

Arapahoe Youth League

Volleyball Rulebook



ARAPAHOE YOUTH LEAGUE

VOLLEYBALL

2025 Season

Volleyball Club Delegates

Cherry Creek - Amber Salwicz
Hawks - Shayla Glendenning
Raptors - Oriann Aeschliman
Spartans - Nik Warejcka
Warriors - Megan Mares

Game Facility for 2025 Session:

Boomtown Fieldhouse
14200 E. Alameda Ave.
Aurora, CO 80012

**Games will be played Sunday evenings
5 pm - 8pm.**

ARAPAHOE YOUTH LEAGUE VOLLEYBALL RULES

The AYL Volleyball rules are governed by the AYL By-Laws and General Principles of Operation which take precedence over these rules. All references to the Board will mean the AYL Volleyball Board and/or its Delegates. More detailed information regarding the AYL and the AYL Volleyball League can be found at the official web site: www.avlsports.net.

AYL Volleyball follows the formal rules of the game of volleyball as stated in the National Federation of State High School Associations Rule Book. Please read and familiarize yourself with the information contained within that booklet. Stated below are additions and exceptions for the advancement of youth volleyball within the AYL and its member clubs.

This rulebook is not intended to be all inclusive. The AYL Volleyball Board reserves the right to review and interpret rules as needed.

Concussion Certification

A bipartisan bill to help protect youth athletes with concussions was signed into law on March 29th, 2011 by Governor John Hickenlooper. Senate Bill 40 named the "Jake Snakenberg Youth Concussion Act" in honor of a past Arapahoe Youth League Player who died as a result of multiple concussions, helps protect youth athletes. The AYL is proud of this bill and Jake will be forever remembered in our league. It is a mandate that all coaches are required to participate and verify that they have adequately met the requirement of attending concussion training. This training can be attended online, for free by going to <http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>. Upon successful completion of this training, you will be given the opportunity to print out a certificate of participation. **This is mandatory to be a head coach in the AYL.**

SECTION I CONDUCT OF GAME

RULE 1:

TIME: The time for all league matches will be determined by the League Directors and published on the schedules.

RULE 2:

GAME OFFICIALS:

- A. The League will supply a Referee for all matches.
- B. Each team must supply the following every week:

1. The **HOME** team is responsible to provide a person to work the visual scoreboard.
Minimum age of 16 years.
2. **BOTH** teams must provide 1 Line Judge. **Minimum age of 16 years.** As members of the officiating staff they must stand at the corner of the court, remain attentive, and make fair and clear calls.

RULE 3:

UNIFORMS: A player cannot play in any set (game) unless he/she is in uniform. The official club uniform must consist of board-approved matching shirt, and shorts of the same color. Coaches will be responsible for the uniformity of their respective teams. Unless otherwise noted in the AYL rulebook, players not wearing the correct uniform will not be allowed to play. No duplicate numbers will be permitted. This rule will be strictly enforced; no exceptions. The number that a player is assigned at the time of roster sign-off must

be used by that player for the entire season. If a player needs to use another jersey with a different number, then a proper change of number form must be filled out and submitted to the AYL volleyball board and must be kept on file. **An illegal number or a non-official club uniform will result in a forfeiture of any sets (games) in which that player participated.**

A. **JEWELRY:** Players shall not be allowed to wear jewelry of any kind with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform.

Only stud earrings will be allowed to be worn and **ONLY AT YOUR OWN RISK!!!**

B. **HAIR:** Hair devices made of soft material may be worn to control the hair. Hair adornments made of soft material may not be more than 2 inches wide. Metal barrettes, clips or any hard object (i.e.: BEADS, shells, charms, etc.) will NOT be allowed (bobby pins 2 inches or less are allowed).

C. **CASTS AND SPLINTS:** As per the NFHS Volleyball Rule – A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance, even though padded, is not permitted on the finger, hand, wrist, or forearm.

RULE 4:

KEEPING ORDER: Each team shall be responsible for all game activities, including keeping the spectators orderly and off the playing courts. Parents and spectators are urged to encourage their team by cheering them on in a positive manner. Attempting to coach or instruct the team from the sidelines or shouting in an abusive manor or language at the players, officials, coaches or other spectators is strictly prohibited. Any violation may result in a warning, an ejection, or a forfeiture of the match by the officials for any such offense.

RULE 5:

Water is the only beverage allowed onto the court surface.

