



SOUTH METRO RECREATION LEAGUES

YOUTH VOLLEYBALL RULES

3rd – 8th Grades

Rules and Guidelines (Revised 2016)

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Coaches and players are responsible for knowing and following the game rules. Coaches, please go over these rules with the parents to prevent them from questioning calls made by the referee. Any questioning of a call or ruling must be made by the coach, NOT a parent, player, or spectator.

A) General Rules

1. The game official, employees of South Metro Recreation Departments, and the area School Districts have the right to eject any player, coach, or spectator acting in an unsportsmanlike way or not following South Metro Recreation League rules and policies.
2. Participants must accept referees' decisions with sportsmanlike conduct and without dispute. In case of doubt, clarification may be requested through the coach only.
3. No food or drink is allowed in the gymnasium. Coaches, please express this school district policy to the parents to help us keep their facility in good shape and to not jeopardize our partnership and use of their facilities.
4. **Coaches must rotate players before each serve except the opening serve of the game.** The player who had just served will be substituted for if there are players on the bench.
 - a. Exception: players may be substituted for at any time in case of injury.
5. A team may start the game with 4 players, but the 5th must arrive within 10 minutes of start time to avoid a forfeit. There should be 6 players on the court for each team.
6. Teams may use players from another team if they have less than 6 girls (on the teams' roster) present at game time. This does have to be approved by the opposing team's coach.
 - a. Note: If 6 players from the team's roster are present, the team may not pick up a player from a different team unless there is an injury.
 - b. Any player used from another team must be in the same age division and registered in the league unless approval is granted by the opposing team's coach.
7. **Time Outs** — Each team will have the option of one 30-second time out per game.
8. **Ceiling** — If the ball hits the ceiling and remains on the same side of the court, it is still in play. If it hits the ceiling and bounces to the other side of the court, it is considered out of bounds and a point will be awarded to the other team.
 - a. Lights, rafters, basketball goals, and anything attached to the ceiling counts as part of the ceiling.

9. **Dividers, Bleachers, and Walls** — All dividers, bleachers, and walls are considered out of play. If a player hits a ball that then hits any of these objects, it will be a side out and a point will be awarded to the other team.

B) Serving

1. *Let* serves are allowed. A *Let* serve is a serve that hits the net, but still goes over the net inside the boundaries of the opponent's court. A let serve is still considered to be in play.
2. First serve of the first and third games will be decided by a coin toss. One captain from each team will meet the referee prior to the first game to do the coin toss. The team winning the coin toss will be awarded first serve; the losing team will choose which side they want to defend.
3. Both feet of the serving player must be behind the designated line for each age group. The designated serving line will be marked with floor tape. For the 3rd and 4th graders this will be 7 feet in, 5th and 6th graders will be 4 feet in. For the 7th and 8th graders, the serving line is the baseline boundary.
4. Players must wait for the whistle from the referee to serve. (10 second time limit)
5. Players may not block or attack the serve.
6. The server may move freely within the service zone.
7. In the case of a bad toss during service, the serving player may not touch the ball before it hits the ground.
 - a. If the ball is touched before hitting the ground, it will result in a side out and point for the other team.
 - b. After a service tossing error, the referee must authorize the service again.
 - c. One service tossing error is permitted for each service.

C) Playing Court and Equipment

1. The net height will be 6'6" for 3rd - 6th graders and 7' for 7th & 8th graders.
2. Both age groups play with the full-sized boundaries.
3. Coaches and players on the bench must stay at least 5 feet back from the court boundaries.
4. **Volleyballs** — 3rd and 4th grade players will use a "Volley-Lite" ball. It is the same size as regulation, but lighter and softer. 5th Through 8th grade players will use a "SV-5WS Tachikara Ball" or an equivalent ball of same size & regulation.
5. Players are encouraged to wear kneepads.
6. Large jewelry must be taken off to ensure the safety of the players.
 - a. The referee will decide what the girls can play with and what needs to be taken off. Please inform the parents and players before the games of this rule.

D) Game Play

1. All games will be rally-scored, meaning a point will be awarded to one team after each play. The first two games will be played to 21, win by 2 with a cap of 25. The last game will be played to 15, win by two with a cap of 20.
2. The teams will play all three games of a match during league games no matter what the outcome is of the first two.
3. A single player will only be allowed to serve up to **5** consecutive points. It will be side out after that. No point will be awarded to the other team but they will rotate and be allowed to serve.
4. Each team is entitled to a maximum of 3 hits to return the ball to the opponents.
 - a. Hits include intentional hits by a player as well as unintentional contact with the ball
5. A player may reach into the opponent's court and/or space under the net, provided this does not interfere with the opponent's play. This rule is at the referee's discretion.
6. It is a fault to touch any part of the net except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball.

E) Team Selection

1. The teams will be selected using a "blind draw" method during the coaches meeting.
2. Coaches are allowed to "freeze" three players. This includes the coach's child, assistant coach's child, and one other player.
3. Once the team is selected, copies of the rosters will be given to the coaches. The coaches are then responsible for contacting the girls and letting them know when practices are.
4. Trading players will be on a case by case basis with Parks & Recreation Department approval only.

F) Practices

1. Practice times will be provided at the local schools. Coaches will receive their practice schedule during the coaches meeting.
2. It is our goal to provide at least 1 hour of practice per week. If time and availability permit, more practice time will be issued during the coaches meeting.
3. Teams will share practice times in locations where two courts are available.
4. While practicing in any School District facilities, please abide by their policies and procedures. The Parks and Rec. Departments have good relationships with their school districts and would like to maintain it.
5. Be courteous to other players and coaches in the gym, especially people who are practicing before and after you.
6. Coaches will be issued a number of volleyballs to use for practices. Each ball will be numbered and recorded. The coaches are responsible for replacing any balls not returned to the Parks & Recreation Department within two weeks of the end of the season.
7. The School District or Parks and Rec Dept. will provide set-up for practices & games. If the facility is not ready for play when you arrive, please find the school district representative for assistance.

G) Game Schedule

1. Schedules will be posted each communities teamsideline webpage.
2. Games will be played on Saturday mornings.
3. The league consists of 6 weeks of league play and an "End of Season Tournament". This tournament has potential of lasting 2 weeks depending on space and facility availability. Coaches will be notified.
4. Once the schedule is out, it is Final. If you have any dates when you need a certain game time, let me know as soon as you can so I can try to work around that.
5. **Post-season awards** — Participation awards will be given to coaches for distribution to their players. Tournament winners will receive League Trophies and will be given to the team after the "End of Season Tournament" by the appropriate League Official.

H) Officials & Line Judges

1. League officials/referees will be provided by the Parks & Recreation Department
2. Line Judges will be volunteers from each team. The referee will ask you to provide line judges prior to each game. Occasionally line judges will be volunteers from area school districts.

I) League Contact Information

1. If you have any problems or issues you would like to discuss, please contact the parks & recreation department that you registered with.
2. All correspondence will be done through email. Every team must supply an email address that is checked frequently, either the head coach or assistant coach must be the contact for the Parks & Recreation Office.
 - a. Please check your e-mail often for updates.
 - b. For emergency purposes, please provide a daytime phone number.