

SCARSDALE



VOLLEYBALL

Coaches

Mrs. Parrott
Mr. Rambone
Ms. Orlandi

SMS Athletic Director- Mr. Roemer

Scarsdale Middle School Volleyball

Coaches, Mr. Rambone, Mrs. Parrott, Ms. Orlandi

Welcome to the exciting world of volleyball. Coach Rambone, Coach Parrott and Coach Orlandi want everyone to have a fun yet safe season. We want everyone to learn the game of volleyball while being part of a team. Proper sportsmanship is essential to being part of the volleyball program here at Scarsdale. Below are the policies and procedures for this years season, please become familiar with them.

Policies & Procedures

- 1) **Volleyball is a relatively safe sport, but as with any sport there are some inherent dangers to playing the game. Ankle twists, falls and occasional contact with other team members as well as other injuries are a real possibility. All players must have filled out a gold card before attending practices.**
- 2) **Practice is Monday through Friday from 2:40 until 4:30pm. The season runs until the first week of November. Players are expected to attend all practices. Excuses are allowed for religious reasons or religious education and extra help from your teachers. Academics come first. Players are expected to come to practice when they are finished with extra help from their teachers.**
- 3) **According to league rules, players must attend 10 practices to play in a game.**
- 4) **The players will be divided into two teams, the Maroon team and the White team. We will try to balance out the two teams as best as possible as far as the talent of the players. Players who played on either the maroon or white teams last year will remain on that team for this year. Mr. Rambone coaches the Maroon team and Mrs. Parrott coaches the White team. Coach Orlandi assists both teams.**
- 5) **Each team will play a 10 game schedule with some home games and some away games. Each match starts at 4:15 pm and will run approximately one hour long. Schedules will be handed out after the two teams are set up.**
- 6) **At this level, we play three games to 25 points. The team that wins two out of three games wins the match. All three games are played regardless who won the first two games.**
- 7) **All players are expected to ride the team bus to and from the away games. If a parent wants to take their child home (which is not recommended) a note must be given to Mr. Roemer (the athletic director of the modified teams) the morning of the game.**

- 8) This is an interscholastic team where we stress a high quality level of play, and every player will get court time during a match. But, not all players will get equal court time. Some of the advanced players may play more than the other players. No player will sit out an entire match unless of extenuating circumstances or they did not attend the required number of practices.
- 9) Due to the large number of students participating in the volleyball program here at the middle school, each of the two teams will be made up of red, white and blue squad members. (remember, only 6 players on a court) Players with the highest level of skill will be on the red squad and it will consist of only 8th graders. Red squad members go to every game. The rest of the team members in both 7th and 8th grade will be equally divided between the white and blue squads and will alternate going to the games. All members regardless of what color squad they are, must attend all practices.
- 9) In order to build team spirit we encourage family members and friends to attend home games and if possible away games.
- 10) It is the home teams responsibility to set up and take down the venue (net, stanchions, chairs, scoring table, etc). At home games all players must stay and help put away equipment. Players may only leave when the coach dismisses the team.
- 11) Directions to all schools are posted on the Scarsdale High School Athletic department web site. The original schedule (which might be changed) is also posted on the High School athletics web site under the “modified” schedule listed as Scarsdale High school and Scarsdale B teams.

Required items

- 1) Suitable athletic sneakers.
- 2) Black knee pads
- 3) Black shorts or black spandex shorts-nothing written on them

The team will supply jerseys for all players which must be handed in cleaned at the end of the season. An order form will be handed out for optional team apparel.

Volleyball Lingo

“Ace”- When the ball is served to the other team, and no one touches it.

“Attacker” - A player who is the hitter or spiker

“Bump”- A common term for forearm passing.

“Sideout”- When the team that served the ball makes a mistake, causing the ball to go to the other team.

“Dig”- When a player makes a save from a very difficult spike, usually close to the floor.

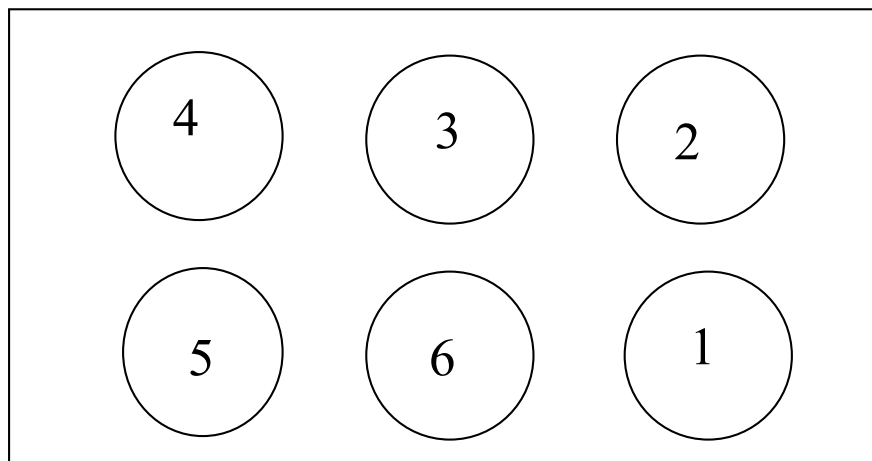
“Kill”- When a team spikes the ball to the other side and it ends in a point.

