

# Youth Sports Volleyball Rules

## Eligibility

8-9 year olds: JV League

10-11 year olds: Varsity League

## EQUIPMENT

Net height shall be six feet five inches. (6')

All divisions use official volley lite leather volleyball.

Hair devices may be worn if made of soft material (rubber bands, hair-ties). **Players shall not wear jewelry** (ex: rings, necklaces, medals, watches, earrings, etc.). If a parent feels it is absolutely necessary that their child wear earrings, the ears/earrings must be taped and a medical release form must be signed by one or both parents. Forms can be obtained from the Site Supervisor.

## PLAYING TIME

Roster limit is 12 players. Minimum roster is 8 players.

All Divisions will use a continuous rotation of all players entering at the service position. This will be in place for the full length of the match.

## PRE-GAME

- A pre-game meeting with the coaches, officials and team captains will be held prior to the coin toss. Team line-ups must be submitted at this time. Line-ups from both teams, with player's first and last names and shirt numbers, **must be entered on the official score sheet 5 minutes prior to the start of the match.**
- The coin toss will determine who will serve/receive the ball. The HOME team listed first on the schedule (home team) will call the flip.

## GAME GUIDELINES

- Game time is forfeit time. Site Supervisor can grant a grace period, at their discretion.
- The coin toss will determine who will serve/receive the ball. The HOME team listed first on the schedule (home team) will call the flip.
- Volleyball team consists of 6 players: 3 back positions (left, center, right) and 3 forward positions (left, center, right). A team may start and finish the game with 4 players.
- Out of Bounds plays – a ball striking the ceiling or an overhead obstruction that remains on the side of the court with possession is playable. A ball that strikes the wall is immediately out of bounds.
- When volleying, a player may not contact or reach over the net, make successive contact (double hit), or play it twice in succession (not alternating). A team has 3 attempts or plays on the ball before it must cross the net.

JV/VARSITY/MIDDLE SCHOOL MATCH

A match consists of the best 2 out of 3 games. However, all 3 games will be played (if time permits). Game consists of 25 points in rally scoring format. Teams must win by at least 2 points. All games will be rally scored, with a point allocated for every possession.

#### **TIMEOUTS**

Each team is allowed 2 timeouts per game. Timeouts may be taken consecutively. Timeouts shall not exceed 60 seconds. Requests for a timeout shall be made by the coach and/or playing captain only during dead balls, but not after the referee has signaled for the next serve. Requests for additional timeouts shall be penalized. If a team has requested a timeout and none remain, a point/side-out is awarded to the opponent and the team will not be given the 60 seconds.

#### **SERVING**

- 8-9 year olds division will serve either under or overhand at a line 6-feet in from the regular service line. 10-11 from the regular service line only.  
**\*All overhand serves must be open fist \***
- All divisions will be allowed the let serve. A let-serve is a ball hitting the net and going over.
- **The server must wait for the official's whistle before serving the ball.** Only one team warning will be given. The second violation will result in a side-out (JV/V), point (MS). A server may not step on or over the service line until there is contact (by the server) with the ball. A served ball is dead if it touches the server's court, players or goes under the net or out of bounds. The server continues to serve until his/her team makes an error, commits a foul, completes the game or **makes five-successful consecutive serves**. When the serving team makes an error, side-out is declared and the serve goes to the opponent.
- After a side-out has occurred, each player rotates one position clockwise. If there are more than 6 players, the right front player exits the game and the new player enters the game at the serving position.
- **A set on a serve is illegal in our league.**

#### **VIOLATIONS**

- Illegal substitution (during play or into an illegal position) will result in a side-out and/or point.
- Closed fist serve is illegal.
- Crossing the serving line during a serve is illegal.
- Closed, double fisted hits are illegal.
- A let serve (ball contact with the net) is allowed. However, any contact with the net during play is prohibited and will result in a side-out or point. **In the judgment of the official, a foul will not be called if a player's hair or the force of the ball by the opponent pushes the net or it supports into a player.**
- Double hits, consecutive hits, kicking the ball, throwing and/or catching the ball are all violations.
- A player may touch the floor across the center line or it's out-of-bounds extension with one or both feet provided a part of the foot/feet remains on or above the center line. Contacting the floor across the center-line or it's out-of-bounds extension with any other part of the body is illegal.

**THE LEAGUE COORDINATOR HAS THE AUTHORITY TO INSTITUTE NEW RULES OR CHANGE OLD RULES TO MAINTAIN CONTINUITY OF THE OVERALL YOUTH SPORTS PROGRAM. HIS/HER INTERPRETATION OF THE RULES SHALL BE FINAL**