

**SINCE 2003**  
**ARROWHEAD JUNIOR VOLLEYBALL**  
**HELPING BUILD STRONG FOUNDATIONS**



# **SIMPLIFIED MANUAL**

**PLEASE READ ALL INFORMATION**

## **POINT OF EMPHASIS**

**ALL PLAYERS NEED TO COMPLETE A RELEASE OF LIABILITY WAIVER.  
TEAM COACHES ARE REQUIRED TO KEEP FORMS DURING PLAY.**

**“THE MAIN THING, IS TO KEEP THE MAIN THING, THE MAIN THING!”**

**“TO BE EARLY IS TO BE ON TIME, TO BE ON TIME IS TO BE LATE, TO BE LATE IS TO BE?”**

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# GENERAL INFORMATION

<b>VENUES:</b>	Facilities on the Iron Range and Duluth Area will be used for play.
<b>EVENT INFORMATION:</b>	Team representatives and coaches are responsible for all event information and procedures. <ul style="list-style-type: none"><li>• Schedules will be posted on the Wednesday prior to the event date.</li><li>• Teams are to report to their assigned court no later than 20 minutes prior to their 1<sup>st</sup> Match start time.</li><li>• Event managers will conduct quick review meetings at each event day. (Noted on playing schedules.)</li></ul>
<b>LIABILITY FORMS:</b>	Coaches must have in their presence a file of all player liability release forms.
<b>MATCH PLAY:</b>	Teams will play a minimum of six sets per event day. Teams will be placed in pools of 3, 4, 5 or 6. Will be noted on playing schedule.
<b>WARM-UP PERIODS:</b>	Will be noted on playing schedules.
<b>TIME LIMITS:</b>	There will be no time limits on match play, unless necessary due to facility constraints.
<b>LINE-UP SHEETS:</b>	Lineup sheets are provided for coaches use of positioning players. They do not have to be turned into the scorer. Scorers will not record line-ups and substitutions. Coaches place their teams in serving order prior to match play.
<b>POOL PLAY DEFAULT:</b>	If a team does not show as scheduled, the pool will be re-formatted. If revisions need to be made the day of play, pools will then default to the appropriate pool play schedule.
<b>COURT SIDE READINESS:</b>	<b>The on-deck team.</b> Teams that play or officiate in a succeeding match must be at courtside mid-way through the second / third set of the current match.
<b>BALLS:</b>	<u>Teams must provide balls for warm-ups and match play.</u>
<b>TEAM CAMP AREAS:</b>	Teams <u>must</u> clean their camp area before leaving the facility. <b><u>Let's do a great job here.</u></b>
<b>SPECTATOR SEATING:</b>	Will be designated by host.
<b>FOOD POLICY:</b>	Teams are prohibited from eating in the gym. Water bottles only. <u>Coolers are not allowed in buildings.</u>
<b>ADMISSIONS:</b>	A modest admission fee will be charged at all playing venues.

# PLAYING RULES & SIMPLIFICATION GUIDELINES

The 2023 AJV season will be governed by the National Federations of High School Playing Rules and Procedures. The AJV has simplified all rules and procedures to allow for a better basic understanding by all teams, coaches, event managers and hosts.

## I. PLAYING RULES:

1. **SERVING:**  
Each server will have five seconds to serve the ball. For a bad toss, one re-serve is permitted during each service attempt.
2. **NET FAULTS:**  
Contact by any player with the net is a violation.
3. **CENTERLINE FAULTS:**  
A player's complete foot / hand must be completely across the centerline before a fault is called. Any other body part across the center line is a fault.
4. **BALL HANDLING VIOLATIONS:**  
All obvious catches, carries or throws of the ball is a violation. If you can say, as the referee, that was ugly then call the violation. **Note:** In all divisions **14 & under double hits will be considered legal** and should not be called.
5. **BALLS:**  
Teams shall provide balls for warm-ups and matches. Divisions 12 and under must use a volleyball lite.
6. **COIN TOSS:**  
The team that appears first on the schedule will call the coin toss. The winner of the coin toss has choice of serve or receive. There are no coin tosses for the third set. The team that served first in set one will serve first in set three.
7. **TIME OUTS:**  
Each team will be allowed two-time outs per set. Time outs are 30 seconds and will be timed by the scoring table.
8. **TEAM BENCH AREA:**  
Teams will occupy the same bench area throughout the match.

