

II. SPORT POLICIES AND PROCEDURES

- A. **Sportsmanship.** It is the obligation of coaches, players, administrators, volunteers and other representatives of the AAU to practice the highest principles of sportsmanship and to observe the ethics of competition. Good sportsmanship is defined as qualities of behavior, which are characterized by courtesy and genuine concern for others. The display of good sportsmanship is a statement of the individual's understanding and commitment to fair play, ethical behavior and integrity.
- B. **Program Violations.** Disciplinary action may be considered by the Districts, Sport Committee or the Executive Committee for any violations bringing discredit upon the AAU or any violation of any part of this Handbook or the AAU Code. In instances of alleged violations, Board of Review action may be taken against athletes, coaches, parents and/or clubs according to AAU Code. (Updated 10/12)
- C. **No Guarantee Policy.** The AAU can not and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has licensed (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

III. SPORT OPERATIONS

- A. **Current Year Rule Changes**
 - 1. The Aspire division has been added for ages 17 & Under at the AAU Girls' Junior National Volleyball Championships (Section D.1.b.iv).
 - 2. Spalding is the official volleyball of the AAU and shall be used for all national events (Section B.3.b).
 - 3. For changes in the USA Volleyball Domestic Competition Regulations, visit www.usavolleyball.org.
 - 4. Additional rule changes may be distributed on the coaches' video or in the tournament information.
- B. **Event Operating Rules.** These rules shall apply to AAU licensed events unless otherwise stated or modified by the District Director or event operator.

1. **Court Size**

- a. Indoor court size is 18 m x 9 m (59' x 29'6") surrounded by a free zone of 2 m (6'6 ¾") on each of the sides of the court and 7 m (23') free zone above the court.
- b. Outdoor/Beach court size is 16 m x 8 m (52'6" x 26'3")
- c. For additional court markings and complete regulations, please refer to the current USA Volleyball Domestic Competition Regulations at www.usavolleyball.org.

2. **Net Heights**

a. **Indoor Net Heights**

Gender	Age Division	Net Height
Boys	10U, 11U, 12U	7'0"
Boys	13U, 14U	7'4 1/8"
Boys	15U, 16U, 17U, 18U	7'11 5/8"
Girls	10U	6'6"
Girls	11U, 12U	7'0"
Girls	13U, 14U, 15U, 16U, 17U, 18U	7'4 1/8"

b. **Outdoor/Beach Net Heights** (updated 11/14)

Gender	Age Division	Net Height
Boys	10U, 12U	7'0"
Boys	14U	7'4"
Boys	16U, 18U	8'0"
Girls	10U, 12U	7'0"
Girls	14U, 15U, 16U, 18U	7'4"

- c. For additional regulations, please refer to the current USA Volleyball Domestic Competition Regulations at www.usavolleyball.org.

3. **Ball**

- a. For indoor, ages 10, 11 and 12 & Under will use a lite ball or similar, with a weight of 7 to 8 oz.
- b. Spalding is the official volleyball of the AAU and shall be used for all national events.

4. **Official/Referee Requirements.** Use of officials and any certification required is at the discretion of the event operator.

- a. Officials must have an AAU membership when working National level events (including Super Regional and Grand Prix events).

5. **District Qualifier Medals.** AAU medals shall be used at any licensed district qualifying event. Medals must be purchased through the AAU medal program or the license shall be denied/voided. Effective September 1, 2009. (Added 3/09)

C. Event Categories

1. **Competition Types**
 - a. National Championship
 - b. National Invitational/National Committee
 - c. Super Regional Championship
 - d. Grand Prix Championship
 - e. Regional Championship
 - f. District Championship
 - g. Inter-District
 - h. Local Tournament / Invitational
 - i. Leagues
2. **Categories of Competition**
 - a. Youth and Adult
 - b. Indoor
 - c. Beach / Outdoor

- D. Indoor Competition Rules.** AAU Volleyball is conducted under the AAU Code, AAU Volleyball Handbook and the current playing rules of USA Volleyball, as modified by the AAU National Executive Committee. For the current USA Volleyball Domestic Competition Regulations, visit www.usavolleyball.org. The following section contains the rules for the National Championship. Rules may be modified by the District Sports Director or event operator for other sanctioned events.

1. Indoor National Championship Competition Rules

- a. **Qualification Procedure.** The National Championships are open to any member of the AAU meeting the entry guidelines.
- b. **Age Divisions.**
 - i. The following age divisions may be contested at the Indoor National Championships (Updated 9/17).