RULE 6 CONDUCT:

A. COACHES, SPECTATORS, AND PLAYERS

If a player, coach, assistant coach, or spectator is ejected from any match they will be suspended from playing, coaching, or attending the next scheduled match. The ejection must be noted on the Match Score Log Sheet which is turned into the League. If the same player, coach, assistant coach, or spectator is ejected from any following match, he/she will be ineligible to play, coach or spectate for the rest of the season in the Arapahoe Youth League.

B. BENCH CONDUCT DURING THE MATCH:

Grades 3rd and under: Coaches may stand near the bench or on the opposite side of the court (provided they do not interfere with another court). Coaches may go onto the court and assist the players when the ball is not in play.

4th Grade and up: Coaches will be allowed to stand in the team area **BEHIND** the ten-foot line while the ball is in play unless there is an objection by the official.

FOR ALL AGES - OFFICIALS HAVE THE RIGHT TO REQUEST ANY COACH TO BE SEATED IF HE/SHE FEELS IT IS IN THE BEST INTEREST OF THE PLAYERS AND THE MATCH.

A maximum of two coaches who are in uniform will be allowed on the bench during a match.

RULE 8:

OFFICIAL PROTEST PROCEDURE

1. Only a head coach, member club sport delegate, or member club officer (President, Vice President, Treasurer or Secretary) may file a protest. No other individuals may initiate a protest.
2. Any roster violation must be presented prior to the start of the match or immediately upon the player entering the game.
3. Any other violations must be brought to the attention of the official prior to the conclusion of the set(s). If the violation occurs on the last play, the official must be notified immediately after the conclusion of the play.
4. **This does not include rule violations discovered by a member of the Sport Board, even if the violation was discovered at a later date.**
5. If a set (game)/match is protested- the protesting coach must contact his/her Club Delegate immediately. The protesting Member Club delegate will contact the individual sport Director within 24 hours of the alleged violation. The sport Director will contact the alleged offending Member Club delegate within 24 hours to notify them that the formal protest has been submitted.
6. The protesting Member Club delegate will submit the \$100 protest fee in form of cash, money order or check to the Volleyball Board Director. Both Member Club delegates will present their argument to the sport board. After both arguments have been presented, the Member Club delegates involved in the protest will be excused while the remaining individual sport board Member Club delegates deliberate and decide an outcome of the protest.
7. The non-refundable \$100 protest fee is placed in the Volleyball Board general fund.
8. Violations discovered by the Sport Board (roster, minimum play etc.) do not require a protest fee be paid.
9. **CALLS MADE BY AN OFFICIAL DURING THE MATCH CANNOT BE PROTESTED.**

RULE 9:

POSTPONED MATCHES: Matches may or may not be rescheduled at the Sport Board's discretion (Yes, this may include Sundays).

FORFEITED MATCHES: Forfeited matches will only be rescheduled due to an error made by an AYL Volleyball Sport Board Member and/or our league scheduler.

WEATHER CANCELLATIONS: In the event of inclement weather, the delegates will communicate with their coaches if the volleyball games will be cancelled. Cancellations may happen in full or partial days. Please visit the AYL website for weather updates.

RULE 10:

DELEGATES AND MEMBER CLUB RESPONSIBILITY: Clubs participating in AYL volleyball agree to the following:

- A. Each delegate/club will equally coordinate and host games by being available either in person or via telephone during the full day of AYL matches to answer official questions and assist the host site.
- B. Attendance at scheduled meetings prior to and during the complete season.
- C. Mandatory attendance for set-up, supervision and cleanup for all Playoffs matches and Championship matches as scheduled.
- D. Failure to attend a scheduled hosting day will result in the Member Club being fined \$200.

SECTION II PLAYER ELIGIBILITY

RULE 1:

PLAYING LEVEL DETERMINATION: Playing level will be set by the grade in which the player is in as of October 1st prior to the start of the playing season.

RULE 2:

PROOF OF GRADE/AGE: The following documents will be accepted as proof of eligibility:

1. Official school records will be used to support proof of grade.
2. Birth certificate
3. Military papers of ID
4. Adoption papers
5. Passport
6. Birth registration
7. Notification of birth
8. Hospital certificate
9. Supporting letter from parent for different last names
10. Previous year's official roster

If proof of grade/age is requested and not obtained the League may decide to impose penalties.

