



LINCOLN
Parks and Recreation

2025 Youth Volleyball Rule Book and Coaching Manual



www.teamsideline.com/lincolnne
(402) 441-7892

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Program Supervisor

Wade Noll

Team Sports Office

3131 'O' St., Suite 300 Office Hours: 8:00am-4:30pm Monday-Friday

Lincoln, NE 68510

wnoll@lincoln.ne.gov (402) 441-7892



RULES



I Philosophy

Kindergarten-1st Grade Volleyball

The object of the Kindergarten-1st grade program is to provide players a chance to learn the game in a controlled scrimmage-like environment. Players are encouraged to have fun and learn. Coaches are encouraged to foster a love for the game and teach basic fundamentals. Officials will manage the game and help give advice to players / help coach when needed.

2nd-3rd Grade Volleyball

The object of the 2nd-3rd grade program is to provide a chance to learn the game in a controlled yet competitive environment. Players are encouraged to expand their knowledge of the game and have fun. Coaches are encouraged to expand on the game and fundamentals with an emphasis on fun. Officials will manage the game and help give advice when needed.

4th-5th Grade Volleyball

The object of the 4th-5th grade program is to provide players with a chance to expand on their skills of the game in a competitive environment. Players are encouraged to expand their skills, run plays, and have fun. Coaches are encouraged to expand on fundamentals and plays along with preparing for middle school while having fun. Officials will manage the game and help give advice when needed.



II Parent and Coach Conduct

Athletes first, winning second.

Praise in public. Be the most encouraging parent you know how.

TIPS FOR SPORTS COACHES and PARENTS

- ⇒ Cheer for all players (even those on the other team!)
- ⇒ Write down your goals for the child for this season. Talk to the child about these goals, as they likely are not the same as his or hers.
- ⇒ When setting goals with the child, remember to focus on both effort and outcome related goals.
- ⇒ Resist the temptation to critique the child on the way home. Ask if the child wants to talk about the game. If the answer is “no,” respect that.
- ⇒ When the child is ready to talk . . . listen and be engaged!
- ⇒ At every possible turn, let the children know that you support them unconditionally, regardless of their athletic performance.

III Player Safety

1. **Jewelry** such as wrist watches, bracelets, any type of earring and neck chains, or any item deemed dangerous by the official or site supervisor may not be worn during the match. Medical alert bracelets or necklaces are not considered jewelry, but if needed, must be worn taped to the body.
2. **A hard cast** of any nature, hard splint, or any other type of potentially dangerous protective device shall be prohibited regardless of how it may be padded. The wearing of a soft bandage to cover a wound or protect any injury shall be permitted. The wearing of a protective knee brace or an “air filled” type of cast on the lower extremities may be permitted. Officials and site supervisors will have the final decision concerning protective devices and accessories.
3. **Player apparel:** Players should wear their Lincoln Parks & Recreation supplied program shirts. Shoes should be made for indoor court use (close-toed rubber-soled shoes that will not mar the floor). Hats, caps, and head coverings must be removed. Headbands will be allowed.

IV Equipment and Court Specifications

1. **SIZE OF BALL** The official ball is the Voit Light Spike version for softer play.
2. **SIZE OF COURT** 20 feet by 40 feet (total)
3. **NET HEIGHT**

Kindergarten-1 st grades	as low as net will go (6 feet)
2 nd -3 rd grades	6 feet
4 th -5 th grades	7 feet

V Game Structure

1. **MATCH LENGTH**
45-minute running clock. Match ends when the clock runs out, no matter the score.
2. **TIME OUTS**
One (1) 30-second time out allowed per team per set. Clock stops during a time-out.
3. **START OF MATCH**
Coin flip. The team winning the toss can elect to serve first or pick a side and the other team then gets the remaining option.

VI Scoring

1. **RALLY SCORING**
Every serve will result in a point.
2. **TWO WAYS TO SCORE**
 - a. The opponents make an error.
 - b. The team puts the ball down on the opponent's court. If an error occurs simultaneously, a replay is called, otherwise, the first fault made is the one called any errors that occur afterwards do not matter.
3. **TO WIN A SET**
Sets are played to 25 points, with the winning team having at least a two-point lead.



VII Game Tactics

1. TEAMS

Teams are made up of four (4) players on a court. Teams may play with three (3) players, if necessary.