10 & Under – Must be born on or after September 1, 2007
11 & Under – Must be born on or after September 1, 2006
12 & Under – Must be born on or after September 1, 2005
13 & Under – Must be born on or after September 1, 2004
14 & Under – Must be born on or after September 1, 2003
15 & Under – Must be born on or after September 1, 2002
16 & Under – Must be born on or after September 1, 2001
17 & Under – Must be born on or after September 1, 2000

- 18 & Under – Must be born on or after September 1, 1999, OR players who were born on or after September 1, 1998 and be high school students during some part of the current academic year.
- ii. Once a player participates in a club or varsity program for any university, college, community college or junior college, he or she is ineligible to play in the National Championships.
 - iii. No age waivers are allowed at the National Championship.
 - iv. For the Girls' National Championships, Open, Club and Classic divisions are held for 12 & Under, 13 & Under, 14 & Under, 15 & Under, 16 & Under, 17 & Under and 18 & Under divisions. Premier divisions are held for the 13 & Under, 14 & Under, 15 & Under, 16 & Under, 17 & Under and 18 & Under divisions. Aspire divisions are held for 14 & Under, 15 & Under 16 & Under, and 17 & Under divisions. The Open division is the highest level of competition, the Premier division is the next level of competition, the Club division is the middle level of competition, the Aspire division is the lower level of competition and the Classic division is the lowest level of competition. (Updated 9/17).

c. Rules and Restrictions. The National Championship is conducted under the AAU Code, AAU Volleyball Handbook and the current playing rules of USA Volleyball, as modified by the AAU National Executive Committee. For the current USA Volleyball Domestic Competition Regulations, visit www.usavolleyball.org.

- i. Rally scoring will be used. Each non-deciding set will be won by the team that first scores 25 points with a minimum two-point advantage (no scoring cap). If there is a deciding set, it will be won by the team that first scores 15 points with a minimum two-point advantage (no scoring cap).
- ii. 12 substitutions and Libero player(s). Substitutions are only recognized when the sub enters the zone. There is no longer a request from the coach or captain (Added 12/09).
- iii. Libero player(s) (Updated 2/12)
 - (a) Each team can designate up to two Liberos. Libero(s) must be identified prior to each set.
 - (b) Only one Libero may be on the court at a time.
 - (c) The Libero player(s) may serve in one rotation in a set.
 - a. If one Libero per set is used, the libero already on the court (rotating to the front row) may move to position 1 (right back) to serve without being required to leave the court for one

- completed rally. In this case the player that the Libero had previously replaced must replace her on the court. A Libero who has served in one rotation may no serve in another.
- b. If two Liberos per set is being used, the acting Libero rotating to the front row may move to the position 1 and serve without being required to leave the court. In addition, the acting Libero may come off the court at the same time that the second Libero moved into position 1 to serve. This double Libero replacement is only allowed for serving purposes.
 - (d) The libero CAN be team captain, game captain or both (Updated 10/15)
 - (e) For additional explanation on the Libero players, refer to Appendix F.
- iv. Centerline and Net Touch Rules (Added 12/09)
- (a) Encroachment into the opponent's court with any part(s) of the body is permitted, provided some part of the body remains either in contact with or directly above the centerline, and there is no interference with opponents. Completely crossing the centerline with the foot, feet, or hands, or encroachment with other body parts must not present a safety hazard to opponents. (Updated 9/14)
 - (b) Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of playing the ball includes (among others) take-off, hit (or attempt) and landing. (Updated 10/15)
 - (c) Players may touch the post, ropes or any other object outside the antenna, including the net itself, provided that it does not interfere with play.
 - (d) A player interferes with play by (amongst others) touching the net between the antennae or the antenna itself during action of playing the ball,—using the net between the antennae as a support or stabilizing aid, creating an unfair advantage over the opponent by touching the net, making actions which hinder an opponent's legitimate attempt to play the ball, or catching/holding onto the net. Players close to the ball as it is played, or who are trying to play it, are considered in the action of playing the ball, even if not contact is made with the ball. However, touching the net outside the antenna is not be considered a fault. (Updated 10/15)
- v. When one team has exclusive use of the court, the other team must be either at its team bench or out of the playing

