

# Youth Volleyball Rules/Guidelines

## The Game

### Section 1: Definition

Volleyball is a game played by two teams consisting of six players on a rectangular court separated in two areas by a net with an inflated ball. One team serves the ball over the net, trying to make it land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area.

### Section 2: Match

- A match will consist of three games
- A match shall include let serves (serves that hit the net and go over)
- A match shall entitle each team to one time out per game
- A match shall have two minutes between games during a match
- National Federation of High School Volleyball Rules will govern play with the exceptions listed within these rules/guidelines

### Section 3: Scoring Points (Rally Scoring)

- The opponent shall score a point each time a fault is committed
- If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve.
- Each time a team gains a serve, it must rotate one position clockwise before serving.

### Section 4: The Game

- A coin toss between captains shall determine who serves first, the other team will choose the side they want to play on.
- The first two games shall be to 25 points (no cap) with a team winning by two.
- The third game shall be to 15 points, doesn't have to be won by two
- No liberos (defensive specialist) will/can be used in any division

## The Court

### Section 5: Out of Bounds

- A ball striking the ceiling and landing on the same side as the team that played it last is still in play, however if it lands on the opposite side it is considered to be a dead ball and a point is awarded to the opposing team.
- Balls which land on any boundary line is considered "in".
- Balls which touch the net antennas above or within the net or doesn't pass over the net entirely between the antennas is out of bounds.

## Game Equipment

### Section 6: Equipment

- The net will be set at a height of 7'4"
- All leagues will use a standard, regulation volleyball, which will be provided
- No guard, cast or brace made of hard leather, plastic, pliable plastic, metal or any other hard substance, even though padded, is permitted on the finger, hand, wrist or forearm
- Players shall not wear any exposed jewelry during play
- Athletic shoes are required and knee/elbow pads are not required but encouraged

## The Team: Composition and Positions

### Section 7: Team Players

- A team shall consist of six players to begin the first game of the match. If there are not six players present at the start of the game a team may play shorthanded, however every time the missing player would come up to serve a sideout will occur and a point/score will be awarded to the other team. Each team must have a least four players to begin match.
- Each team must be made of girl's which are in the current grade for each division
- When a team rotates to serve, the player who served the previous turn must come out of the game. Substitutes enter in the center-back position only.

## The Serve

### Section 8: Definition

A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, while the ball is held or after it is released. The ball should be contacted following the referee's signal to serve.

- The server shall serve from within the serving area
  - 3<sup>rd</sup> & 4<sup>th</sup> grade league - anywhere on the playing court (server side). After 5 points in a row by one server, a sideout will be awarded.
  - 5<sup>th</sup> & 6<sup>th</sup> grade league - each player will be allowed to serve from the midcourt (10ft back) line. After 5 points in a row by one server they are required to move to the baseline (regulation)
- A re-serve shall be called when the server releases the ball for service, and either catches it or if drops to the floor. All players will be permitted only two reserve attempts per rally.
- Let serves (serve which hits the net and crosses over) are legal on both divisions of play
- The team not serving first in the previous game of match shall serve first in the next game

## During Play

### Section 10: Team Benches

- A coach may stand during play to instruct players in a non-disruptive manner and may stand and move about to speak to team members and players. Acts deemed disruptive by the referee shall be sanctioned. Examples of disruptive/nonsportsmanlike act shall include, but are not limited to:
  - ✓ loud or abusive language
  - ✓ Comments to official(s)
  - ✓ comments to opposing teams
  - ✓ throwing of objects
  - ✓ displaying disgust in an overt manner or
  - ✓ interfering with proper officiating the match
- All non-playing team members (excluding coach), including assistant coaches and other team personnel, shall be seated on the designated team bench during the match

### Section 11: Live and Dead Balls

- A live ball is in play, from the moment the ball is legally contacted by the correct server until the ball becomes dead
- In the 3<sup>rd</sup> & 4<sup>th</sup> grade league a team may play/hit the ball four times in a volley
- In the 5<sup>th</sup> & 6<sup>th</sup> grade league a team may play/hit the ball three times in a volley
- Blocking a served ball is NOT permitted
- Spiking of the ball is NOT permitted in the 3<sup>rd</sup> & 4<sup>th</sup> grade league
- Violations such as lifting, carrying and spiking (3<sup>rd</sup> & 4<sup>th</sup> league) are judgment calls and are not protestable
- Any contact below the waist (an intentional or incidental) is not allowed

## General Information

### Section 12: League/Team Size

- Due to limited gym space, each league (3<sup>rd</sup> & 4<sup>th</sup> and 5<sup>th</sup> & 6<sup>th</sup>) will have the ability to register 12 teams. These teams will be taken on a "first-come, first-serve" basis during the registration process.
- Teams must have a minimum of six players and it is recommended that they not have more than ten. Teams must provide their own shirts/jerseys, which must be like in color with a number on the back.
- Players do NOT have to be from the same school, but must meet the grade requirements for the league.
- No player can play for more than one team in the same league.

### Section 13: Entry Form/Fees/Information

- Each team will play one practice game (scheduled) and six regular season games. This "recreational" league will not track wins/losses, standings or provide awards.
- Team fee for the season is \$145. Entry form and fee must be submitted at the time of registration. Both sides of the entry form along with the participant waiver (each player) must be submitted to the Parks, Recreation & Civic Facilities Department.
- 3<sup>rd</sup> & 4<sup>th</sup> grade league will play on Saturday mornings, while the 5<sup>th</sup> & 6<sup>th</sup> grade league will play on Wednesday nights.

### Section 14: Youth Volleyball Objectives/Guidelines

- Volleyball is one of the Youth Sports programs which the Parks, Recreation & Civic Facilities Department serves young ladies, their families and the St. Joseph community at large by providing fun, safe and enjoyable recreation.
- This "recreational" program should enhance the physical and emotional well-being, by teaching skills development, by treating them with respect and dignity, by encouraging positive parent involvement and by enriching young lives with meaningful recreation and socialization.
- Each player must play at least one complete game of each match
- Each team must provide a line judge to assist the referee in each schedule match & scorer
- Game time if forfeit time. Each team must have four players to being match and play shorthanded with penalty
- League play will begin the week of September 8, remember 5<sup>th</sup> & 6<sup>th</sup> grade league will play on Wednesday nights and the 3<sup>rd</sup> & 4<sup>th</sup> grade league will play on Saturday mornings
- League schedules and information can be found at:  
[www.stjoemo.info/parks/leagues.cfm](http://www.stjoemo.info/parks/leagues.cfm)

### Section 15: Sportsmanship/Administration

- The recreation division of the Parks, Recreation & Civic Facilities Department takes sportsmanship very serious. Any unsportsmanlike acts will be penalized to the highest degree, whether a coach, player or spectator.
- Any person ejected from a match anytime for unsportsmanlike conduct will be suspended for at least one game (the teams next scheduled match). A second violation may result in suspension from the program.
- All discipline and administration will be administered by the Senior Recreation Supervisor of the Parks, Recreation & Civic Facilities Department (816-271-5500).

### **Section 16: Background Checks**

- **Parks, Recreation & Civic Facilities Department is instituting a required background check on the head coach/manager only of each team in our youth volleyball program.**
- **Cost is \$7.**
- **You will need to complete a form, a copy of your valid driver's license and mail along with a check payable to Missouri ASA to 524 Home Drive, St. James, MO 65559.**
- You will receive a confirmation that the check has been completed. The Parks, Recreation & Civic Facilities Department will need a copy of this confirmation before the first game of our league.