



GREATER OMAHA

GOFCA

VOLLEYBALL LEAGUE

Competing with Purpose. Building Character. Impacting Communities.



FCA MISSION: *To see the world transformed by Jesus Christ through the influence of coaches and athletes.*

Welcome

Welcome to the Greater Omaha Fellowship of Christian Athletes (GOFCA) Volleyball League!

The GOFCA Volleyball League exists to provide young athletes with a Christ-centered environment where they can grow in skill, confidence, character, teamwork, and faith. Our league is designed to promote healthy competition while emphasizing integrity, encouragement, sportsmanship, and respect. We believe athletics are an opportunity to glorify God and develop young people spiritually, mentally, emotionally, and physically.

The GOFCA Volleyball League expects and encourages all participants and attendees to use the sport of volleyball and this league as an opportunity for growth. Competition is a great thing when kept in the right perspective. We want all teams and players to be stretched and challenged by the sharpening of other teams. What a gift that opponents are as they provide resistance and challenge and therefore growth opportunities for your teams! They are not an obstacle but a blessing and catalyst to the growth of your team and players. Iron sharpens iron!!

If/When right perspective on competition is challenged during this season, GOFCA encourages everyone to “zoom out” and remember the place that this league and competition can play in the growth process of your players. Even (and especially) hard things can be a tool to teach, train, and help your players grow in a variety of ways. GOFCA encourages everyone to maximize these opportunities and our prayer/hope is that everyone will enjoy and grow through the competition this that this league provides!

League Overview

League games will be played on Saturdays including 2 Saturdays of pre-season, 5 Saturdays of regulars season, and 1 (mainly) Saturday year-end tournament. Times will be based generally on the host site gym availability.

Key dates:

- August 15—Coaches' Clinic
- August 22—1st Preseason games
- August 29—2nd Preseason games
- September 5—NO GAMES
- September 12—1st Regular Season games
- October 10—Last Regular Season games
- October 16/17—Year-End Tournament

Fees:

- \$200 per team to enter the league
- \$15 per team per game to the referee
- \$1 entry for students and \$3 entry for adults into host site gym. All revenue goes to host site for host expenses.

Host Sites

Each team is obligated to provide a gymnasium and host games during the season. If clubs/teams do not have a home gym to host from, they shall communicate with GOFCA to help find an appropriate venue or plan on playing “road” games the entire season. Other contributions may be required on a case by case basis after communication with GOFCA.

- Host site will have nets up and doors open 45 minutes before the start of 1st game.
- Host site will charge \$1 for students and \$3 for adults for entry to be used for hosting expenses.
- Host site will ensure team volunteers are set to keep the scorebook and scoreboard. If a team does not have a volunteer, the host site may help in the process to fill that role.

Program Coordinator

- Every club/program will have a program coordinator who is the main contact and liaison between coaches and GOFCA staff.
- Program coordinators will make sure all logistics are understood and organized for all their teams.
- Program coordinators should oversee their site when hosting other teams for competition or assign someone in their place to host and oversee the venue/competition. This site overseer should be ready to communicate with GOFCA staff if any issues arise.
- Program coordinators should make sure coaches/volunteers have score books and know how to keep score.
- Program coordinators should make sure all league registration steps are completed.
- Program coordinators should provide GOFCA staff with names of competent referees or interested referees in training (for lower grades) to mobilized when needed.

Game Conflicts or Cancellations

A grace period after schedules are initially released will commence allowing for communication about conflicts and changes will be appropriately made when possible.

After schedules are finalized, teams shall communicate ASAP with GOFCA and the opponent coach when unforeseen issues arise that prevent a team from competing. An appropriate course of action will then be sought.

- Step 1—Report conflict to GOFCA
- Step 2—Communicate with coach/director of opponent
- Step 3—The coach/director of both teams will communicate with each other and reschedule a time any agreed upon day of the week in which players/teams can be mobilized from both teams.
- Step 4—If no progress is made, GOFCA will attempt to find an additional Saturday option suitable for both teams.
- Step 5—If no progress is made on an additional Saturday option, the team with the initial conflict will forfeit that game as a loss, and the team (or teams if a triangular) that did not have the conflict will be credited with a win.

This process will be entertained with goodwill, grace, and understanding knowing that tough situations come up for everyone. This League expects and encourages everyone to engage the team with the conflict with grace and in a way that they would want to be treated if/when they are the team with the unanticipated conflict.

Player Eligibility

- Girls will be registered on team corresponding to their current grade.
- Rosters with players must be finalized and submitted before preseason games.
 - Any personnel changes after preseason games must be approved by GOFCA.
- Players may play on multiple teams in the league.
 - In good faith this assumes players are playing “up” in level for their “2nd” team and not bringing better players down a division (in the same grade level) to facilitate winning.
 - Players playing on multiple acceptable teams must be listed on both teams’ officially submitted roster.
- Younger grade players may play in older grade divisions.
- Older grade players may NOT play in younger grade divisions.
- Boys may be considered for participation on a case by case basis and must be approved by GOFCA.