- area. Warming up with balls at the team bench or in the spectator walkways is not permitted (Added 12/09).
- vi. The 10 & Under division will be allowed to step into the court when serving. The step-in line will be 6'6" from the serving line.
 - vii. Teams may register for only one division in the AAU Junior National Volleyball Championship.
 - viii. Athletes may only be on one team roster in the AAU Junior National Volleyball Championship. Coaches may be on multiple team rosters.
 - ix. Only females may participate as players in the AAU Girls' Junior National Volleyball Championships (Updated 10/12).
 - x. Only males may participate as players in the AAU Boys' Junior National Volleyball Championships (Updated 10/12).
 - xi. No artificial noise makers will be allowed during play in any of the competition facilities.
 - xii. Additional rules may be made available or revised at the coaches meeting or in the Championship manual.

d. Uniform Requirements

- i. Each player is required to wear the same jersey number throughout the event with limited exceptions as required by emergency or blood rule applications. This applies to all players in the Libero position. If players share the Libero position from match to match, a player shall wear the same jersey number whenever they play, whether they are or they are not, assigned to the Libero position.
- ii. Identical uniforms are required, with the following exceptions:
 - (a) Libero Uniforms
 - 1. The Libero must wear a uniform shirt that is immediately recognized from all angles as being in clear contrast to and distinct from the other members of the team.
 - (b) Different sleeve lengths are permitted.
 - (c) If undergarments are worn in such a manner that they are exposed, they will be considered a part of the uniform, in which they must be similar and the same color for any team member (except Libero) who wears the undergarment. Socks and shoes are not considered part of the uniform.
 - (d) Manufacturer's logo or trademark can vary if it does not exceed 2 ¼ inches. (Added 10/13)
- iii. The jerseys must be numbered in a permanent manner from 1 and 99 and duplicate numbers are not allowed.

- iii. Uniform numbers must be clearly visible and centered on the chest and back.
- iv. The numbers must be minimum height of 4” on the chest and 6” on the back. It is recommended that numbers be 6” on chest and 8” on the back. The stripe forming the numbers shall have a minimum width of ¾”.
- v. Each jersey must use the same color and number height for all players except the Libero. The color and brightness of the numbers must contrast with the color and brightness of the jerseys. Color combinations including but not limited to purple/black, dark green/black, navy/black or navy/maroon are not distinctive enough to comply with the rules.
- vi. USA Volleyball uniform requirements must be followed. For additional specifications, please refer to USAV rule 4.3.

e. Team Rosters

- i. Team rosters may include up to fifteen (15) players and five (5) adult bench personnel. All bench personnel must be AAU members in the non-athlete category.
- ii. Uniform numbers are required to be submitted on the team roster. Each player must wear the same number throughout the event, with limited exceptions.
- iii. Rosters must be verified at Team Check-In. Changes to the roster after Team Check-In could result in a fee. No changes to the roster are allowed once play begins, unless approved by the Championships Director.

2. Super Regional and Spotlight Grand Prix Tournaments.

- a. **Qualification Procedure.** These events are open to any member of the AAU meeting the entry guidelines.
- b. **Hosting.** The Executive Committee will award the Super Regional and Grand Prix events. Applications are accepted on an ongoing basis.
- c. **Competition Rules.** These events shall follow the competition rules set forth in Section III.D.1 for National Championships unless otherwise stated in the event registration information or as approved by the Executive Committee.
- d. **National Championship Entry Fee.**
 - i. The winner in each age division with 12 or more teams will not have to pay the entry fee to the National Championship. If less than 12 teams participate, the entry fee will be adjusted on a percentage basis.

- ii. If the Super Regional or Grand Prix is held after the National Championship entry deadline, teams must submit their entry and fees for the Nationals by the deadline. No exceptions. If the team wins the Super Regional or Grand Prix, they will be reimbursed the entry fee after the National Championships.

E. Beach Competition Rules. AAU Volleyball is conducted under the AAU Code, AAU Volleyball Handbook and the current playing rules of USA Volleyball, as modified by the AAU National Executive Committee. For the current USA Volleyball Domestic Competition Regulations, visit www.usavolleyball.org. The following section contains the rules for the National Championship. Rules may be modified by the District Sports Director or event operator for other sanctioned events.

1. **Beach National Championship Competition Rules**

- a. **Qualification Procedure.** The National Championships are open to any member of the AAU meeting the entry guidelines.
- b. **Age Divisions.** The following age divisions may be contested at the Beach National Championships (Updated 9/17).

