

BOYS & GIRLS CLUBS OF LAREDO

2025-2026 VOLLEYBALL LEAGUE RULES

1. Coaches Responsibilities (Pre-Season)

- 1.1 All coaches and team managers must complete a background check on bgcsports.com by being added to a roster and completing the process online.
- 1.2 All coaches and team managers must complete Child Sexual Abuse Prevention training on BGCA.net. Instructions may be found on bgcsports.com/downloads.
- 1.3 All coaches must be registered as volunteers at the campus they coach for.
- 1.4 All coaches **must** complete their roster on bgcsports.com (Team Sideline) and all parents **must** register their children on bgcsports.com (Team Sideline).
- 1.5 All players must be **registered by their parents** as members of the Boys & Girls Clubs of Laredo. To register, visit bgclareado.com and complete the registration process under Program Registration.
- 1.6 All coaches must submit photo to sportsdirector@bgcsports.com via email with team(s) name they are coaching for and full name. Photo will be used to make ID Card for coaches with verification of background check completion. ID Cards for coaches are required to be on able to coach on the sideline.

2. Uniforms

- 2.1 All uniforms must have a number

- 2.2 No rhinestones, metal beads, or metal hair clips allowed on uniforms. This includes headbands, shirts, shorts, socks and shoes. The game will be forfeited if a team reports with unacceptable uniforms.**

3. Rosters

- 3.1 OPEN ROSTER. Each player must be registered before the team's first game. For roster changes after the first game, please advise BGC Sports via email. Changes cannot be made once your regular season ends and the playoffs start.**
- 3.2 Rosters must be certified by coaches as correct.**
- 3.3 A player may only be on ONE roster and play for the team she is registered for. Any players that are caught playing for multiple teams will be suspended and games said player played in will become a forfeit for any teams they were playing on. Further actions may be extended to coaches as well.**

4. Game Rules

4.1 Coaches

4.1.1 Only registered coaches are allowed on the bench. 2 registered coaches are allowed on the bench during a game.

4.1.2 Coaches must stay inside the coaching box.

4.2 Players

4.2.1 Players must bring a membership card in order to play.

4.2.2 Players must be ready to play with no jewelry and appropriate uniforms. Earrings may be covered with band-aids or tape.

4.3 Game Play

4.3.1 A match will be the best of 3 sets.

A) 2nd Grade- The first two games are first to 15 win by 2.

If a 3rd set is needed, first to 10, win by 2.

B) 3rd-6th Grade- The first two games are first to 20 pts (win by 2). If a 3rd set is needed, first to 15 pts (win by 2).

C) All games are rally scoring.

4.3.2 Net height will be 6ft. 10 in. and serving area will be 3 feet shorter on each grade level. Length and width will be the size of a regular volleyball court.

A) 2nd Grade Serving Line- 18 feet from the net.

B) 3rd Grade Serving Line- 21 feet from the net.

C) 4th Grade Serving Line- 24 feet from the net.

D) 5th Grade Serving Line- 27 feet from the net.

E) 6th Grade Serving Line- Normal back line. 30 feet from the net.

4.3.3 Size of the game ball is 12 & under.

4.3.4 Minimum of five (5) players to start the game. If five players start a game, the sixth spot will then be a side out point for the other team.

4.3.5 Serving is allowed along the entire width of the court.

4.3.6 Substitutions

a. Same 3 players can only substitute for each other

b. 6 substitutions per set.

c. No Libero is used in this league

4.3.7 If ball lands on the line, it will be called in. If the ball hits the ceiling on your side, the ball is playable. If a player

goes under or touches the net, play is stopped and side out point for the other team.

4.3.8 On a serve, since all three games are rally, any ball hitting and crossing the net is playable.

4.3.9 Any ball hitting the basketball backboard is playable.

Any ball hitting player on their shoulder, head, and feet is playable. However, each of these is counted as a hit. Intentionally kicking or attempting to kick the ball is not allowed.

4.3.10 Carrying the ball will be called at the discretion of the referee.

5. Eligibility of Players- League is Girls only and players must belong to the same school and must play at grade level or above.

Players may play for only one team.

5.1 2nd Grade- may not be 9 years old on 09/01/2025

5.2 3rd Grade- may not be 10 years old on 09/01/2025

5.3 4th Grade- may not be 11 years old on 09/01/2025

5.4 5th Grade- may not be 12 years old on 09/01/2025

5.5 6th Grade- may not be 13 years old on 09/01/2025

6. Student Special Needs Provisions: As a service to the growing number of special needs students that want to participate in our sports leagues, the Boys & Girls Clubs of Laredo would like to provide all special needs students with options to play when deemed safe & enjoyable for the student. These conditions are put in place for the student to feel comfortable & part of a competitive team and in no way should be used to gain an edge

over other teams within the league. When these conditions can be satisfied, the student will be allowed to play:

- 6.1 Permission from the school sponsoring the student must obtain prior approval from the principal.**
- 6.2 Student must be qualified as special needs.**
- 6.3 Students must be able to play the sport in a safe manner where he/she will not injure themselves or others.**
- 6.4 Student attends school that has no participating teams in his/her grade level for a sport that they are asking for the transfer.**
- 6.5 Student must play in his/her grade level at sponsoring school provided the school is within his/her school district (LISD/UISD/Private).**
- 6.6 A student may also play for a school they intend on transferring to, or is a feeder school to the middle school they intend on transferring to as long as the principal of the sponsoring school has given approval.**
- 6.7 All final approval for students requesting team transfers remain at the discretion of the Boys & Girls Clubs of Laredo.**

7. Playoffs

- 7.1 After the regular season, the top 5 teams move on to the playoffs. There will be a playoff tournament to determine the champion.**
- 7.2 If there are 7 or less teams in a division, all teams will make the playoffs.**

7.3 Tie Breaker(s) In case of tie or multiple, ties will be processed by Team Sideline. A tiebreaker breakdown is available on the standings page.

7.4 Once a team is eliminated, players may not transfer to another team.

8. School Principal

8.1 The Boys & Girls Clubs of Laredo will work closely with the school's principal. The principal has the ability to hold a player(s) and/or a team out from participating in any BGC league due to conflict with grades, disciplinary violations, etc.

9. Facility Conduct

9.1 Spectators are expected to follow the Spectators Code of Conduct which may be found on bgcsports.com/downloads

9.2 No outside food or drinks are allowed at any of our gyms for spectators.

9.3 Water bottles are allowed to be brought in for players and coaches only.

9.4 Coaches are responsible for team benches to be clean after a game (i.e. all trash must be disposed of). Sports bottles are not the responsibility of the Boy and Girls Clubs of Laredo and will be thrown out after the 2nd day.

9.5 Spectators are asked to be sure to dispose of trash properly and to leave a clean area after the game.

9.6 Snacks must be distributed **outside** BGC facilities or gyms. Please dispose of trash properly.

9.7 Satellite gyms (i.e. school gyms) may have their own rules that are expected to be followed.