

Eastern Plains Volleyball League

As of fall 2021

Affiliated Towns: Limon, Peyton, Miami, Byers, Bennett, and Kiowa

Goals:

The goal of the Eastern Plains Volleyball League is to promote the development of youth volleyball players by creating an environment that encourages team, sportsmanship as well as all aspects of the game of volleyball. The league will teach fundamental volleyball skills based on the philosophy of CHSAA and USA volleyball.

Coaching Requirements:

Coaches must obtain a current concussion training certification <http://nfhslearn.com/?courseID=38000>. This certification is a yearly requirement. Coaches will have to adhere to their towns coaching requirements such as background checks and coaching applications.

****NOTE:** Any additional certifications are not mandatory. There is a Volleyball course on the CHSAA website, <http://nfhslearn.com/courses/9000> and it is \$75. There are other courses available that are free.

Age Group:

3rd 4th 5th and 6th Grade Girls (gender is based on CHSAA regulations)

If a town does not have enough girls to form a team players may play up a grade level, but not play down.

Uniform Attire:

Girls will be required to wear a team shirt with a number on the back, school discretion. Numbers on the front are encouraged, but not required.

Players will provide own kneepads and shorts.

All jewelry must be removed from the players prior to taking the court for warm ups. (Medical bracelets must be taped to wrist and necklaces must be taped to skin if parent chooses to leave on player)

Player must remove all hairpins, hair beads, barrettes and or clips from the hair.

Teams will stay on the same side of the court and the same benches for all 3 games.

Court Regulations and Equipment:

Lightweight 12U volleyball (Volley lite) will be used all both levels.

Court dimensions will be 30'x30' high school regulation.

Serving line 5th and 6th grade is suggested to be 10' back from the 10' hitting line. Serving anywhere behind that line is at coach's discretion

Net height for all ages will be the High School regulation is 7'4 1/8"

Playing Rules:

All players must be listed on the lineup card and turned into the score keeper and referee prior to the match.

Substitutions:

- 3rd-5th grade will rotate in, left front each rotation
- 6th grade will do a 1:1 substitution.

Serving will be permitted behind the designated serving line for that age group and may serve anywhere along the baseline. Player may not enter the court until the ball has left their hand. NET serve is allowed. Serving overhand or underhand is at the Coaches discretion.

Players will only be allowed **5 consecutive serves**. A side out will take place once a single player has successfully served 5 consecutive points with no point award to the opponent.

Serving:

- 3rd-5th grade - Each player will be allowed 2 serve toss/contact attempts before it's a side out. If the ball lands on the servers side of the net, the server will get a second attempt.
 - Foot-fault: would be considered 1 of the 2 serves. If ball goes over the net side out. If Ball does NOT go over net, player gets 2nd serve. Either way, 2 serves max, side out point awarded.
- 6th Grade – Each player will be allowed the CHSAA approved single toss which may drop to the floor and then re-serve. If player tosses ball and catches it, it will be a side out point awarded.
- Foot Fault: 6th grade will equal side out with point awarded.

NO LIBERO

There will be a 15-minute warm up before each teams 1st game only.

Each team will be allowed one-30 second time out per set

Each match will be approx. 45 minutes. The games will be 25-25-15. First two games will be rally scoring to 25 (must win by 2) switching sides at end of each game, 3rd game will be to 15 (must win by 2). There will be a 2-minute rest period between games.

Each school will host a weekend and provide refs. The games will start at 8AM.

Home team will be decided by flip of coin. Winner choose side or serve receive.

All hitting and regulations allotted by CHSAA will be in effect.

Each team to provide their own First Aid kits. Hosting team will provide ice as needed.

Scorekeeper: One official scorebook. Whomever is "home" for that set can keep book. Coaches still must sign after each game. Hosting team to submit scores on weekly basis.

Host Town:

The host town will provide referees. All coaches that are not involved in a game are encouraged to help with this assigned duty. Students are permitted to participate as the down referee as long as they are a Junior/Senior in high school. The up referee must be an adult or a Junior/Senior in high school with officiating experience. Lines judges are also encouraged to be students or adults.

Home team will provide game balls for the matches. Please make sure that all the towns help the host town in keeping them accounted for.

There will be a designated score keeper for each game. Coaches must sign score sheets. Hosting team to submit scores on weekly basis.

Practices:

Practices will be held at Coaches/School's discretion.

Season Duration:

Will be decided upon at beginning of each volleyball season.