Section III AYL VOLLEYBALL SPECIFICS

Teams:

- A. Volleyball will be offered for 8 playing levels, but these levels may be combined for games if the number of teams in each level is limited:
 1. 2nd grade and under
 2. 3rd grade
 3. 4th grade
 4. 5th grade
 5. 6th grade
 6. 7th grade
 7. Senior Division (8th grade)
- B. Players may play up one grade level but may not play down. Players may play up more than one grade level upon board approval. Board approval for a player to play up more than one grade level will occur each season.
- C. For grade levels where the number of teams allows, a national division may be established for the more experienced teams. An American division will contain those teams that are less experienced. The AYL Volleyball Board will establish the divisions at their discretion. For the 2024 season, we may combine age groups to maximize the games: (2nd and 3rd), (4th and 5th), (6th), (7th and 8th).

Court Dimensions:

- A. All courts will be 30 feet by 60 feet except for 1st Grade and under.
- B. The court dimensions for 1st Grade and under will be 30 feet wide by 40 feet long.
- C. Areas of the court:

NET

4	3	2
5	6	1

Equipment:

- A. Net Height:
 - 1. 5th Grade and under: 6 feet 6 inches
 - 2. 6th Grade and above: 7 feet 4 inches
- B. Volleyball
 - 1. 2nd through 6th Grades - Super Soft /Volleyball Lite.
 - 2. 7th and 8th Grades - Any High School approved regulation volleyball.

Players/Rosters:

In accordance with the AYL General Principles of Operation, the AYL Volleyball Board has established roster guidelines that include players from within a Member Club territory boundary and players from outside the Member Club territory boundary.

- A. A player may only be rostered on one AYL team.
- B. All age groups will play 6 players on the court.
- C. Teams may have a maximum of 12 players per roster. More than 12 will need to be approved by the AYL volleyball board.
- D. Players may be added late to rosters during the season with AYL volleyball board approval under the following circumstances:
 - 1. When a player quits or is injured for the season.
 - 2. When the number of players on a team falls to 6 or lower

Any players added late (after roster sign offs), will need to pay a \$10.00 late fee to AYL volleyball and other fees to their club where deemed appropriate.

- E. Any AYL player, that is listed on a roster with proof of playing for a USAV sponsored team, a YMCA team or any feeder or recreation district sponsored team, is exempt from the AYL practice rule restrictions when they are practicing with that team. Any volleyball practice where a combination of players who are only rostered AYL and the other teams previously mentioned are deemed as counting towards AYL practices.
- F. Teams may have a maximum of 25% of their roster from a competing member club (“out-of-territory players”).
- G. **No more than 3 male players will be allowed on the court at a time.** However, teams may have more than 3 male players on a team.
- H. **NO LIBERO PLAYERS ARE ALLOWED**
- I. **Teams may play with a minimum of 4 players, without forfeiting.** In the event that less than 6 players are available at the beginning of a match a “Ghost” player will be added to the lineup for each missing player. When each “Ghost” position rotates into the serving position the opposing team will be awarded the serve.
- J. **Roster Violations**

The Volleyball Sport Board will decide if a violation of the AYL roster policy has occurred. If a roster violation is found, the following will occur:

1. For the first offense, the Head Coach is suspended for one (1) game, and all matches (games) played with the ineligible player(s) will be forfeited and scored 0-21.
2. For the second offense, the Head Coach is suspended for one (1) year, the Member Club is fined \$100, and the team is ineligible for any post-season playoffs.

Length of Games:

Warm-Ups will be allowed in designated areas if available and time permits. Warm-ups are not guaranteed.

55 Minute running clock per match. The clock does NOT stop.

- A. 1st Grade and under teams will play 3 sets (games) to 25 points. The visual scoreboard will be used for each set (game) but no score book will be used. Each player will be allowed to serve 3 contacts every rotation regardless of the result of the serve.
- B. All divisions 2nd Grade and above will play 3 sets (games). Sets (games) 1 and 2 will be to 25 points using the rally scoring method; set (game) 3 will be to 15. The winning team must win by two points. All teams will play all 3 sets (games) in weekly league play, time permitting. If time expires and the score is tied, the next point scored will determine the winner.
- C. Each team is allowed 2 time-outs per set (game). The clock does not stop during this time. An additional time-out is NOT awarded if the set (game) is tied at 25 and requires extra points.

Forfeit of the Match:

BE ON TIME. Set (Game) one is considered a forfeit at the time the match is scheduled to begin. Set (Game) two is considered a forfeit 15 minutes after the scheduled start of the match. Set (Game) three is considered a forfeit 30 minutes after the scheduled start of the match.