Day of Game Operations

- See Host site responsibilities.
- Each team will pay the UP referee \$15 (total of \$30) for each game on site before he/she leaves.
- Each team will provide the referee with the lineup by player number before each match. Communication with the referee during the game is allowed in an appropriate manner but the authority and call of the referee(s) must be respected.
 - Remember, your team will also get favorable calls at times.
 - Remember, even if it was an inaccurate call, it is a chance to teach your team to how respect authority and continue to the next play despite the adversity. Every frustrating situation is a potential training opportunity!
- Each team will provide a volunteer to be line judge if the coaches agree and so desire.
- Both teams will communicate the result of their match to the league with a goal of by end of the day Saturday using the provided link.
- Coaches or Club Directors can communicate with GOFCA through the link provided at any time to report any issues that need to be discussed or addressed from game experience (bad sportsmanship, etc.).
 - GOFCA will respond by end of day Tuesday of the following week.

Week of Game Operations

- Report/discuss any issues with GOFCA before Wednesday 12:00pm.
- If there is a scheduling conflict that arises for upcoming games, communicate with GOFCA asap.
- See “Game Conflicts or Cancellations” instructions.

Game Rules

League game rules are compiled from Nebraska School Activities Association (NSAA) rules (which uses NFVB rules), USA Volleyball rules, local experienced volleyball coaches and leagues, club feedback, and other state Nebraska Volleyball officials.

These are compiled in attempt to make the most appropriate environment that will encourage the development of players and facilitate appropriate competition at each level.

Home Team

- The Home Team will be the hosting site team or the team listed first or on top (ex. bracket play). The visiting team will be listed second or on the bottom.
- Teams will not switch benches after sets.
 - Unless there is an obvious reason to do so agreed upon by both coaches and referee.

Scoring

- All matches will be the best two out of three sets.
- Scoring will be rally scoring to 25 the first two sets and rally scoring to 15 the third set.
- Sets must be won by 2 points with no cap.
- Friendship sets (third set) when a team has won the match 2-0 may be played.
 - If the court is not behind schedule
 - If the set will not impede on the next game's warmup time
 - It will go to 15 or capped at a lesser number based on time and the referee's discretion.
- If a match is 1-1 and needing a 3rd set with time being an issue, the referee may start the 3rd set at an appropriate score (7-7, 8-8, etc) going to 15 which is agreed upon by both coaches.

Volleyballs

- Teams in 3rd-6th grade will use the volley lite ball for games.
- Teams in 7th-8th grade will use the regulation volleyball for games.
- Home teams will be responsible for providing a game ball to the referee.
- Home teams may provide warmup volleyballs and ball racks/carts but it is not required.
- Visiting teams should still bring their own volleyballs for warmup.

Net

- Nets will be set to regulation height for women's volleyball (7' 4 $\frac{1}{8}$ ") for ALL games
- All net touches except for hair will be violations.
- Completely crossing over the centerline will be a violation.

Warm Up

For both regular season and end of year tournament, it is suggested that warm-ups consist of 11 minutes as follows:

- 2 minutes - Both teams on their sides of the court.
- 4 minutes - Home team both sides of the court (to include serving).

- 4 minutes - Visiting team both sides of the court (to include serving).
- 1 minute - Teams at respective benches and by conclusion of the final minute ready to play.
- **If coaches agree, the warmup structure may be changed to best fit their teams.**

Referees will start warm-up clock with 11 minutes before game start time. More time can be added if previous game ends early. Games will start on time or early (within reason) if agreed upon by both coaches.

Teams will refrain from warming up with volleyballs on the side or fringe area of the gym while the previous game is still underway. Teams may stretch and warm up physically on the side or fringe area of the gym within reason if it does not distract the current game and if no balls are being used. The referee shall have full discretion to ask any physical warm-ups to cease should he/she feel it is a distraction or if current game coaches request.

Timeouts

- Each team will have 2 one-minute time outs per set and called by the head coach at appropriate game stoppage times.
- Additional time-out requests will be given a game delay warning on 1st offense and a penalty of a side-out and point or an additional point for the opposing team on a 2nd offense.

