place a service line from sideline to sideline that measures 5' in from the end-line. This 5' service line is there for use by 6th grade boys and 6th grade girls. The purpose of the 5' shorter service line is to allow the 6th grade players to use proper techniques in serving without having to worry about having enough power to hit the ball over the net. If the gym has less than 6' away from the end line, the service line will be approximately one step over the service line, based upon the official's discretion.
35. In starting and ending a match, each team is expected to line up on their respective end-line facing their opponents. This is considered proper protocol.
36. It is recommended that host schools provide a score keeper and an official scorebook keeper. Schools may use flip-card scoring devices or the electronic scoreboards. It is recommended that each school use an official volleyball scorebook. Xeroxing scorebook sheets is acceptable.
37. Host schools must set-up legal equipment, including proper padding of all metal surfaces. It is recommended to use net antennae whenever possible.
38. Officials will be paid by the host school. **Pay for regular season games will be \$20.00 per match.** For the conference tournament, pay for officials will be \$20.00 for the first match and \$15.00 for each subsequent match. Officials are responsible for all three games in a match and they are expected to finish the third game of a match, even if one team wins the first two games of the match.
39. Warm-up protocol: A 10 minute minimum warm-up time will be given to all teams before their initial match of the day. The officials will conduct the coin toss to determine who is serving first. After the coin toss the recommended warm-up protocol is as follows:
 - 3 minutes shared ball handling. Each team gets ½ of the court
 - 3.5 minutes home team gets the full court
 - 3.5 minutes visiting team gets the full court

When both teams have already played one match, the warm – up protocol will be:

- 1 minute shared ball handling. Each team gets ½ of the court
- 2 minutes home team gets the full court
- 2 minute visiting team gets the full court

40. **A copy of the AMSAC By-Laws must be at the score table for all matches.**
41. **All coaches must remain seated during play.** Coaches can take a step or two toward the court during dead balls. **At no time may a coach stand up to question a call or argue with an official.**

AMSAC TOURNAMENT

1. The AMSAC Tournament will be hosted at Arrowhead High School by the girls' and boys' high school volleyball coaches and players. The tournaments will be scheduled into the North Campus East & West Gyms as well as the South Campus Upper Gym.
2. The tournament will be conducted during approximately the second and third week in May.

3. The Arrowhead Coaches will assign officials, line judges, score keepers, ticket sellers, concessions workers, and supervision.
4. The numbers of teams in each grade level will determine the format for the tournament. Our high school coaches will make recommendations to the AMSAC athletic council (A.D.'s) as to how the tournament formats might best work out. The Athletic Council will give final approval to the tournament formats to be used at each grade level.
5. The tournament will be seeded by the Arrowhead Coaches. They will use regular season records as furnished by the league coaches at an agreed upon deadline.