

HAC GIRLS VOLLEYBALL LEAGUE RULES
2016

IHSA volleyball rules will apply for the HAC Volleyball League except for the following house rules; number of points to win, cap scoring, and time limits.

RALLY SCORING WILL BE USED FOR ALL DIVISIONS INCLUDING THE
LET SERVE, WE WILL PLAY TO 25 WITH A CAP OF 27.

All Divisions will play three-15 minute games or 25 points with a cap of 27. In the first two games, if time runs out, the team with the most points wins that game. If the score is tied, next point wins that game. If the 3rd game starts after 45 min, then the time of the 3rd game is determined by how many minutes are left in the hour. Games must start and end on time. A 7:00 game must end at 8:00 so the next game can begin on time.

SUBSTITUTIONS AND TIME OF GAMES:

- **All Players will have Equal playing time!** Equal playing time will consist of a player playing at least 2 full games
 - **No Substitutes will be allowed during a game.** Coach must declare prior to match starting whether they want continuous substitution or will play 6 starters that game. If an injury occurs or the team has started with less than 6 players will be the only time a substitution will be allowed.
 - **3rd/4th grade** must use a continuous substitution with the substitute player entering into the 6th position (middle back); and the server subbing out.
 - Each team will have two 30-second time outs per game.
 - A coin flip will occur before the 1st and 3rd game.
 - Line-ups will be taken by the officials when the teams line-up.
 - **No Jewelry is to worn AT ANY TIME!**
1. **ONE STEP RULE for 3rd/4th Grade Only!** A player may start on the endline and take one step over as they contact the ball. Once 2 consecutive serves have been made by a player, she is no longer allowed the use of the ONE STEP RULE throughout the rest of the *match*. Coaches will be responsible for informing officials who is not eligible for the ONE STEP RULE. Players who are consistently serving over the net will not be afforded the ONE STEP RULE!

2. **FORFEITS:** Game time is forfeit time for the 1st game. If a team gets there 15 minutes after starting time they may play the 2nd and 3rd game. 15-30 minutes after starting time; the team may play the 3rd game. Any time after 30 minute, all games are forfeited.
3. A game may start with 3 players. When other players show up, they will be inserted in the number 4th, 5th, and 6th spot respectively.
4. **ROTATION:** Each time your team receives a side-out, they must rotate

Serving 1st			Receiving 1st		
9	6	3	9	6	<u>3</u>
2	7	<u>4</u>	2	7	4

1st Server is Underlined

5. **COURT PROTOCOL:** At the start of each MATCH, all players on each team must lineup on their respective end lines and wait for the official to blow the whistle. At that time all players are to march along the sideline toward the net and wish “Good Luck” to the opposing players before taking their positions on the court. After each game, players on the court will again lineup on the end line and wait for the official to signal, the players may then proceed counterclockwise along the sideline past the standard to their new benches.
6. **SPORTSMANSHIP:** All players, coaches, and fans will be respectful to each other and officials. Officials will use the IHSA Card system to all disrespectful players, coaches and fans. All Officials are empowered to forfeit any team’s match for improper behavior and ejection of players for foul language and unsportsmanlike behavior.
7. **SIBLINGS** need to be supervised at all times and must remain seated in the gyms with their parents at all times. Your cooperation is greatly needed and appreciated.