

GREAT FUTURES START **HERE.**



BOYS & GIRLS CLUBS
OF GREATER WASHINGTON

Prince William County/Manassas Branches

Greater Washington Boys and Girls Club Volleyball Rules

1. The Greater Washington Boys & Girls Club's Volleyball League will follow the same rules as used in high school volleyball (NFHS) with the following exceptions.
2. A game **MAY** be played with five players on the court instead of six. Teams must have five players by 15 minutes after scheduled game time to avoid forfeit.
3. Captains'/Coaches meeting will be conducted 5 minutes before match.
4. Matches will be best of 3. First two games to 25 (win by 2). Deciding game will be to 15 with no switch of sides at 8. Slaughter rule is 11-0.
5. No metal or hard plastic hairpins or accessories may be worn.
6. No jewelry may be worn at all! New ear piercing may be covered with a Band-Aid. No facial jewelry can be worn.
7. The usual attire for girl's volleyball is their jersey (given by the Boys & Girls club), shorts or spandex, kneepads, and sneakers. Kneepads are optional; sneakers are not! No slip on shoes, sandals, or flip-flops may be worn. Pants should be avoided, if you do wear pants please make sure they have no pockets.
8. The team is granted 2 time outs (one minute each) per game. A coach or player can call Timeouts; an assistant coach may not call time outs. Three minutes between games.
9. There are only 2 Coaches allowed on the bench at a time. Assistant coaches must remain seated at all times during the match, except for time outs, and between games when switching sides.
10. Only the Head Coach may speak to the official.
11. The official **DOES** have the ability to use his/her yellow or red cards to warn, or eject a player or coach from the game. A yellow card is given for a warning, and a red card is given to eject the player or coach from the game. All of these calls are made at the discretion of the official Warnings may result from the following:
***Unsportsmanlike** conduct will include but not be limited to: inappropriate gestures or language, disrespecting the official, questioning calls made by the official, using profanity, unnecessary roughness, spitting on or around the court, making excessive disruptions during the game or adding non-rostered players on game day.

12. Players must remain behind the black line during service. In the 9-12 girls league the players may come forward to the first line on the basketball key to serve.
13. A ball that hits any part of the ceiling or any lights is still a live ball if it comes down on your team's side prior to the 3rd hit. If the ball hits the ceiling and goes over the net it is a dead ball. Any ball hitting the backboards may be a replay based on ref's judgment. Sidewalls are non-playable.
14. Rotation shall be as follows: while on the Guest side of the net, players will enter into the front left position and exit of the back left position to the bench. While on the Home side of the net players enter into the serving position, and exit from the front right position to the bench. (See diagram below)
15. Any players coming in late to a game goes to the bench to rotate in. In the situation where the player comes late and their team has only 5 players on the court, they must wait for the dead ball before entering the court.

16. Please remember this is for the kid's and thank you for your time and efforts as a volunteer coach. **PERSONAL NOTE TO ALL COACHES:** All coaches are expected to act like role models at all times. Failure to do so will lead to an immediate dismissal of that coach's services.

Coach Signature: _____