

RAGE Volleyball League- Rules (2015)
(Readying Athletes for Greater Excellence)
National Federation high schools rules will apply with modifications.

1. Coin flip will determine the server.
2. Each team must supply one line judge. It can be a student or parent.
3. Matches will consist of three games to 21 points, capped, using the rally score system. In order to stay on schedule, matches are limited to 45 minutes therefore if games go long they may be reduced to 19 points.
Rally score means a point is scored every rally whether you served or not.
Capped means games that are tied 20-20 will end on the next point i.e. 21-20.
The NET serve will be used.
4. Each team must provide a suitable ball for matches. The “Volleylite” volleyball may be used in the Elementary Division only as long as both coaches agree. If they do not agree, a regular ball will be used.
5. Teams may play with a minimum of four and a maximum of six players.
6. Players will rotate after every sideout.
7. Players may catch or drop the ball for a re-serve opportunity. Only one re-serve per term of serve is allowed. Enforcement is at the discretion of the officials.
8. **Players will be allowed to serve no more than six (6) successful serves in a row. After the sixth (6th) successful serve in a row by a player, the ball then goes over to the opposing team. That team does NOT get a point but they DO rotate to the next server.** The RAGE program encourages skill development and fun and this rule modification will help maintain that premise.
9. Serving rules for ELEMENTARY DIVISION:
 - a. Players may serve ONLY from the 15’line, 24’line, or end-line.
 - b. They may serve either overhand or underhand.
 - c. Once a player has served twice successfully in a row from a line, she must move back to the next line. This player may NOT serve from the closer line for the duration of the match since she has already demonstrated an ability to serve up close. If this player again serves from this line twice successfully in a row she must then move back to the next serving line and the same procedure is in effect.
 - d. EXCEPTIONS: Exceptions to this rule are allowed only with agreement of the opposing coaches and notification to the referee.
 - e. The above rule applies to each match separately.

Serving Rules for the JR. HIGH/MIDDLE SCHOOL DIVISION:

- a. Players may serve ONLY from the endline.
 - b. They may serve either overhand or underhand.
 - c. If an exception is granted (see below), they may serve overhand or underhand from the 24' line. Once they have successfully served two in a row from that line they must move back to the endline for the remainder of that match.
 - d. EXCEPTIONS: Exceptions to this rule are allowed only with agreement of the opposing coaches and notification to the referee.
 - e. The above rule applies to each match separately.
10. One 30-second timeout per game is allowed with two minutes between games.
11. Substitution Procedure: **Players will automatically rotate into the centerback position each time.** This is for all divisions. Exceptions with prior approval of the league coordinator or only if both coaches agree.
12. **No jewelry of any kind may be worn while playing.**
13. No metal or plastic hair barrettes are allowed. They must be of a soft or pliable material if worn in the hair.
14. Visiting teams (as listed on the schedule) will call the flip for the first and third games. Teams will NOT switch sides in the third game.
15. The ball will be considered out if a player enters an adjacent court to play a ball.
16. First Aid: It is recommended that you bring ice packs or first aid kits for injuries.
17. CHEERING: Sportsmanship must be emphasized at all times in the RAGE Volleyball League. Positive comments and spontaneous individual cheers are encouraged at all times. Organized team cheers or comments conducted in the middle of the court or on the sidelines will no longer be allowed. Too often cheers such as this can be interpreted as being demeaning or hurtful and that is contrary to the RAGE philosophy. Therefore, the only two team cheers that we will allow are before and after the match. In other words, go ahead and be excited when you score points or make a great play but avoid cheers where the other team might feel as though you are rubbing it in their face. In a nutshell, **we will no longer allow cheers that, in essence, highlight another team's lack of skill such as an inability to serve which is the most common one.**