

BRICKHOUSE FITNESS

86 PAINe St SE
Bondurant, IA 50035



Sportsmanship

BrickHouse Fitness expects all participants to play with the highest level of sportsmanship. Rude, demeaning or disrespectful behavior to other teams, your own team, or any BrickHouse staff members will not be tolerated under any circumstance.

Scoring

All matches will consist of 3 games, or one hour of play. All 3 games will be played unless you run past one hour. Rally scoring will be used (do not have to serve to win the point). The first two games will be played to 25, the third game will be played to 15. You must win by two points, or first to 27 in the first two games or first to 17 in the third game.

Scoring will be kept during games, however, we will not be keeping a league standing, so no need to report scores after the games.

Net Height

The net will be set at 7'.

Ball

We will be using a trainer volleyball, called the big soft V, which will be easier to control.

Timeouts

Each team will receive one 30 second time out per game. Timeouts do not carry over.

Players

Each team has between 7-8 participants. There will be 6 players on the court at all times. Each sideout should rotate in someone from the bench so that all girls are rotating and getting equal playing time. You can choose to rotate in at the serving position or when they come to the front row, that is coach's preference.

Player Equipment

All players must have athletic tennis shoes in the gymnasium. Please do not wear outdoor shoes inside the gymnasium. No jewelry is allowed during practices or games (unless it is medical, then must be taped down). However, taping of earrings is not permitted, they must be removed, so it is not recommended to get your ears pierced during the season.

Serving

There will be tape marked off 10' in from the end line. The girls may serve from anywhere behind this line. Serves can be overhand or underhand, but must be a hit and not a throw. It CAN hit the net on its way over.

On the first service attempt per player, if they do not get the ball over the net and in bounds, they are allowed a second try. However, this only applies to their first attempt each time they reach the service position.

After 5 consecutive points have been served by a player, a sideout will occur with no point awarded. This will keep the game moving and allow for more participants to serve.

Foot Faults

When serving, a player may not step on or over the serving line until after the ball has been contacted.

A player's entire foot/hand or any other part of the player's body cannot touch the floor on the opponents side of the court. A part of the hand or foot may touch as long as the entire hand/foot is not across the mid-line.

Game Play

Contacting the net while the ball is in play will be a dead ball and a point awarded to the opposing team.

If the ball hits the ceiling or an overhead object it is still a live ball unless it crosses into the opponents side of the court.

Foreign volleyballs, persons, or objects on court will immediately stop play and a replay will be issued.

A ball is dead when it crosses the net entirely outside the vertical playing area, lands out of bounds, or touches the floor within the playing area.

Serve and side will be determined by a coin toss at the beginning of the match, and will alternate from there.

After a game is complete, teams will change sides.

Gymnasium Rules

Coaches are responsible for their teams and spectators whenever they are in the gyms. No one should be in the hallway (unless on their way to the restroom), weight room, locker rooms, training house, or any other areas of BrickHouse Fitness at any time.

Food and beverage are permitted in the gymnasium. Please alert staff if there is a spill so we can keep our facility clean and in good order. We will have a small concession stand open during the games as well.

We will have seating available, however, it might be a good idea to bring a bag chair.