



MID-IOWA 12U VOLLEYBALL LEAGUE

2012 Season

Welcome to the 2012 edition of the MID-IOWA 12U VOLLEYBALL LEAGUE. We are a developmental youth sports program providing youngsters a venue for competitive volleyball for fun, skill development and sportsmanship. We are excited to have it at Southeast Polk this year, and with the expansion, we will we have 22 teams, 4 courts, and each week 20 teams will be playing in 5 team pools.

IMPORTANT INFORMATION

Web Site:	www.ramsjuniors.com/12U_League__Sundays_.html
League Dates (Sundays):	January 8 th – February 26 th
Makeup Dates:	March 4 th & 11 th if necessary
Location:	Southeast Polk Junior High School
Awards:	T-shirts will be given to all participants
League Director:	Jim Sixta (515-979-0627)
Site Director:	Heidi Dibbet (319-961-1670)

HISTORY

This league was originally formed in 2003 with the original purpose of taking a developmental approach to the game while establishing a positive and supportive environment in which to learn and love the game of volleyball. It was to be a program that rewards the process of performing volleyball skills and teamwork correctly rather than the outcome of the play. A competitive league that highlights all the fun you can and presents a youth sports program where teams strive to win, but more importantly, teach life skills through volleyball. Remember...We are working with kids to learn and love the game of volleyball, not working with volleyball players who happen to be kids. We strive to continue the original intent of the League.

FORMAT & RULES

The goal of this league is for the kids to have fun and to keep playing volleyball. We want the kids to come back! As the level of play has increased in the past few years we strive to have teams play all other teams at least once and several teams twice and possibly 3 times. For 2013, we'd like to consider the possibility of an upper and lower division based on coach's assessments.

Our League adheres to the 12 and Under Special Rules as established by the Iowa Region. Please refer to the link for specifics on the ball, court and net adaptations. <http://www.iavbreg.org/index.php/rules-officials/> In addition, the Mid-Iowa 12U Volleyball League adheres to the below-listed items:

League Round Robin Procedures

- We strive to have all teams play each other at least once, though given the complexity of the schedule, this does not always happen.
- 7 play dates per team
- ~1 bye date per team
- ~ 28 matches per team (some may have more)
- Teams assigned to a 5-team pool

Court Preparation (Setup & Tear Down)

- SETUP (11:45 am) – Designated set-up teams for each court arrives and sets up court, bleachers and camp areas.
- TEAR DOWN (5:30 pm) – Designated tear down teams for each court take down nets/ poles and ensure gym/camp areas are clean and put back in order. This helps keep our league costs down.

Match Procedures

- Pools – 5 team pool format as created by USA Volleyball
- Match Specific
 - Length – Each match is 30 minutes long (5 minute warm-up and 25 minute play time).
 - 2 sets to 18 points, Cap at 18 (no 'win by 2').
- Timeouts – One timeout allowed per set (**NO timeouts allowed in the last 5 minutes of play**)
- 5-Point Rule – Rotate server if she scores 5 points in a row (the rally point to attain the serve counts as one and 4 straight serves = 5 total team points). If it's the first server of the match for that team, then she gets all 5 serves. The same team continues to serve with the next player in serving order. The next server has the potential to score another 5 points in a row before rotating to the next server and so on.

Referee & Scoring Procedures

- Officiating/scorekeeping teams must be ready to start their match in 5 minutes. Each match ends at the ½ hour or hour mark, no matter the score. If time expires during the 2nd set, the team ahead in points is the winner. If the two sets are completed before the ½ hour/hour mark, start another game and play until the time runs out.
- Duties – Each team is required to provide the following:
 - Up Referee
 - Down Referee
 - 2 Line Judges
 - 2 Scorekeepers (1 for the flip and the other for the tick sheet)
 - Coach – must help the Up Ref during the match to ensure a fair game and to help educate and mentor the player to become a better referee.

ETIQUETTE & OTHER PROCEDURAL ISSUES

- We recommend that teams be trained in officiating before the League starts. Given the tight time requirements of this league, we have reduced the complexity of the scoring aspect by switching to a flip chart and tick sheet. It is the coach's responsibility to make sure their players understand the rules and procedures for this league.
- Score sheets must be neat and legible. Ensure team names are accurate as several clubs have multiple teams in the league.
- Flip charts used for scoring rather than electronic scoreboards.
- Please minimize/eliminate the use of substitutes as this actually reduces play time in a timed match. Recommend coaches have several pre-determined line-ups to maximize participation.
- The 30 minute match clock starts at the hour and half hour regardless of whether the teams are ready. First serve should be going over the net at :05 and :35.
- Teams arrive early (at least 20 minutes prior to their first match: play or ref) to ensure the players are ready to play or officiate.
- No timeouts within the last 5 minutes of match play.
- Only ONE timeout per set
- Director communicates regularly with the coaches and team representatives.
 - In case of inclement weather:
 - Director contacts coaches/team reps no later than 9:00 am the day of the event. (for delay or cancellation)
 - Positive contact is made (email is primary followed by phone)
 - It works the other way...coaches/team reps must communicate w/ director as early as possible if conflicts arise with play dates (team sickness, weather in YOUR area, i.e. Pella iced over, but roads are good in DSM, etc.)
 - During the week of the upcoming play date, the director will email the schedule to all coaches, playing or bye.
- A director/club administrator will be on site during play.
- League standings have not been kept the past few years and this has worked out well because the emphasis was on the process. Winning at this level can easily be accomplished by having several good servers ... and there's much more to volleyball than that.
- 30 minutes prior to the first match:
 - Courts: all nets are up (7'), tape for the serving lines (6'6" from end line) are in place from side line to side line on both ends of the court, antennae in place, official's stands in position. Courts are numbered.
 - Score flip charts, score sheets, day's schedule, pens/pencils and score-sheet binders for completed paperwork at each court.
 - Gyms and outside areas: Bleachers out and team camp areas identified. Restrooms open and available for use.
 - Day's schedule and match procedures posted inside gyms and in camp area.
- Team Camps
 - Coolers are allowed, but please keep your area extremely clean.
 - Locations for camps will be identified the first week.

Remember: This is OUR league and we can do what we want to ensure it is the best environment for our kids to learn and love volleyball. Thank you ...

SETUP CHECKLIST (per court)

- 18 chairs – 8 for each bench and 2 in the middle for the two scorekeepers
- 1 Referee Stand
- 2 Poles (West Gym), 3 Pole System (East Gym)
- 1 Net
- 2 Pads (West Gym), 3 Pad System (East Gym)
- 2 Antennas
- Court Binder
 - Includes score keeping sheets
 - Pencils
 - Schedule
- 1 Game Ball
- Bleachers (help pull out in East Gym)

TEAR-DOWN CHECKLIST (per court)

- Put Away
 - Chairs (in closet near concession stand)
 - Referee Stand, Net, Poles, Antennas, Pads
- Give Court Binder and Game Ball to site director
- Ensure all trash is picked up and thrown away

ALL TEAMS

- Please make sure your team camp is spotless before leaving. Brooms and dust pans will be available.