NO SHOW NO NOTIFICATION forfeitures, meaning that the coach knew they would not be attending a scheduled match and did not give their delegate 48 hours' notice, will result in the following: 1. For the first offense, the Head Coach is suspended for one (1) game, and all matches (games) will be forfeited and scored 0-21.

2. For the second offense, the Head Coach is suspended for one (1) year and the team is ineligible for any post-season playoffs.
3. Additional penalties may be assessed at the discretion of the AYL Volleyball Board.

Playing Periods:

- A. A playing period is defined as a practice or set (game)/match in which three (3) or more players rostered on the same team and a coach are engaged in organized instruction of play or practice. It is recommended that practice periods shall not exceed 2 hours. For the purpose hereof, the week begins at 12:01 am Monday and ends at 12:00 midnight on Sunday.
- B. Each team is limited to a maximum of three (3) playing periods per week.
- C. Practicing prior to the start of the season is not allowed. The start of the season is defined as the 1st of February.

Setting:

All levels will be encouraged to learn how to set. When an attempt to set is made, no fault will be called unless it is held longer than 1 second and is an obvious carry (from left to right, before releasing the ball).

Co-Ed teams: If the ball is contacted more than one time, one contact must be by a female player prior to the ball crossing the net. If a violation occurs, the play will be whistled to stop, and the non-offending team will receive point and side out.

Blocking and Attacking:

A. All levels: Blocking is allowed. It is not considered to be one of the 3 contacts or touches allowed on each side. See High School Rule Book as needed.

B. The serve may not be blocked or attacked.

1. A block requires that contact is made while the ball is above the net.
2. A player's feet leaving the ground with hands above their head while receiving the serve this is considered an attack.

Side Out and Service:

For each overhand service attempt, a player is allowed one practice toss.

If the player initiates their serve and decides the toss is not good, they need to let the ball drop to the floor. At this time, the official will whistle a dead ball, and provide the signal for the player to attempt serve again. The player must use this second attempt at serve, or a side out will be awarded to the other team.

A. 1st Grade and under teams: Each server is given three serves then a mandatory side out is called.

B. 2nd and 3rd Grade teams: Mandatory side out after 3-point run on the score.

Exception - if a team is behind by more than 3 points, they retain the serve until they side out or until the score is tied. (at which point a mandatory side out is called)

C. Grades 4th – 6th: Mandatory side out after 5-point run on the score.

Exception - if a team is behind by more than 5 points, they retain serve until they side out or until the score is tied (at which point a mandatory side out is called)

D. Senior division (7th and 8th grade) as per High School Rules.

MANDATORY SIDE OUTS are called to transfer service to the other team. NO rally point is awarded

A. Underhand serves are legal.

B. Serve area:

1. 3rd Grade and under serve from behind the 10-foot line.
2. 4th and 5th Grades serve from behind the 20-foot line.
3. 6th Grade & up serve from behind the back line.
4. Server may serve from anywhere between sidelines.
5. Net serves will be allowed at all levels.

Correct line up at the start of a game:

If you are awarded the first serve of a set (game), the first server will start in right back or position/area 1.

If you are receiving the first served ball, your first server will start in right front or position/area 2.

Serving Line up:

NET		
4	3	2
5	6	1 (First server)

Receiving Line up:

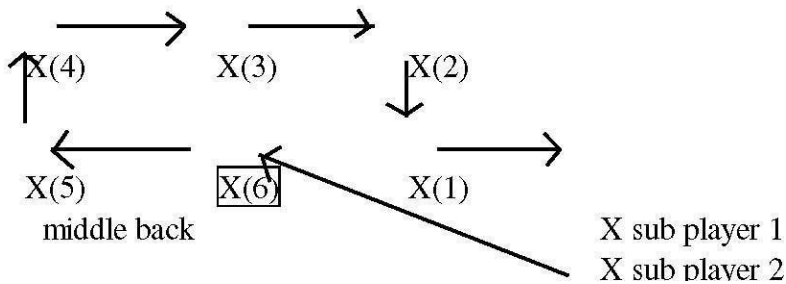
NET		
3	2	1 (First server)
4	5	6

Continuous Rotation/Substitution Options:

#1 Option: Continuous rotation: Players enter the game in the middle back position on each side out, **except for the FIRST side-out for the receiving team. In this case, all players will rotate, but no substitution is made. Once a player is on the court and play has begun they do not rotate out or off the court until AFTER they have served.** Players on the receiving team who begin the set (game) in position/area 2 (right front), rotate back into the service position and serve. The player who was in position/area 1 (right back) rotates to middle back. They have not served yet so they remain on the court.

