

MIDDLE SCHOOL VOLLEYBALL LEAGUE-SUMMER SESSION

The Winter Session of the Middle School Volleyball League (MSVL) is an inhouse youth volleyball league comprised of female participants 11 – 14 years old. The MSVL features a female division with hopes of expansion to a male division in the future. The primary purpose of the MSVL is to teach and promote the sport of volleyball and good sportsmanship regardless of skill level.

****Please note: Requests for team placement and/or coach requests will not be considered.**

LEAGUE INFORMATION

Registration: Open December 4, 2023

Close April 11, 2024

Coach's Meeting: Thursday, April 25, 2024 6:00pm-7:00pm

Parent Meeting, Player Assessment: Thursday, May 2, 2024 6:00pm-7:00pm (Draft: May 2 7:00-8:30)

Season Start Date / Practice: Week of May 7, 2024

Opening Day/Game: Thursday, May 30, 2024

Season End Date: Saturday, July 20 2024

Ages: 11 – 14 years old / Age Cut Off: May 1, 2024

Roster Size: Maximum – 10

Minimum – Six (6)

Cost: \$75.00 per participant

Includes: Jersey and officiating

Coaches: Volunteer(s)

Culpeper County Parks & Recreation Contact Information:

Holly Binkert-Athletics Manager: 540-727-3412 hbinkert@culpepercounty.gov

FACILITIES AND LOCATIONS

Culpeper County Fieldhouse - 16388 Competition Dr., Culpeper, VA 22701

EQUIPMENT

The MSVL locality will provide USAV approved poles, safety padding, and nets at all match sites. Net height will be 7' 4". Match balls (25.5" to 26.5") and scoring devices will be provided by MSVL.

RULES & REGULATIONS

The Middle School Volleyball League rules and regulations follow the standards set by the Virginia Youth Volleyball League (VYVL). The VYVL follows the rules and regulations according to USA Volleyball. Listed below is a summary of the MSVL rules and regulations.

1. Rosters: All team members, including managers, are listed on the roster. Players not listed on the roster cannot play. No exception.
2. Roster Changes: After roster is submitted, no player changes allowed.
3. Captain Designation: One (1) team member must be designated on the roster as team captain, and is captain whenever he/she is on the court. If the captain is not in the starting lineup, another player must be designated to serve as the captain anytime the captain is not on the court.

4. Non-Disruptive Coaching (Ball-In-Play):
 - During play, the coach may stand or walk with free zone in front of the team bench and at least 1.75 meters from court without disrupting the match.
 - One (1) assistant coach may stand to instruct players on the court.
5. Designated Coaches: The coach must be designated. Only the coach may request interruptions. assistant coaches may not intervene in the match. **All teams must have an assistant coach designated in case of emergency.**
6. Number of Players: Must have at least six (6) players to start match; must have at least six (6) eligible players to continue play.
7. Assessing individual sanctions:
 - Warning: No card shown (verbal or hand communication only)
 - Not recorded on score sheet
 - Penalty – Yellow card held in one (1) hand
 - Expulsion – Red card held in one (1) hand
 - Penalties: Players / Coaches that receive a red card will not be permitted to play in any additional matches for the evening. In addition, their conduct will be review by the league in order to determine any addition action (i.e., suspension, etc.,).
8. Uniforms: All players must be dressed similarly.
9. Uniform sleeve length: Both short sleeve and long sleeve jerseys are considered identical.
10. Uniform number placement: Numbers must be centered on the front and back of the jersey.
11. Player equipment:
 - Splints and/or braces are allowed on hands/arm if padded and no advantage is gained.
 - Hard casts are not permitted.
12. Jewelry, aside from studs above the neck, are not permitted. This includes watches, rings, non-stud earrings, metal hair clips, necklaces, and any other thing that could, in the view of the Referee, cause an injury.
13. Definition of a Rally: A rally is a sequence of playing actions from the moment of the service hit by the server until the ball is out of play. A completed rally is the sequence of playing actions which results in a point.
14. Change in Lineup after Submission: Players entering the game after submission of the lineup will enter at the bottom of the lineup at the end of the rotation.
15. Number and Length of Time Outs: Two (2) 30-second timeouts per game

