

AMSAC VOLLEYBALL BY-LAWS

(Revised January 31, 2023)

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 late April or early May.
2. The AMSAC Volleyball Program is restricted to students who are in the 6th, 7th, and 8th grade levels. **At the Eighth (8th) grade level, if numbers permit, there may be an "A" division and a "B" division. At all other grade levels schools with multiple teams must split teams evenly (i.e. NO A / B teams).** 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. **When necessary, grade levels may need to be combined due to a low number of teams in a single or multiple grades.**
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. 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.
6. 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.
7. Coaches are required to turn in a written line-up to the official prior to the start of each game. A consistent league wide line-up sheet containing Roman Numerals is expected to be used by all coaches at all grade levels for both genders.
8. 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.
9. 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.

10. 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.
11. 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. 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.
12. 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. Officials will be paid by the host school.
13. Pay for regular season games will be \$25.00 per match.
14. 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

IF BOTH Coaches agree, the 5 minute warm-up protocol after each team has played a match may be eliminated or shortened by MUTUAL agreement of the COACHES.

15. A copy of the AMSAC By-Laws must be at the score table for all matches.
16. 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.
17. Each coach is required to attend a coaches training session once every two years. This training is organized by the AMSAC conference in coordination with AHS coaches. Only those coaches or non-rostered team personnel (i.e. coaches, managers, assistants, scorekeepers, stats takers, children, etc.) that have attended the training will be permitted to sit on the bench for games. The number of non-rostered team personnel on the bench is limited to a maximum of three (3) individuals.

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 possibly the South Campus Upper Gym.
2. The tournament will be conducted during approximately the end of April or early May.
3. The Arrowhead Coaches will assign officials, 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.

The tournament will be seeded by the Arrowhead Coaches and an AMSAC AD. They will use regular season records as furnished by the league coaches at an agreed upon deadline.