

HAC GIRLS' VOLLEYBALL LEAGUE

- First and foremost, this is a recreation/player development league.
- Three Age Divisions:
 - Bump League – 3rd & 4th Graders
 - Set League – 5th & 6th Graders
 - Spike League – 7th & 8th Graders
- 6 teams per age division; 7 player minimum – 12 player maximum per team.
- March through May – weeknights only
 - 2 weeks practice
 - 5 weeks league play/practice
 - 1 week playoffs
- Each team is guaranteed 10 matches in league play (based upon enrollment). All teams advance to their respective playoff tournaments. Playoff seeding will be determined by league play statistics (won/loss record, head-to-head record, point differential). The top two teams in each age division will receive trophies.
- League-play matches will consist of two 20 minute games. 3rd-4th games will be side-out to 21 or 20 minutes (whichever comes first). 5th-8th games will be rally score to 25 or 20 minutes (whichever comes first). **Playoff** matches will be best two of three games. The first two games will be rally score to 25 (5th - 8th), side-out to 21 (3rd – 4th). Game 3 (if needed) will be to 15. All games will allow a let serve and must be won by 2 points.
- Set and Spike Leagues will have an official at all games. Coaches at the Bump League level will call games. Training and schedule will be provided. (Bump League fees have been adjusted to reflect this difference). All levels will have an official at playoff games.

Specific Age Division Regulations:

Bump League:

“Mini-Volleyball”

1. All players are guaranteed to play in every match during league play.
2. Players will rotate and play in FOUR positions on the court.
3. There will be no substitutions at this level except in the event of an injury.
4. Players at this level will learn how to bump, underhand serve, rotate, call the ball, and use three hits to move the ball across the net.
5. No overhand serves allowed. After 3 serves in a row by one player, the serving team will rotate.
6. Court etiquette and sportsmanship will be taught and are mandated at all times.

Set League:

1. All players are guaranteed to play the equivalent of one full game per match during league play.
2. Players will learn all six positions on the court, but may not play all six positions in game play.
3. This level utilizes regulation play (substitutions).
4. Players at this level will learn how to bump, set, spike (hit), block, “tip”, overhand serve, rotate, and call the ball. Basic offensive and defensive strategies will be introduced.
5. Both underhand and overhand serves are permitted.
6. Court etiquette and sportsmanship will be taught and are mandated at all times.

Spike League:

1. All players are guaranteed to play the equivalent of one full game per match during league play.
2. Players will continue to learn all six positions (no defensive specialist) on the court; but, at this level, individual strengths are beginning to emerge, and coaches may determine which positions are best suited to each individual player for game play.
3. This level utilizes regulation play (substitutions).
4. Players at this level will learn how to bump, set (forward and back), spike (hit), block, “tip”, overhand serve, rotate and call the ball. More advanced offensive and defensive strategies will be taught and utilized.
5. Both underhand and overhand serves are permitted.
6. Court etiquette and sportsmanship will be taught and are mandated at all times.

*All players are expected to attend all practices and matches. Players are also expected to be ON TIME. If a scheduling conflict arises, the absence must be discussed with the head coach prior to the date of the anticipated absence. In the event of illness or emergency, please contact the coach as soon as possible.

**Note - If a player shows up late, she may not enter a game that is already in progress; but, if she arrives before the start of the 2nd game, she can play in the 2nd game. If she starts a game, she must finish that game, but there will be no penalty if she must leave before the start of the 2nd game. If she starts a game and leaves before it is over, her team must forfeit the serve each time it arrives at her place in the rotation. An injury is the only exception to this rule.

IHSA/IESA rules of play will be utilized with the exceptions listed above. All players at all levels must wear full uniform (provided by HAC), kneepads and gym shoes with “non-marking” soles to enter the court for game play – no exceptions!

For anyone interested, IHSA Rule Books can be purchased at

http://www.ihsastore.com/advanced_search_result.php?keywords=volleyball