- i. 10 & Under – Must be born on or after September 1, 2007
12 & Under – Must be born on or after September 1, 2005
14 & Under – Must be born on or after September 1, 2003
15 & Under – Must be born on or after September 1, 2002
16 & Under – Must be born on or after September 1, 2001
18 & Under – Must be born on or after September 1, 1999, OR players who were born on or after September 1, 1998 and be high school students during some part of the current academic year.

- ii. Once a player participates in a club or varsity program for any university, college, community college or junior college, he or she is ineligible to play in the National Championships.

- iii. The following age divisions are for the AAU Boys' Junior National Volleyball Championships ONLY:

Under 14 – Must be born on or after January 1, 2005
Under 16 – Must be born on or after January 1, 2003
Under 18 – Must be born on or after January 1, 2001

All participants in the U16 and U18 divisions must be high school students during some part of the current academic year.

- c. **Rules and Restrictions.** The National Championship is conducted under the AAU Code, AAU Volleyball Handbook and the current playing rules of USA Volleyball, as modified by the AAU National Executive Committee.
- i. Rally Scoring: 2 games to 21, with third game to 15 (if necessary) or 1 game to 28 (rally scoring)
 - ii. Block counts as a contact
 - iii. No open hand dinks/tips
 - iv. One toss per serve
 - v. Players may not set the ball or contact the ball with finger action in an attempt to play the ball when receiving the serve (Updated 10/13).
 - vi. Any contact with any part of the net by a player's body is a violation (Added 10/13).
 - vii. Players handling the ball must set the ball in the direction they are facing or directly behind them (shoulders square) when returning the ball over the net.
 - viii. Side changes in multiples of 7 when the set goes to 21 or 28. Side changes in multiples of 5 when the set goes to 15. (Updated 11/12)
 - ix. Time-Outs:
 - (a) Each team is allowed one time-out per set.
 - (b) In addition, one technical time-out is allowed per each set of 21 to 28 points. The technical time-out is not awarded to each team, but rather a shared time-out when a total combined score is reached. During games 1 and 2 that are played to 21 points, the technical time-out is taken when the combined score reaches 21. There is no technical time-out in a set of 15 points. For single sets to 28 points, the technical time-out is taken when the combined score reaches 28. (Updated 11/12).
 - x. Coaching during the match is not allowed. Active coaching is limited to time-outs and in between sets and matches. (Updated 9/14).
 - (a) In addition, for the IBVL and Club Championships only, active coaching is allowed during side changes. The coach may not enter the court. The interaction must take place during the time allowed when players change sides of the court and play must immediately begin after the side change. (Added 10/13)
 - xi. In the 10 & Under division, players may step onto the court to serve the ball (Added 10/13).
 - xii. In the 10 & Under and 12 & Under divisions, all contacts that are hit overhand are considered a driven ball. The first contact may be received with multiple contacts (on the same attempt) or may take the ball with an open hand or set (Added 10/13).

- xiii. Athletes may wear socks or sand socks during competition. (Added 10/13).
- xiv. For net height and court size regulations, please refer to Section III (page 5-6).

2. **Other National or Regional Events**

- a. **Qualifying Procedure.** Other National level or Regional events may require qualifying at a prior event in order to participate.
 - b. **Competition Rules.** These events shall follow the competition rules set forth in Section III.E.1 for National Championships unless otherwise stated in the event registration information or event flyer.
3. **Club Attachment.** For the sport of Beach Volleyball, athletes compete as unattached. Club attachment does not apply except at Club Championship events. (Added 10/13)

IV. **EXCERPTS FROM AAU CODE BOOK**

- A. **AAU Membership.** All participants must be a member of the AAU in order to participate in any AAU Licensed Event. Event Operators may not collect AAU membership money at any AAU licensed event.

Membership Requirements. Membership in the AAU is a privilege granted by the AAU. The AAU at its sole discretion reserves the right to accept or reject applicants for membership.

1. **Conditions for Membership.** Membership in any class may be granted only after an application is submitted and approved. By submitting an application, the applicant agrees to comply with all the provisions of the Constitution, Bylaws, policies, procedures and rules of the AAU.

2. **Categories of Membership**

- a. **District Member.** The organization chartered by the Congress to provide administrative services within a designated geographic area.
- b. **Club Member.** An organization or group that has been approved for membership after meeting the registration requirements of the Code.
- c. **Individual Member.** A person who has been approved for membership after meeting the registration requirements of the Code. Individual membership categories include:
 - i. Youth Athlete