



Girls Volleyball League: Middle School Division

Westover Sports League

Westover Sports is a developmental league which helps players develop their skills. Our goal is to teach fundamentals of sport to the individuals, develop character and build a relationship with Christ. Three things to focus on are listed below:

1. Teamwork: Please focus on working as a team and learning the fundamentals.
2. Playing Time: All players should have equal playing time.
3. Character: Displaying Christ-like behavior and attitude at all times.

Home team will be determined by the schedule set on Playpass. Home team is the top team listed and will lead the pre-game prayer. Prayer before each game is MANDATORY.

Facility Rules

- **All players and spectators shall abide by the rules of the facility: NO WEAPONS, NO CURSING, NO ALCOHOL CONSUMPTION, NO SMOKING, NO VAPING, AND NO PETS, NO EXCEPTIONS.**
- Only the East Entrance wing doors will be accessible for entry and departure into the building.
- Westover Hills Church Gymnasium will be unlocked no earlier than 6:10 pm on any practice and/or game days.
- Concessions will only be available during game days (Saturdays), therefore, no outside food or drinks allowed. Please bring your own water bottle on practice days.

Uniforms

- The provided Westover Hills jersey/uniform must be worn in order to participate in games.
- Shorts must be an appropriate length, not exposing or revealing any body parts. If the uniform is deemed inappropriate the player will be asked to change or the player will be unable to participate.
- Knee pads and acceptable court shoes must be worn at ALL times during practice and games.
- No jewelry for player safety (earrings must be covered with tape).
- Hair bands and bows allowed.

Team Rules

- 9 minimum players and 10 maximum players on the team roster, unless otherwise approved by Westover Sports Directors.
- Each player must be registered through Westover Sports and listed on the roster in order to participate. Roster checks could be conducted at any time upon the request of a certified coach within the league. Illegal players (not registered and listed on roster) will be an automatic forfeit.
- The game is played 6 vs 6. A team can play with as few as four players. If a team has three players or less, then the team forfeits the game. If the game results in a forfeit, the score will be entered 25-0 in Playpass.
- Players who are present and able to play are required to play at least half of each game or a full six rotations. Coach may adjust players playing time based on the circumstances of each player.
- Each team will participate in warm-up on their side of the court. The court will be shared during the last two minutes of warm-up for serving only.

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Game Specifications

- Net Height- Approximately 7 feet
- Ball size: Volley-lite (official size but less weight)

General Rules

- Game/Match Format
 - Teams play two games to 25 and 3rd game to 15 (based on time limit), match is played best of 3 sets.
 - Team must win by 2 points for the first and second game (winner declared at 27).
 - If time expires during the second game, the game continues until the team reaches 25 or wins by two points.
 - If a third game is needed to break a tie:
 - If time expires during the 3rd game with one team ahead, that team is declared the winner. If time has not expired, the first team to 15 points wins.
 - If time has expired before the 3rd game starts, then the first team to eight wins.
 - If time expires in the 3rd set, the first team to 15 points wins.
 - When the ball is in play and time expires the rally will continue until a point is scored.
 - Regular season matches will be 45 minutes.
 - Teams will switch sides between games
 - Maximum of 30-seconds allowed between sets
 - A 10-minute grace period will be allowed for the first game only
- Playing Rules
 - If time has expired and have not started the third game, the game ends in a tie.
 - If teams start the 3rd game, then the first team to 15 wins within the time limit. If time has expired and one team is ahead, then that team is declared the winner of the match.
- Timeouts
 - There are two 30 second timeouts per set; There are no timeouts in the 3rd set.
- Rotations
 - Players should sit along the sideline in team rotation order when not playing.
 - Rotation occurs after side out and only the serving team rotates.

Substitutions

- Officials must acknowledge substitutions before the player enters the game.
- Regular Subs
 - Players must have a buddy to sub in and out for.
 - Can only sub for one player to ensure subs are being rotated correctly.
 - Players must make eye contact with the referee before subbing.
 - Example Only: 9 players: 1 through 9
Starters are 1,2,3,4,5,6 and subs are 7,8, 9
Rotation for sub partners is: 7 for 1; 8 for 2; 9 for 3
So, players 4,5,6 cannot sub, (unless one is a libero)

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- Libero
 - Can only play the back row and can only serve once per set.
 - Max of 3 serve opportunities per game.
 - Libero can sub in and out for anyone in the back row, no limits.
 - The Libero can only be subbed out by the player that she replaced.