“Stuff”- When a player jumps above the height of the net and blocks the ball and goes back to the person who spiked the ball.

“Dink”- A legal push of the ball to the other side.

Player Positions

Net



Scarsdale Volleyball Policy sign-off sheet

Name_____ **Date**_____

I have read the Scarsdale Middle School Volleyball policies and procedures and have discussed them with my daughter. (especially policies 8 & 9)

(parent/ guardian signature)

(player's signature)

New York State modified volleyball rules and regulations

Grades 7 & 8.

- 1) In order to win the volleyball match, you must win 2 out of 3 games. You win by reaching 25 points , but you must win by 2 points.
- 2) Only six players are allowed on the court at one time.
- 3) Three hits are allowed on a side. The ball must go over on the third hit.
- 4) The team will rotate each time they win the serve.
- 5) If the team is out of rotation the opposing team (depending on the referee) can gain a point.
- 6) Ball landing *on* the line is in play.
- 7) When serving the ball, the servers foot cannot touch the line.
- 8) You may serve underhand or overhand although overhand is preferred.
- 9) You are allowed two tosses per serve.
- 10) Server can serve from anywhere behind the back line.
- 11) The server must wait for the referee's whistle to serve. Server has 5 seconds to serve the ball.
- 12) A served ball that hits the net and goes over is still a playable ball.
- 13) No one can touch the net during the play of the game.
- 14) Feet can go under the net if they don't interfere with play and part of foot is on or above center line.
- 15) Any player can be substituted unlimited times for the SAME player.
- 16) No more then than 15 substitutions per game.
- 17) The coach must have athletes ready to sub in on the correct part of the court.
- 18) Wait for the referee to say switch before subbing. The sub must wait behind the sideline and gives a "high-five" to the subbed player as they come into the court.
- 19) No jewelry or hair clips may be worn during a game.
- 20) Two time outs in each game per team. Each time out is a maximum 60 seconds.
- 21) There will be three minutes between games.
- 22) Only teammates and coaches are allowed to sit on the team bench.
- 23) At the beginning of the first game of the match, the starting six players will stand on the back line and wait for the referees whistle to greet the opposing team.
- 24) A captain must be on the court at all times.
- 25) No more then 2 scorekeepers at the score table.
- 26) No blocking or spiking a serve.
- 27) Play every ball until you hear the whistle.
- 28) Back row players can only jump spike a ball from behind the 10 foot line.
- 29) Blocking a ball is NOT a hit. A team has three hits after a block or a touched ball.
- 30) You can receive a serve with either a forearm pass or a set.
- 31) You can set the ball over the net. Try to set deep back to the corners.
- 32) Lifting the ball is a carry and it is not allowed.
- 33) If the ball hits any other part of the body other then the arms it is a legal hit. You still play the ball.

- 34) Setters must contact the ball with both hands at the same time, otherwise it is an illegal double hit.
- 35) A one handed hit is allowed, but not recommended.
- 36) At the beginning of a match the captains meet with the referee for a coin toss to determine which team will serve first.
- 37) At the start of each serve the players can not move into position until the ball is hit by the server.
- 38) After the first game is over, the players switch sides.
- 39) The home team coach is responsible for keeping the crowd under control.
- 40) Two lines people are needed for each game. The coach will determine who will be line judges. They will meet with the referee before each game.
- 41) A player must have attended 10 practices to play in a game.
- 42) Any unsportsmanlike behavior will earn you a warning from the referee and if the behavior persists you will be asked to leave the game.
- 43) 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.
- 44) The libero player will not be used at the modified level.
- 45) The minimum net height shall be seven (7) feet.
- 46) The court size is 60 feet by 30 feet.

To summarize we follow NCAA Girls Volleyball with four exceptions:

- 1) We only play 3 games not 5, and we play all 3 regardless who wins.
- 2) The net height is minimum 7 feet. It is usually 7'1". At the high school and college level, it is 7' 4 "
- 3) The server has two tosses.
- 4) At the beginning of the season the servers foot may slide over the back line.