## II. 12'S PLAYING MODIFICATIONS

1. Teams shall provide a volleyball lite for play.
2. Each server shall be allowed three consecutive serving points during the term of service. After the third serving point the opponents shall be awarded the ball to serve, but no point will be awarded.
3. For players that coaches feel are challenged, the serving line will be measured approximately 24 feet from mid-court. Players that demonstrate good serving skills should be behind the serving line.
4. There is no service foot fault. (The AJV wants all servers to be as successful as possible. This leads to more passing opportunities for the opponent.)
5. The net height will be 7.

## III. OFFICIATING REQUIREMENTS:

1. Teams are responsible for providing:
  - a. A first and second referee. (R1 & R2)
  - b. Referees must be a team coach or an adult.
  - c. In the 12 and Under division an R2 is not required.
  - d. The R2 will only call centerline and net violations.
  - e. Two-line judges positioned at opposite left back corners.
  - f. A scorekeeper, score flipper / timer. The timer is responsible for timing warm-up periods and time outs. **(Highly Recommended Parent Assistance for 14 & Under Divisions)**
  - g. Officiating assignments will be noted on the playing schedules.
  - h. Libero trackers will not be used.
2. The referee or scorekeeper will monitor time out periods.
3. The referee or scorekeeper will monitor the three-minute period between sets.

## IV. MATCH PROTOCOL

### 1. WARM-UPS:

- a. Pre-match warm-up time frames will be noted on the playing schedules.
- b. The team that appears first on the playing schedule (home team) will take the court to the left of the scorer's table and the team that appears second on the schedule (visiting team) will take the court to the right of the scorer's table. **Teams will occupy the same bench area throughout the match.**
- c. The visiting team will have the court first for warm-ups.

### 2. STARTING LINE-UPS & TAKING COURT:

- a. Players **will not** line up at the end lines before the match. Players go straight onto the court and play.
- b. The traditional sportsmanship handshake will be taken after the match.
- c. The coach will be responsible for placing their players in **proper service rotation** at the start of each set.

### 3. SUBSTITUTION PROCEDURE:

- a. Substitutions **will not** be recorded by the scorekeeper or conducted by the second referee.
- b. The **coach must enter the substitution zone with player(s) substituting.** The referee will recognize the substitution when players and substitute(s) are in the substitution zone.
- c. The substitution zone is the area on your side of the court between the net and the 10' line.
- d. Liberos will exchange / replace freely from the libero replacement zone. The replacement zone is the court area between the 10" line and the endline.

# TEAM LINE UP SHEET

## MATCH 1 vs

TEAM		TEAM		TEAM	
SET #	1	SET #	2	SET #	3
LIBERO #		LIBERO #		LIBERO #	
SERVE / RECEIVE		SERVE / RECEIVE		SERVE / RECEIVE	
Serve Order	Player #	Serve Order	Player #	Serve Order	Player #
I		I		I	
II		II		II	
III		III		III	
IV		IV		IV	
V		V		V	
VI		VI		VI	

## MATCH 2 vs

TEAM		TEAM		TEAM	
SET #	1	SET #	2	SET #	3
LIBERO #		LIBERO #		LIBERO #	
SERVE / RECEIVE		SERVE / RECEIVE		SERVE / RECEIVE	
Serve Order	Player #	Serve Order	Player #	Serve Order	Player #
I		I		I	
II		II		II	
III		III		III	
IV		IV		IV	
V		V		V	
VI		VI		VI	

## MATCH 3 vs

TEAM		TEAM		TEAM	
SET #	1	SET #	2	SET #	3
LIBERO #		LIBERO #		LIBERO #	
SERVE / RECEIVE		SERVE / RECEIVE		SERVE / RECEIVE	
Serve Order	Player #	Serve Order	Player #	Serve Order	Player #
I		I		I	
II		II		II	
III		III		III	
IV		IV		IV	
V		V		V	
VI		VI		VI	

## MATCH 4 vs

TEAM		TEAM		TEAM	
SET #	1	SET #	2	SET #	3
LIBERO #		LIBERO #		LIBERO #	
SERVE / RECEIVE		SERVE / RECEIVE		SERVE / RECEIVE	
Serve Order	Player #	Serve Order	Player #	Serve Order	Player #
I		I		I	
II		II		II	
III		III		III	
IV		IV		IV	
V		V		V	
VI		VI		VI	

**TEAM NOTES:**