Serving

- Players must serve from the behind the 25 foot line (second white line).
- All levels can serve underhand or overhand.
- Must serve with an open hand, no fists.
- Foot faults result in a point awarded to the opposing team.
- Players can only serve once in a rotation, each player has five seconds to serve the ball once the whistle is blown by the official.
- When the server tosses the ball up to serve and decides not to hit the ball, the server must let the ball hit the ground first. Server cannot catch the ball or touch any part of their body. Warning given on first violation. On the second serve attempt, a penalty will be called and the opposing team awarded a point and serve.
 - Servers: Servers must make one full rotation even if subbed in
 - Side Outs: No limit to the number of consecutive serves.

Rally Play

- Rally scoring used for all ages-any team can score a point when it wins a rally or the opposing team commits a fault. Team winning the rally scores a point and gains the serve.
- During rally play, it is illegal to play the ball in two consecutive contacts (double hit).
- Attacking, spiking, and blocking are allowed in all age levels.
- Maximum of three contacts before the ball goes over the net.
- When the ball is in play and time expires the rally will continue until a point is scored.

Violations

- Illegal hits called tighter for pushes, lifts, double hits by a player and carries (a warning will be given through mis-season).
- Illegal for opposing teams to block a serve.
- Blocking does not count as the team's first contact.
- No back-row attacks (back row players must jump from behind the ten-foot line).

Obstructions

- Ball touching objects such as a basketball hoop, poles, antennae, ceiling, light fixtures, or wall, etc. on the serving side is considered out-of-bounds.
- Ball touching the ceiling, light fixtures on the player's side are considered playable.
- Ball touching the net but continuing to the opponent's side is permitted.

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Coaching

- Only one Head coach and one Assistant Coach are allowed at the player bench. Coaches must be on the roster and serving safely approved through Westover Hills Church.
- Must complete the lineup sheet and give it to the referee before the game starts.
- Coaches have the authority to sit a player if exhibiting unsportsmanlike conduct or behavior. The coach must notify the referee and note on the scorecard.

Officiating

- Officials are allowed to provide advice to players or coaches.
- Officials allowed to congratulate/compliment players and coaches.
- Officials to remain on court during player handshake.
- Only the head coach is allowed to address the official with questions on calls. Parents are not allowed to approach the official or player bench for any reason.
- Officials have discretion on any calls made during the game.

Parent Volunteers

- One parent volunteer from each team will help with watching lines at each game.
- One parent volunteer from each team will keep score at the score table .
- The main referee will remain on the stand who will make calls for the game. The secondary referee will stand on the opposite side of the court (next to the net) as a second set of eyes.
- Game does not start until the volunteer roles are fulfilled; however, the game clock will be running.
- Game time will be kept by officials or scoreboard clock will be used.
- Scorekeepers are not allowed to talk to coaches, players, and sideline coach from the score table.
- Parent volunteers should also be free of distractions and attentive during the entire game. This includes supervising other children. No cell phones allowed on the court while working the lines or scorekeeping.
- NO communicating with the players on the court while scorekeeping or working the lines.

Tournament

- The Westover Sports tournament is single elimination.
- There is a 45-minute time limit during tournament play. This prevents long delays for other teams waiting to play their scheduled games.
- During the game, teams will switch sides between sets.
- There are two 30 second timeouts per set; There are no timeouts in the 3rd set.

Brackets

- Teams are seeded based on (wins/losses/ties and head-to-head competition. If both teams are tied for a seed place, and none of the above has occurred, then Directors will do a coin flip for seed placement.
 - The team with the higher seed is the Home team and the lower seed are Visitors. Example, Seed 3 vs Seed 4 - Seed 3 is the home team and listed first on the bracket.
- Seeding is based on Playpass rankings.



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Forfeits

- A forfeit will automatically occur if the team has less than four players at scheduled game time. Game will start if the team has four players. For unusual circumstances, for example road closures or accidents, we will wait ten minutes for four players to arrive.
- A forfeit will automatically occur if the team has illegal players/not registered with the team.

Safety

- If a child is not feeling well, they should not participate in any practices or games.
- Each child is responsible for his/her own drink during practice days. Please no "red" drinks in the gym.
- All players or guardian are required to sign waivers before their first game (upon registration).
- No yelling or chanting when girls are serving. Any unsportsmanship or unwanted, disrespectful behaviors will be addressed by Coaches or Westover Sports Staff. Any inappropriate conduct by coaches, players, and/or spectators are means for immediate removal from the premissis.