

PLAYER ELIGIBILITY

- Players must be in the 5th - 6th grade for the 2022-2023 school year.
- At any time during the season, Hereford Sports & Wellness may request proof of eligibility.
- The roster maximum is 12 players. Coaches may agree to add more players, but it is not mandatory.
- Roster minimum is 8 players.

EQUIPMENT

- Hereford Sports & Wellness will furnish the following equipment for teams:
 - a. VolleyLite Volleyballs
- Please return all equipment immediately following the season.
- Players must wear their assigned Hereford Sports & Wellness t-shirt.
- Jewelry or hair accessories of any kind are not permitted, with the exception of plain bobby pins.
- Hard or plaster casts are not permitted.
- Knee pads are required.

GAME RULES

- All players must play in at least half the match.
- The serving area is from the back line of the volleyball court.
- The net height for the 5th and 6th grade league is 6-feet and 6-inches.
- Each match will consist of three complete sets. Teams will not play best two out of three.
- Time limit for all sets is 15-minutes, with a running clock.
- Time limit for all matches is 60-minutes.
- There will be a 3-minute break between each set. The clock will stop.
- Each team will be allowed one 30-second timeout per set.
- Teams must have six players to constitute a legal set. Otherwise, the set is a forfeit.
 - a. A set will be a forfeit if one or both teams are not present 5-minutes after the set is scheduled to start.
- Win/loss records are determined by the total number of individual sets played, not matches.
- Substitutions shall be made on a position/player basis only at the 10-foot line in front of the bench.
- No line-ups are required.
- Players may use either the overhand or underhand serving method.
- Use the “let” serve method, meaning if a serve hits the net, goes over, and is not played, the serving team will be awarded a point. If the ball does not go over the net, the result is a side-out and a point for the receiving team.
- Players do not have to receive the serve with a forearm pass, but this technique should be taught in practice.
- Front row players may not attack the serve.
- One official will be provided for each match. The official will keep time if there is no clock or the clock is not operating.

GAME RULES CONT.

- Each team must provide one linesman and one scorekeeper for each game. They must be 18 years or older and the scorekeepers must sit together to avoid confusion.

SCORING

- All sets will be played to 25 points with a cap of 27 points.
- Rally scoring will be used. A point is awarded to the serving team or receiving team depending on the result of the play.
- Before time has expired, if one team is not ahead by two points when they reach 25 points, the first team to 27 points wins.
- After time has expired, a team must win by two points (regardless if they have reached 25 points) or reach the cap of 27 points first.
 - a. Example: If a team is ahead by 1 point and time expires, the match will continue until a team wins by 2 points or has reached the cap of 27.
 - b. Example: If a team is ahead by two points or more and time expires, the set is over.

COACHES

- The head coach is responsible for:
 - a. The physical and mental well-being of all children while entrusted to their care.
 - b. Maintaining an adequate level of discipline on his or her team.
 - c. The conduct and control of their team's fans and spectators.
 - d. Ensuring minimum playing time is met for all players.
- All assistant coaches must be listed on the roster and have a background check on file. If no background check is on file, the coach will be removed from the sideline.
- Should head coaches or their assistant coaches violate any Hereford Sports & Wellness playing rules or directives, they may be subject to disciplinary actions.

CODE OF CONDUCT

- Profane, obscene, abusive, or degrading language in the presence of anyone attending a Hereford Sports & Wellness event is prohibited.
- Do not handle a child in an aggressive or abusive manner.
- Any act of violence may result in the head coach and/or assistant coach, player, or parent being suspended indefinitely.
- Accept the decision of the game officials on the court as being fair and called to the best of their ability.
 - a. This does not mean a coach cannot question a call in the proper manner.
- Do not criticize the opposing team, its players, coaches, or fans by words or gestures.
- The use of drugs, alcohol, or tobacco in any form is not permitted while attending any Hereford Sports & Wellness event.
- Do not knowingly permit an ineligible player to play in any game.
 - a. Doing so will result in forfeiting the game and an indefinite suspension from Hereford Sports & Wellness.
- Please use good sportsmanship.