

CAPE CORAL PARKS AND RECREATION

BY-LAWS AND LEAGUE RULES

ARTICLE I: NAME

Youth Volleyball League

Coach Eddie

Athletic Office: (239) 242-3486

Article II: PURPOSE- To familiarize youth with the fundamentals of the sport of volleyball. providing an opportunity to play the game in a supervised, organized and safety-oriented manner. This is intended to keep the welfare of the participants free of any adult ambition or personal glory.

ARTICLE III: MEMBERSHIP

1. The league is open to youths from age ten (9) through seventeen (17).
2. Oldest eligible players may not turn eighteen (18) years of age during the season they are competing in.
3. Youngest eligible players must turn ten (9) years old by end of Season

ARTICLE IV: COACHES AND ASSISTANTS

1. Coaches will be appointed per season by the City of Cape Coral. One (1) coach and one (1) assistant coach per team is allowed.

ARTICLE V: SPONSORSHIP

1. Sponsors may be solicited for individual teams. The sponsorship fee will be established each season as deemed appropriate by the City of Cape Coral. Sponsorship funds will be used exclusively for the individual team and/or the general financial needs to carry on the functions of the League (for example,

secure gym space, purchase equipment, uniforms, etc.).

ARTICLE VI: PLAYER SELECTION

1. Player selection process will proceed as follows:

- A. Player selection shall be carried out as directed by the City of Cape Coral.
- B. Registration dates will be determined by the City of Cape Coral.
- C. There will be a registration fee charged for each player. The amount of this registration fee will be set as deemed appropriate by the City of Cape Coral.
- D. The son/daughter of a Coach/Assistant Coach may be placed onto that Coach/Assistant Coach's team, if so requested.

ARTICLE VII: LEAGUE CONDUCT

1. Player attendance and conduct:

- A. Players are expected to be at all team functions, unless the coach grants an excusal.
- B. Players that consistently have unexcused absences from practice and/or games may be subject to disciplinary action by the Coach and/or League Director .
- C. Players and Coaches will conduct themselves in an appropriate manner at all times. This will include practices, games and all other CCYVL (City of Cape Coral Youth Volleyball League) functions. Failure to do so will constitute grounds for disciplinary action by the Coach and/or League Director.
- D. No player shall be suspended by a Coach without the League Director's approval.

2. Player schoolwork:

The CCYVL (City of Cape Coral Youth Volleyball League) believes that schoolwork is an extremely important and vital part of a youngster's life during the elementary, middle and high school years. Coaches are encouraged to stress responsible study habits and the importance of education to all of the youngsters participating in this program.

3. Yellow and Red Card against Coaches:

A. First Yellow Card– Coach suspended for at least next played game.

B. First Red Card – Coach will be removed from league – NO EXCEPTIONS!!

****NOTE-** Certain incidents in the gym will be reviewed by the Review Board and additional penalties may possibly be given out.

ARTICLE VIII: LEAGUE

1. This League is made up of teams that will practice and compete at primarily an instructional level, incorporating less experienced players. It will be composed of youngsters separated into three divisions Beginners, Intermediate, and Advance.

ARTICLE IX: LEAGUE DIRECTOR

1. The League Director is an employee of the City of Cape Coral, Parks and Recreation Department who is directly responsible for this activity. All decisions made by the League Director are final. The Cape Coral Parks and Recreation Department reserves the right to change any and all rules, regulations, policies and/or procedures when due cause warrants it.

ARTICLE X: GAME REGULATIONS

1. RULES GOVERNING PLAY will be the same as in the current rulebook, as set down by the National Federation of State High School Athletic Associations, unless otherwise stated. Length of each game is as follows:

Basic Volleyball Rules

- 6 players on the floor at any one time - 3 in the front row and 3 in the back row
- Maximum of 3 hits per side
- Points are made on every serve for winning team of rally (rally-point scoring).
- Player may not hit the ball twice in succession. (A block is not considered a hit.)

- Ball may be played off the net during a volley and on a serve.
- A ball hitting a boundary line is in.
- A ball is out if it hits an antenna, the floor completely outside the court, any of the net or cables outside the antenna, the referee stands or pole, the ceiling above a non-playable area.
- It is legal to contact the ball with any part of a player's body.
- It is illegal to catch, hold or throw the ball.
- A player cannot block or attack a serve from on or inside the 10-foot line.
- After the serve, front-line players may switch positions at the net.
- Matches are made up of sets; the number depends on level of play. 3-set matches are 2 sets to 25 points and a third set to 15. Each set must be won by two points. The winner is the first team to win 2 sets. 5-set matches are 4 sets to 25 points and fifth set to 15. The team must win by 2 unless tournament rules dictate Basic

Volleyball Rule Violations

Rule violations that result in a point for the opponent

- When serving, the player steps on or across the service line as while making contact with the ball.
- Failure to serve the ball over the net successfully.
- Ball-handling errors. Contacting the ball illegally (double touching, lifting, carrying, throwing, etc.)
- Touching the net with any part of the body while the ball is in play.
- When blocking a ball coming from the opponent's court, it's illegal to contact the ball when reaching over the net if both your opponent has not used 3 contacts AND they have a player there to make a play on the ball.
- When attacking a ball coming from the opponent's court, contacting the ball when

reaching over the net is a violation if the ball has not yet broken the vertical plane of the net.

- Crossing the court centerline with any part of your body is a violation. Exception: if it is the hand or foot. In this case, the entire hand or entire foot must cross for it to be a violation.
- Serving out of rotation/order.
- Back-row player blocking (deflecting a ball coming from the opponent) when, at the moment of contact, the back-row player is near the net and has part of his/her body above the top of the net. This is an illegal block.
- Back-row player attacking a ball inside the front zone (the area inside the 3M/10-foot line) when, at the moment of contact, the ball is completely above the net. This is an illegal attack.
- otherwise. The winner is the first team to win three sets.

2. PLAYERS PER TEAM-

Maximum of ten (10) players per team.

3. TIME OUTS- Each team shall be allowed two (2) timeouts per set., one(1) on 3rd set to 15 points.

4. PLAYING TIME AND SUBSTITUTIONS:

A. Players in this division are required to do continuous rotations .

B. EXCEPTION: Coaches are not required to play any player who is:

1) Being disciplined for conduct as outlined in ARTICLE VII (which must be stated to the Scorekeeper/League Supervisor). 2) Injured.

ARTICLE XI: EQUIPMENT AND UNIFORMS

1. EQUIPMENT is as follows:

A. Net Height- The net height for boys or girls ages 14 - 17 is 7 feet, 4 1/8 inches. Boys and girls

ages 10-13 is 7 feet.

B. Volleyball size: (youth volleyball ball for indoor that is 63 to 65-centimeters or 25 to 26-inches in circumference)

2. Uniforms:

A. Jersey's will be purchased by the City of Cape Coral.

B. The league logo will appear on all uniform jerseys.

C. Players must wear the jersey provided by City of Cape Coral or will not be allowed to play in that game. Also Black shorts are parts of the uniforms, so players must bring black shorts.