

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 (30 point cap) with a team winning by two.
- The third game shall be to 15 points, doesn't have to be won by two
- Liberos (defensive specialist) will/can be used only in 7th/8th grade 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.
- Each team must provide (1) line judge each for every game

Game Equipment

Section 6: Equipment

- The net will be set at a height of 7'0" for the 3rd/4th grade division and 7'4" for the 5th/6th & 7th/8th grade divisions.
- 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, barrettes/bobby pins, or hard plastic or metal headbands 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, but each team must have a least four players to begin match.
- Each team must be made of participants 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. New player enter in the center-back position only. Only server is rotated out of play no other substitutions are allowed for 3rd-6th grade divisions.
- 7th & 8th grade ONLY- Six substitutions is the maximum **permitted** per team per set. One or more **players** may be substituted at the same time. A substitute **player** may enter the **game** in place of a **player** of the starting line-up, but only once per set, and he/she can only be substituted by the same starting **player**. A team can request a **substitution** at the start of a set or during a time-out. You can **substitute** more than one player at a time.

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
 - 3rd & 4th grade league - each player will be allowed to serve from the midcourt (10ft back) line. After 5 points in a row by one server, a sideout will be awarded.
 - 5th & 6th grade league - each player will be allowed to serve from the midcourt (10ft back) line. After 3 points in a row by one server they are required to move to the baseline (regulation)
 - 7th & 8th grade league-each player must always serve at 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 without an attempt to serve the ball. 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
- The server can serve either over-hand or under-hand in ALL grade divisions.

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 3rd & 4th grade league a team may play/hit the ball four times in a volley
- In the 5th & 6th grade league a team may play/hit the ball three times in a volley
- Blocking a served ball is NOT permitted in any division.
- Spiking of the ball is NOT permitted in the 3rd & 4th grade league. An over-hand roll is allowed. The players' feet must stay on the floor.
- Violations such as lifting, carrying and spiking (3rd & 4th league) are judgment calls and are not protestable
- Contact with the net will be called from 5th-8th grade divisions-player may not contact net at any time during play.
- All standard volley rules and calls will be made at the 7th/8th grade level.

General Information

Section 12: League/Team Size

- Teams must have a minimum of six players and it is recommended that they not have more than twelve.
- 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: Youth Volleyball Objectives/Guidelines

- Volleyball is one of the Youth Sports programs which the REC Center serves youth, 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 in the 3rd/4th and 5th/6th divisions. This rule does not apply for the 7th/8th grade league.
- 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 at least four players to begin a match.
- League schedules and information can be found at www.stjoeparks.info

Section 14: Sportsmanship/Administration

- The REC Center 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.

Section 15: 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.
- The background check will be performed by SSCI. SSCI has set the background screening standard which has been adopted and implemented by over 1,000 city and county park and recreation agencies, countless youth sports organizations, and many of the National Governing Bodies of the United States Olympic Committee.
- You will need to complete a form with required information necessary to complete the background check. When the information is entered in the system, the form will be shredded.
- Results of the background check are returned to the administrator of the youth league.