Line up

- Each team will provide the referee with the lineup by player number before each match. Serving and Receiving teams should start their lineup with the first server.
- At the start of the 1st set, players will line up on the back service line in the order they are going to go on the court.
- The receiving team will move their starting lineup back one rotation so the first server begins the set in zone 2.
- Sets may be started with 5 players and side out/point will be given to the opposing team when the missing player is supposed to serve.
 - Substitutions: Teams with 5 or less players may utilize a younger player in their program but from a comparable level when applicable. In good faith, this player should be at a similar or lower level skill/athletic wise.
 - Substitutions: If 2 teams from the same program are in the same grade but different divisions, a lower division player may fill in for the upper division team but an upper vision player may not fill in for the lower division team. In this instance, the lower division team could utilize a lower grade player who is at a similar or lower level skill/athletic wise.
 - The heart of this rule is that players will fill in to balance the level of a team or slightly lower the level of a team but should NOT greatly improve the level of a team in need so as to create speculation of motive from opposing teams. This would distract from the heart and purpose of the league.
 - Teams at the 3rd and 4th grade level will have more freedom in this area when needed and be at the discretion of the coaches and referee.

Line up Card

- Serving teams at the start of a set will be lined up as shown on the lineup card
- Receiving teams will show their lineup card AS IF they were serving first but their position on the court will be rotating back counterclockwise one position in which a sideout will move the team's first server into zone 1 to serve.
- Zone 1 on the lineup card will always be your first server.
- Teams should complete the lineup card using players' jersey number only.
- Lineup Cards will be available from GOFCA in person when applicable or be made available for download/print.

SET 1		LIBERO
LINE-UP SHEET		Nº
TEAM		
IV	III	II
V	VI	I
		SERVICE
		COACH SIGNATURE

Uniforms

- All players should have uniforms that are the same color and containing numbers that are clearly visible, preferably on both the front and back.
- Club programs or coaches will be responsible for providing or organizing uniforms for their own teams.
- Liberos, when applicable, will have a different color uniform than their teammates.
- No jewelry is recommended. Small post or stud earrings will have more allowance. Referees will have full discretion to request jewelry removal. Coaches may appeal referees when in agreement for any changes/allowances but the referee will have final say.

Substitutions

- (Adopted from PAL League Rules)
- Total substitutions allowed per set are 18.
- When multiple players address the referee for multiple substitutions at the same time, players should be prepared to address the sideline (between the 10-foot line and the centerline) one at a time. For example, if 3 players are substituted at one time, each player will take their turn, one at a time in succession.
- Once a player has substituted into a position within the lineup, they may only substitute out and back into that established position within the set.
 - Example 1 demonstrating a CORRECT substitution - Sally starts the set for Team A. During the set, Mary is substituted for Sally; later in the set, Sally substitutes back in for Mary.
 - Example 2 demonstrating a CORRECT substitution - Sally starts the set for Team A. During the set, Mary is substituted in for Sally; next, Linda is substituted in for Mary; later in the set, Sally substitutes back in for Linda. At any point in the set, Mary, Sally or Linda may be a substitute into this SAME lineup position on the floor as long as they maintain the SAME order in which they originally substituted; in this example the order is Sally - Mary - Linda.
 - Example 3 demonstrating an INCORRECT substitution - Sally starts the set for Team A. During the set, Mary is substituted in for Sally; later in the set, Sally substitutes in for Sam. This is an incorrect substitution as Sally cannot substitute back in the game in a different lineup position; she must go back in for Mary as she can only substitute back into the same lineup position.

Libero

- (Adopted from PAL League Rules)
- When applicable, one libero only per set as presented with jersey on and indicated on the line up sheet before the set starts. No changing of libero to another player during the set. If the libero is injured during a set, the set will be completed without a libero.
- When applicable, libero must have a different color uniform than regular team members with numbers on jersey large enough to see from the referee stand.

Serving

- (Adopted from PAL League Rules)
- Overhand or underhand is allowed at all levels
- All players should practice at the 24 foot or regulation line.
- Players playing up a grade will abide by the grade level serving rules they are playing in.
- **In good faith, it is the expectation that strong young servers succeeding at the 24 foot line will be progressing to the regulation line. The referee will have full discretion to move a server back to the regulation line when appropriate.**
- Dropping or catching a bad toss on an overhand serve is allowed once per server. The second drop or catch will be a side out/point for the other team. Referees will have freedom to allow exceptions when appropriate at the 3rd and 4th grade levels.

