



Elite Volleyball Rules

Ball size:

All Divisions: Regulation size and weight volleyball

Net height: All Divisions: Approximately 7'4" (may vary slightly at different game sites)

Players: All age levels will have six players on the court. Teams with fewer than 6 players at the start of the set will result in an automatic forfeit for that set. Players can arrive for set 2, and the set will be recorded as an official set. Players must be within the age limits of the division and be listed on the official roster. Roster and ID checks must be done before each game.

Jewelry: Players may not wear any type of jewelry during the match. Exception: Earrings can be taped if they are unable to be removed. NYS does not supply tape or band aids. (No hoop earrings allowed) Religious bracelets can be tapped

Certification: All players must be registered with National Sports ID to be eligible to play. [National Sports ID](#) must be completed by week 1 to be eligible to play. Coaching staff must pass a background check and also have an NYS account to receive a sideline access pass to be on the sideline (no sideline pass, you will be asked to leave the sidelines).

Time limit: Regular Season: Regular season matches are limited to 50 minutes. Teams must be ready to play at the end of the 10-minute warm-up. Teams play 3 sets within the 50-minute time frame. Each set consists of 25 points (NO to win by two). If a team wins the first 2 sets, the match is over. A 3rd set is only optional if time permits. If each team wins one of the 1st two sets, then a third set is played, it will consist of 15 points (not win by 2) or 50 minutes, whichever is first. Whoever wins the best two out of three sets wins the match. Each team is allowed two 30-second time-outs per set. No time-outs will be allowed in the 3rd decision set.

Playoffs / Tournament Play: The Season tournament will be single elimination. Teams will play best of 2 out of 3 sets. Each set consists of 25 points (a team needs to win by two points if the game is tied at 24. There is no maximum point during tournament play. If a third game is played, it will consist of 15 points (must be by 2) or first to 20 points max. Whoever wins the best two out of three sets wins the match. Each team is allowed two

30-second time-outs per set. Teams must have 6 players to compete in playoffs, or it's a forfeit (no exceptions)

Additional Tournament Rules

- Players must have been added to the roster before the week 3 game to participate in the tournament.
- Teams must have 6 players to compete in tournament matches.
- Standings are to be determined by the following
 1. Match Results / Standings
 2. Head-to-head matches
 3. Set differential. IE, Difference between the number of matches won to lost.
 4. Coin Flip

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Game Day Procedures:

- Line Judges- Each team must provide a line judge for each match **(MUST be 18 or older)**
- Scorekeepers- The home team must provide a scorekeeper for each match. Both teams may provide a scorekeeper. Scorekeepers will report scores to the site director. **(MUST be 18 or older)**
- Roster Checks- All teams will be required to do a roster check 15 minutes before the start of the match. Any players not on the official roster cannot participate after week 2 of the season. Coaches must notify NYS if they are adding players to their rosters by week 2. All players must be present for roster checks.
- Lineup Cards- All coaches must submit a written lineup card to the official before the start of each set if they are using substitutions. Coaches and assistant coaches will track opposing team substitutions. Any team not following proper rotation will result in an automatic side out for the opposing team. Coaches must make the officials aware of illegal rotation during the match. Lineup cards will be available at game sites. The lineup is to remain with the official. However, Coaches can request to copy down opposing teams from the official
- All coaches must stay within the coaching/bench area during the match. Teams are allowed up to 3 coaches in the coaching area. Only one coach is allowed to stand at a time.

NEW: Coaching staff must pass a background check and have an NYS account to receive a sideline pass to be on the sideline
(no sideline pass, you will be asked to leave the sidelines.

Coaches are not permitted to stand on opposite sides of the court.

- Multiple roster teams- Coaches with multiple teams in one division must have 2 distinct rosters for their teams and may not share players. No sharing of players between teams. No subbing non-rostered players. Players registered in two separate age divisions are eligible to play on two teams.
- Rotation of players' 11U-15U: Coaches have the option to rotate players into the center back position or request substitutions.
- Coaches must inform the official at the start of the match if they are going to utilize substitutions and must use substitutions throughout the entire set.
- Coaches may change the substitution lineup for each set.
- Subs may be made at any time before the serve.
- Coaches must signal the official before subbing, and the player must wait for the official to recognize them in the game before entering the court.
- When subbing, each player may only sub for one specific player. For example, player A may only sub for player B and vice versa.
- Libero-13U and 15U teams may use Libero for games. A Libero is a back row specialist. The Libero may only serve once and can go in for any back row player. One Libero per team allowed
- Coaches must make substitutions quickly to avoid game delays

Automatic side outs & Serving Limits: All Divisions: The server will continue to serve until their serve is broken.

Serving: -Play/rally begins with a serve by the serving team. Players may serve underhand or overhand at all levels.

11U Divisions - Players may serve up to five feet in front of the end line.

13U Division - Players may serve two feet in front of the end line. Players may not cross over or touch the NYS line during serving.

