

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 Spirit division has been added to the 15 & Under and 16 & Under divisions at the AAU Girls' Junior National Volleyball Championships (Section D.1.b.v).
2. The Open and Club divisions have been added to all divisions at the AAU Boys' Junior National Volleyball Championships. The Classic division has been added to the 14 & Under, 15 & Under, 16 & Under, 17 & Under, and the 18 & Under divisions at the AAU Boys' Junior National Volleyball Championships (Section D.1.b.vi). (Updated 10/21).
3. Waived boys' teams in the 12 & Under, 13 & Under, and 14 & Under age group will be allowed to participate in the AAU Boys' Junior National Championships using the following age/grade definition should they have a waiver:
 - a. 12 & Under Waiver: Players who were born on or after July 1, 2009 or Players who were born on or after July 1, 2008 (13 years or younger) who shall neither have completed nor are in a grade higher than the sixth grade (6th) during the current academic year. (Updated 10/21)

- b. 13 & Under Waiver: Players who were born on or after July 1, 2008 or Players who were born on or after July 1, 2007 (14 years or younger) who shall neither have completed nor are in a grade higher than the seventh grade (7th) during the current academic year. (Updated 10/21)
 - c. 14 & Under Waiver: Players who were born on or after July 1, 2007 or Players who were born on or after July 1, 2006 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth grade (8th) during the current academic year. (This exception is based on the net height difference of 7'4 1/8" to 7'11 5/8" between the 14 and Under Division to the 15 and Under Division.) (Updated 10/21).
- 4. For Beach Volleyball - Waived boys' teams in the 14 & under age group will be allowed to participate in the AAU Boys' Junior National Beach Championships using the following age/grade definition should they have a waiver: Players who were born on or after September 1, 2007 or Players who were born on or after September 1, 2006 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth grade (8th) during the current academic year. (This exception is based on the net height difference of 7'4" to 8' between the 14 and Under Division to the 15 and Under Division.)(Section E.1.b.iii). (Updated 10/21)
 - 5. For Beach Volleyball - Active coaching is allowed during side changes, time-outs and in between sets and matches. 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 (Section E.1.c.x). (Updated 10/21)
 - 6. For Beach Volleyball - In the 10 & Under division, 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 (Section E.1.c.xii). (Updated 10/21)
 - 7. For changes in the USA Volleyball Domestic Competition Regulations, visit www.usavolleyball.org.
 - 8. 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 3/4") 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 12/21)

Gender	Age Division	Net Height
Boys	10U, 12U	7'0"
Boys	14U	7'4"
Boys	15U, 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. Baden 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 10/21).

10 & Under – Must be born on or after July 1, 2011

11 & Under – Must be born on or after July 1, 2010

12 & Under – Must be born on or after July 1, 2009

13 & Under – Must be born on or after July 1, 2008

14 & Under – Must be born on or after July 1, 2007

15 & Under – Must be born on or after July 1, 2006

16 & Under – Must be born on or after July 1, 2005

17 & Under – Must be born on or after July 1, 2004, OR be born on or after July 1, 2003 AND are in the 11th grade during the current academic year.

18 & Under – Must be born on or after July 1, 2003, OR be born on or after July 1, 2002 AND be a high school student 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. Waived boys' teams in the 12 & Under, 13 & Under, and 14 & Under age group will be allowed to participate in the AAU Boys' Junior National Championships using the following age/grade definition should they have a waiver:
 - (a) 12 & Under Waiver: Players who were born on or after July 1, 2009 or Players who were born on or after July 1, 2008 (13 years or younger) who shall neither have completed nor are in a grade higher than the sixth grade (6th) during the current academic year. (Updated 10/21)
 - (b) 13 & Under Waiver: Players who were born on or after July 1, 2008 or Players who were born on or after July 1, 2007 (14 years or younger) who shall neither have completed nor are in a grade higher than the seventh grade (7th) during the current academic year. (Updated 10/21)
 - (c) 14 & Under Waiver: Players who were born on or after July 1, 2007 or Players who were born on or after July 1, 2006 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth grade (8th) during the current academic year. (This exception is based on the net height difference of 7'4 1/8" to 7'11 5/8" between the 14 and Under Division to the 15 and Under Division.) (Updated 10/21).
- iv. No age waivers are allowed at the Girls' National Championships.
- v. For the Girls' National Championships, Open and Club divisions are held for 11 & Under, 12 & Under, 13 & Under, 14 & Under, 15 & Under, 16 & Under, 17 & Under and 18 & Under divisions. 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 12 & Under, 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. Spirit divisions are held for 15 & Under and 16 & 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, the Spirit division is the next level of competition, and the Classic division is the lowest level of competition. (Updated 10/21).
- vi. The Open and Club divisions have been added to all divisions at the AAU Boys' Junior National Volleyball Championships. The Classic division has been added to the 14 & Under, 15 & Under, 16 & Under, 17 & Under, and the

18 & Under divisions at the AAU Boys' Junior National Volleyball Championships. The Open division is the highest level of competition, the Club division is the middle level of competition, and the Classic division is the lowest level of competition. (Updated 10/21).

- 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. Athletes may participate in more than one division in the AAU Junior National Volleyball Championship as long as there is no overlap in competition dates. Coaches may be on multiple team rosters. (Updated 10/18)
- viii. Only females may participate as players in the AAU Girls' Junior National Volleyball Championships (Updated 10/12).
- ix. Only males may participate as players in the AAU Boys' Junior National Volleyball Championships (Updated 10/12).
- x. No artificial noise makers will be allowed during play in any of the competition facilities.
- xi. 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.
- iv. Uniform numbers must be clearly visible and centered on the chest and back.
- v. 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".
- vi. 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.
- vii. 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. **Entry Fee Waiver.**
 - i. The winner in each girls' age division with 12 or more teams will receive a free entry fee to the AAU National Championships, the West Coast Championships, or the AAU Volleyball Festival. The winner in each boys' age division with 8 or more teams will receive a free entry to the AAU National Championships. If less teams participate, the entry fee will be adjusted on a percentage basis. (Updated 10/18)
 - 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 8/20)

- i. 10 & Under – Must be born on or after September 1, 2011
12 & Under – Must be born on or after September 1, 2009
14 & Under – Must be born on or after September 1, 2007
15 & Under – Must be born on or after September 1, 2006
16 & Under – Must be born on or after September 1, 2005
18 & Under – Must be born on or after September 1, 2003,
OR players who were born on or after September 1, 2002
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. Waived boys' teams in the 14 & under age group will be
allowed to participate in the AAU Boys' Junior National
Beach Championships using the following age/grade
definition should they have a waiver: Players who were born
on or after September 1, 2007 or Players who were born on
or after September 1, 2006 (15 years or younger) who shall
neither have completed nor are in a grade higher than the
eighth grade (8th) during the current academic year. (This
exception is based on the net height difference of 7'4" to 8'
between the 14 and Under Division to the 15 and Under
Division.).

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-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. Active coaching is allowed during side changes, time-outs and in between sets and matches. 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. (Updated 10/21)
- 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. (Updated 10/21)
- 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.
 - i. 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 qualifying events. (Added 9/19)
 - ii. Qualifying events may not be combined with qualifiers for other organizations. (Added 9/19)
 - 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)