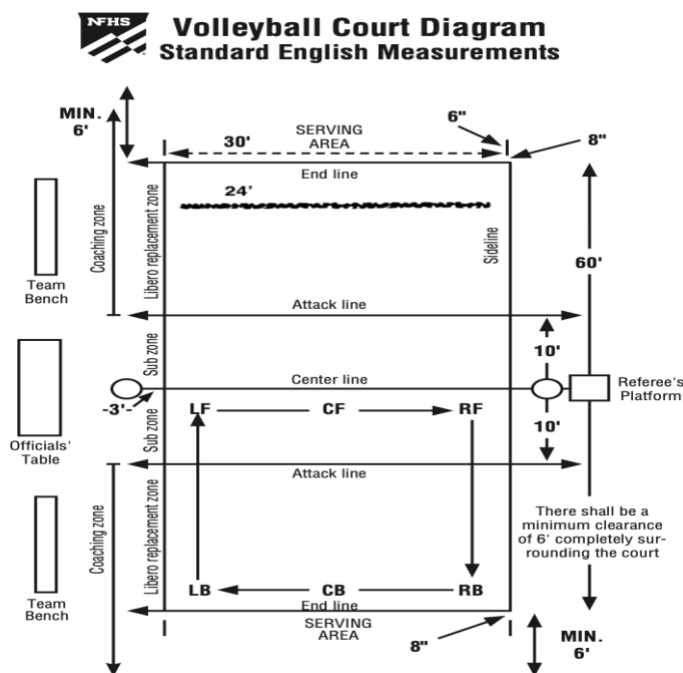
- **3/4th Grade B**

- Players may serve from the 24 foot or regulation line during matches.
- Those struggling to serve from the 24 foot line may move in further within reason but should NOT serve close to the 10 foot line.
 - If both coaches agree and when appropriate, a player **significantly** struggling to serve may move closer to the 10 foot line. This is to encourage some success and therefore growing enjoyment of the game. However, the progression to further back should be encouraged after 5 successful serves close to the 10 foot line and should not be taken advantage of in an attempt to win.
- There is a goal of Week 3 of the regular season for the majority of serve attempts coming from the 24 foot line or regulation line.
- The Progression:
 - **Close to 10 foot line (for significantly struggling servers)**— After 5 successful serve attempts close to the 10 foot line, server should move back inside the 24 foot line.
 - **Inside the 24 foot line**— After 5 successful serve attempts from inside the 24 foot line server should move back to the 24 foot line.
 - **24 foot line**— After 5 successful serve attempts from the 24 foot line server should move back to the regulation line.
 - **Regulation line**—all servers should aim to serve from this distance by the end of the season.
- No foot faults will be called.

- **3/4th Grade A**

- Players may serve from the 24 foot or regulation line during matches.
- Those struggling to serve from the 24 foot line may move in further within reason but should NOT serve close to the 10 foot line.
 - If both coaches agree and when appropriate, a player **significantly** struggling to serve may move closer to the 10 foot line. This is to encourage some success and therefore growing enjoyment of the game. However, the progression to further back should be encouraged after 2 successful serves close to the 10 foot line and should not be taken advantage of in an attempt to win.
- The Progression:
 - **Close to 10 foot line (for significantly struggling servers)**— After 2 successful serve attempts close to the 10 foot line, server should move back inside the 24 foot line.
 - **Inside the 24 foot line**— After 5 successful serve attempts from inside the 24 foot line server should move back to the 24 foot line.
 - **24 foot line**— After 5 successful serve attempts from the 24 foot line server should move back to the regulation line.

- **Regulation line**—all servers should aim to serve from this distance by the end of the season.
 - Stepping on the 24 foot or regulation line will be allowed. Stepping completely over the 24 foot line will be a foot fault.
- **5/6th Grade A/B**
 - Players may serve from the 24 foot or regulation line during matches.
 - If there are 5 successful serves from the 24 foot line, the player must serve from the regulation line.
 - Stepping on the 24 foot line will be a fault. Stepping on the regulation line after 5 successful serves will be a fault.
- **7/8th Grade A/B**
 - All players will serve from the regulation line and foot faults will be called.



End of Year Tournament

- Final end-of-the-year tournament format will be finalized and communicated as soon as regular season seedings are solidified.
- No substitute players will be allowed.

Sportsmanship

We are excited for the 1st annual GOFCA Volleyball League. This league will not be perfect nor will the referees, coaches, players, or parents! Our expectation is that we all will do our best to make this season the best experience possible for all of the players.

- Negative comments/actions towards other players, coaches, parents, or referees will not be tolerated.
 - We encourage communication about these things to GOFCA staff when appropriate.
 - Referees and site overseers will have the authority to ask spectators to leave who persist with these things after previous conversations.
- While negative things may come up and need to be acknowledged, there is grace and learning to be experienced through it which GOFCA would work toward should something arise.

Our hope is that this season will be a tremendous opportunity of growth personally and athletically for all the players using the tool of volleyball. Sports, including volleyball, is God's idea!! May we enjoy coaching, watching and cheering all these players as they rejoice, struggle, work, persevere, enjoy, succeed, stumble, wrestle, overcome and ultimately grow through it all. Let's encourage and cheer for as many as possible and may the Lord Jesus Christ be glorified through it all!

--GOFCA Staff