Substitutions must be made after each side-out, and in the same order throughout the game.

NET



All teams 5th Grade and under team must run continuous rotation. Line ups at the coach's discretion with minimum play rules in force (see below).

Teams 6th Grade & up will have the option to run continuous rotation (option #1) or substitution-based offenses (option #2). Coaches must designate a choice between option #1 & option #2 at the start of the set (game) and must remain with this choice throughout that set (game). Coaches may elect to change their choice at the start of each set (game). Line ups at the coach's discretion with minimum play rules in force (see below).

#2 Option: Substitution: Players play by position as per high school rules. No libero is allowed.

- A. The position of the substitute shall be that of the player being replaced without changing the serving order as recorded on the score sheet.

- B. A re-entering player shall not return to the game during the same dead ball in which the player was replaced. The re-entering player shall assume the original position in the serving order in relation to the other teammates.
- C. There will be an unlimited number of substitutions allowed.

MINIMUM PLAY FOR ALL TEAMS

To assure that all players have an opportunity to start, those players who did not start the first set (game), must start the second set (game).

MINIMUM PLAY FOR TEAMS RUNNING CONTINUOUS ROTATION

Teams using a continuous rotation are playing each player during a set (game). Therefore, the coach played each player as equally as possible. Minimum plays will not be counted for teams using a continuous rotation. The rules regarding ineligibility, injuries, illness and ejections still apply.

MINIMUM PLAY FOR TEAMS USING SUBSTITUTIONS

In order to keep with the vision of the AYL and still allow for teams to be more competitive and prepare players for High School 6th, 7th and 8th grade teams will have the option to use substitutions while still allowing every player on the team an opportunity to play.

Minimum play rule using substitutions: Every player will play a **minimum** of 10 points per set (game).

It is the expectation of the AYL that the minimum play rule will be followed by all teams. However, there are exceptions where a particular player is not required to meet minimum play, or the continuous rotation lineup may be adjusted in a match. Exceptions include:

1. Ineligibility due to team disciplinary measures, parental restrictions, or for reasons of injury or illness.
2. An injury occurring during a game that prevents the player from fulfilling the minimum play requirements.
3. A player ejected from a game.

Any player not eligible to play must be identified to the opposing coach before the start of the match and noted on the match score log sheet. Any player that cannot continue in a match due to injury, illness, or ejection must be documented on the match score log sheet.

The AYL volleyball board reserves the right to review this policy and take corrective actions against coaches who abuse this policy.

PLAYOFF AND CHAMPIONSHIP SPECIFIC RULES:

All teams are invited to participate in the postseason volleyball playoffs. If there are more than 12 teams in any grade level that have not previously been placed by Division, then they may be divided into two equally numbered divisions at the Sport Board's discretion. If a separation in to divisions is deemed appropriate the teams with the stronger record will be placed in the National Division playoffs and the teams with the weaker record will be placed in the American Division playoffs. If there are an odd number of teams, the team in the middle of the standings will be placed in the National League playoffs if their record is .500 or better or the American League playoff if their record is below .500. The tournament is single elimination with the championship games to be played no later than one week after the playoff games at a site to be determined by the AYL volleyball board. The following rules are to be used in the playoffs:

Home teams are the higher seed. Home teams serve first and select the side of the court; visitors serve the second set (game) and a coin flip will determine service for the third set (game), if needed.

Playoff Rule 1

All regular season AYL rules still apply.

Playoff Rule 2

Home teams are still required to provide one scoreboard attendant. Both teams are still required to provide one line judge for each match they play. Coaches: Please have your positions assigned prior to the start of the match to speed up the start of the first set (game).

Playoff Rule 3

All matches are best 2 out of 3 sets (games). Sets 1 and 2 will be played to 25 and the third set (game) will NOT be played unless a deciding set (game) is required. If required; the deciding or third set (game) will be played to 15 points and must be won by 2 points.

Playoff Rule 4

No time limits on any of the matches.

Playoff Rule 5

Matches will start at scheduled times. Matches can start ahead of schedule, if agreed upon by both coaches and the game official. Rosters are due 5 minutes before the start of the match.

For Championship matches:

Championship Rule 1

All playoff rules apply.

Championship Rule 2

Club delegates shall line judge, home teams are still required to provide one scoreboard attendant.

Championship Rule 3

All official rosters will be checked prior to the start of the match. Anyone not on the roster or not wearing their correct number will not be allowed to play in their championship match.