17. Maximum Team Substitutes: Unlimited
18. Net Contact: Contact with the net is not a fault unless it interferes with play.
19. Crossing the Center Line: Player(s) can touch opponent's court with feet providing some part of foot/feet are in contact with or directly above center line, and the penetration does not interfere with the opponent's play. Players may touch the opponent's court with any body part above the feet provided penetration does not interfere with opponent's play.
20. Attacks on Serve: Players cannot attack a serve in the front row. Attacking a serve will result in a point for the opposing team and continuation of service.
21. Pre-Match: Teams are allowed to begin their warm-ups at 10-minutes before the hour once the previous teams have vacated the court. If the previous match has finished early, the next teams playing may take advantage of a vacant court.
 - The Referee will call a captain's meeting at least ten minutes before the scheduled start time of each match. The two team's captains will meet with the Referee for instructions and to conduct two (2) coin tosses – the first set coin toss and the third set coin toss. The Referee will determine which team's captain will make the first coin call. The third set coin call will be made by the team captain of the team not making the first call. The team winning the coin toss for the first set can choose the right to serve or to receive the service OR the side of the court. The other team takes the remaining alternative. If team A serves first in set #1, team B will serve first in set #2. The second coin toss is only to determine who will serve or receive in the third set.
 - The 10-minute warm-up will be divided as follows: teams will have 2-minutes of shared time, with 4-minutes for the team that is serving first and then 4-minutes for the team receiving serve (2-4-4).
22. Match Length: Matches will be best two (2) out of three (3) sets to 25; win by two (2) points.
 - If needed, the 3rd game will be played to 15; win by two (2) points.
 - Breaks between sets during a match will not exceed 2-minutes.
 - If the 3rd game is NOT required, teams can play until the end time of that set of games.
 - Teams will NOT switch benches between games.
23. Play Time: MSVL is a recreation league. Every participant is guaranteed to play, regardless of skill level. Coaches should make their best effort to distribute playing time evenly between players during the regular season, with every player playing no less than one and a half complete sets per 3-set match. During post-season play, every player should play at least one-half of a set per match. ***Playing time can be taken away at the discretion of the coach and/or CCPR when a player has missed multiple practices.**
24. The Serve: Servers can use the modified service line, which is a line 6' 6" (two meters) in from the end line marked on the floor with a line marker. Servers must be positioned behind the modified service line prior to the serve. A foot on the modified service line at the time the ball is

contacted is a foot fault and will result in loss of serve and a point being awarded to the other team.

- **Players must serve the ball underhand if using the modified serve line. In the event that a coach is teaching overhand serving and has developing players, he/she can submit a request for exemption of this rule prior to the match. CCPR staff and officials reserve the right to deny the use of the modified serve line if it is deemed a competitive advantage at anytime during the match.**
- If the player chooses to use the standard serve line, they will also receive a foot fault if they step over the standard line.
- A team serving out of rotation, whether intentional or not, will result in the loss of the rally with the opposing team receiving one point and the serve.
- On first side out, players from the serving team will rotate to a new server immediately.
- Servers can score a maximum of (3) three points in a row before having to rotate to the next server.

25. Rotations:

- All team members will rotate in order with the new player coming into the back middle position on the court. The server will come off the court after serving.
- All teams must rotate this way during all game play when there are more than six (6) players on the roster for that game.

26. The Playing Area: The lines on the court are considered part of the playing area. If any portion of the ball falls on any portion of the line, that ball is in.

- Any ball that comes into contact with basketball goals or the gym divider will become a dead ball and the point will be replayed.
- If the ball contacts ceiling/rafters and remains on hitter's side, the ball may remain in play if that team has a hit remaining. If the ball goes over net, it will be ruled a side-out.
- It is a violation to enter another occupied court to play the ball. The ball should then be ruled out of bounds and a side-out awarded.

MSVL Code of Conduct for Players, Coaches, & Spectators:

This program is designed to benefit all of the players and parents not just a select few. The following code of conduct will be strictly enforced.

In order to ensure that the principles of sportsmanship, fair play, skill development, and mutual respect among players, coaches, officials and spectators are the primary considerations the following Code of Conduct has been established.

Each player and spectator will be responsible for displaying and practicing appropriate conduct. In order to meet these responsibilities, the players and spectators are expected to:

- a. Respect the rules of the game.
- b. Respect the game officials and refrain from questioning their decisions or from addressing them in a loud, disrespectful or abusive manner.
- c. Cheer each team in a positive, supportive manner, refraining at all times from making hostile, negative, or abusive remarks about the opposing team.
- d. Enter a gym quietly; remain seated during play of the game. Refrain at all times from coming onto the floor or from throwing objects or other foreign materials on to the floor, and exit in an orderly manner at the conclusion of the game.
- e. Spectators and non-participants are not permitted at the scorer's table. Any violation of this policy will result in an immediate ejection. Any and all ejections will be evaluated by CCPR staff in order to determine if a suspension is necessary.
- f. Demonstrate appropriate gestures of sportsmanship at the conclusion of a game, win or lose. The Department will not tolerate any level of bad sportsmanship.
- g. Realize, accept, and practice the principle that a team's reputation is built not only on its playing ability, but also on the sportsmanship, courtesy, and citizenship of its fans.