15U division - Players may serve anywhere behind the end line. Players may not cross over or touch the line during serving.

-There will be a 5-second max time limit to serve. Players must serve the ball within 5 seconds to keep the pace of play.

Scoring: Rally scoring will be used for all ages – any team can score a point when it wins the rally, or the opposing team commits a fault. If the receiving team wins the rally, scores a point, and gains the right to serve

During rally play, It is illegal for the same player to play the ball in two consecutive contacts (double-hit). It is illegal to carry the ball over the net.

Attacking/spiking/blocking: Attacking, spiking, and blocking are allowed in all age levels; however, it is illegal to attack or block a serve. Blocking does not count as the team's first contact.

Violations: Net fouls: Will be called on all age levels. Illegal hits: Two-hand open/palm hits (underhand or overhand) or throwing hits will be called on all age levels. One hand is legal as long as the ball does not come to a rest.

Divisions 11U: Illegal hits will be called more liberally.

Divisions 13U & 15U: Illegal hits will be called with underhand pass (hands together) and overhand sets (brief contacts with finger pads).

Behavior / Sportsmanship All players and coaches are required to shake hands before and after the game. All coaches, parents, observers, and players may not stand or congregate on or near the end lines while another game is being played. This includes walking behind the end lines while rally play is going on.

All coaches, parents, observers, and players must follow the NYS code of conduct. Any person breaking the code of conduct will be given a warning/Yellow card. If a second violation occurs, the person will be issued a red card and asked to leave the facility. A suspension may also be given to any person who violates the code of conduct.

Officials must be treated respectfully during the games. Any issues with rules, officials, or teams must be brought to the attention of the site director or league administrator. Coaches may use a time-out to discuss any issues with NYS staff.

Unsportsmanlike Conduct Violations:

- Use of disconcerting acts or words when an opponent is about to play the ball. Yelling or chanting is not allowed during the serve.
- Disrespectfully addressing a referee or site staff
- Questioning or trying to influence a referee's decision, or showing disgust with the decisions
- Using profane or insulting language or gestures and/or taunting anyone involved in the contest
- Referees will use a Yellow Card as a warning and a Red Card for an ejection.

Obstructions: Any ball touching an obstruction (basketball hoop, poles of the net, antennae, ceiling, etc.) of the opponent's side is considered out-of-bounds. Any ball touching the ceiling on your playing side is considered playable. A ball that touches the net but continues to the opponent's side is permitted.

Forfeits: There will be forfeits! If a team does not show up on time or with 6 players they will forfeit the game. However, the teams do have the option of playing with fewer players for a scrimmage but the official game will be a forfeit by the team with fewer than 6 players. If a player is injured during the game and a team drops

lower than 6 players, the game will continue. The team with less than 6 players will follow the following rule: When it is the injured players turn to serve, the team with less than 6 will receive a side out and a point will be rewarded to the opposing team. The game will restart with the team with 6 players serving. Uniforms: Elite Volleyball uniforms are not provided by NYS. Custom uniforms must have numbers on the front and back of the shirt. (see below instructions)

Exception: Teams choosing to use NYS uniforms or grandfathered NYS teams that have uniforms prior to Fall17. Contact coordinator for more information.

Uniform Requirements

1. Jerseys must be identical for all regular players (non-Libero).
2. Uniforms must be numbered in a permanent manner using Arabic numerals.
 - a. Numbers 1-99 are legal. Numbers 0, 00-09 are not legal and will not be permitted
 - b. Number minimum height: Front 4"; Back 6". Recommended: Front 6"; Back 8".
 - c. The stripe forming the number must be solid with a minimum width of 3/4".
 - d. The stripe forming the number must clearly contrast with the jersey. See Diagram A
3. Uniform numbers must be clearly visible and centered side to side on the front and back of the jersey. Numbers are recommended to be placed on the upper half of the jersey. Numbers may not extend below the player's waist or be tucked into the uniform bottoms. See the Number Placement Guide in this document. The main goal is to see the number at a glance. Placement and size are factors.
4. The Libero must wear a jersey that clearly contrasts with and has a different dominant color(s) from the jersey of their teammates.
5. Players are prohibited from wearing Crocs and may not be eligible to play in matches if attempted

Certain combinations of colors do not meet any standard of contrast. Some are, but are not limited to, black/navy; red/maroon/burgundy; black/dark green; white/light yellow; and navy/maroon and holographic. Such combinations must be avoided. One way to get a better idea of contrast is to take a photo of both jerseys and convert it to monochrome (grayscale). If it is difficult to determine which is which, this combination should be avoided.

Since contrast can be subjective (eye of the beholder, lighting, wetness) some jersey combinations like (black/gray) may be IN THE MARGIN. If a team chooses such a combination, it is recommended that an additional jersey, which will provide a CLEARLY CONTRASTING combination, be available