2. ROTATION

At the moment of the serve, all starting players must be on the court or the court lines, not standing outside the court. Rotation for service moves in a clockwise direction. Coaches must rotate players before each serve. The player entering the game shall enter the game in the left back position.

3. POSITION FAULTS

A player may not touch any part of the opponent's side of the court, except for with their foot or feet. Players' feet should be at least partially on their side of the court.

VIII States of Play

1. BALL IN

The ball touches the surface of the playing court, including the boundary lines.

2. BALL OUT

The ball touches completely outside the playing court; passes completely under the net; or touches the support lines, antenna posts, or the net outside the antenna. The ball is out of play when it strikes the ceiling, lights, or wall.

3. PLAYING THE BALL

The ball may not be thrown or carried. The ball cannot be double hit, except on the first contact of a team's three (3) possible hits. Unintentional double hits are allowed. The ball must be hit over the net with a maximum of three (3) contacts. The ball can be hit with any part of the player's body, including feet.

4. BALL HANDLING FAULTS

- a. A team hitting the ball more than three (3) times during a possession of their side of the net.
- b. Lifting/carrying/throwing the ball.

5. NET PLAY

Players may not touch the net unless the ball drives the net into them. The ball may hit the net and continue over at any time, as long as it passes fully in the court of play.

IX Skill Specific Play

1. SERVICE

This can be done by overhead, underhanded, or windmill (roundhouse). No jump spikes. A player gets two (2) chances at serve tossing, letting the ball drop to the ground if their first toss is no good. Serves can also be attempted by holding the ball in one hand and hitting it with the other. Serves can take place anywhere on the end line of the serving team's side of the court and up to 15 feet behind the end line. The server must hit the ball before stepping on the end line or into the court. **One cannot kick the ball for a serve.** The referee gives hand and whistle signals indicating the service may proceed. **K-3rd grade: Any player will have two (2) attempts to serve on their first service of the rotation if the first service attempt is unsuccessful.**

2. LET SERVES

Let serves are allowed. A let serve is a serve that hits the net but still goes over the net inside the boundaries.

3. 5-SERVICE SIDE OUT

A single player will only be allowed to serve up to five (5) consecutive points. It will be a side out after the fifth consecutive point scored by a server. No point will be awarded to the opposing team, but they will rotate and be allowed to serve.

4. RECEPTION / DEFENSE

Normal ball handling rules apply, and the first reception can be done overhead, like a set, or with a forearm pass. The ball can rebound off any surface of the body, so heading the ball, like in soccer, or the feet is allowed. The ball can be touched one (1) or two (2) handed.

5. SETTING

This is the second contact by the team, most frequently placing the ball up to be spiked, by using two (2) hands. The set does not have to go the way a player is facing and can even be set behind the setting player, called a back set. This second contact is also legal if done with a forearm pass/dig.

6. ATTACKING

This is the act of directing the ball towards the opponent's side. A player can jump and spike or tip, stand and set it over, forearm pass it over, etc. The tip action (one or two handed) cannot be caught or thrown over. Any of the four (4) players may jump and attack the ball from above the top of the net.

7. BLOCKING

A ball blocked counts as a touch but does not count as one of the team's three (3) hits and can be played by a blocker without being called a double hit. A team cannot block the serve, nor block a ball that is completely on the other side of the net (if must be hit into the player, the player cannot block the ball unless part of the ball is on the player's side of the net). **Only one (1) player is allowed to jump to make a block.**



X

Coaching Principles

1. General Youth Coaching Principles

- a. Coaching is an extremely important responsibility. A good coach always places the best interest of a player before winning.
- b. The players and parents have placed you in a position of leadership and you have a responsibility to give them your best effort. Additionally, this football experience will play a significant factor in determining whether the players continue participating in football in the future.
- c. Coaching youth sports is a difficult job because some parents expect professional results from people who mostly are volunteers.
- d. If you follow the coaching guidelines and general principles below, the players and their parents will be better served.

2. Ten Coaching Guidelines

- a. **RESPECT THE GOLDEN RULE** Treat your players, their parents, and the officials in the same manner you want to be treated. That means no yelling, no sarcasm, and no embarrassing anyone in front of others. To gain respect, you must give respect.
- b. **BE EVERYONE'S COACH** As the saying goes, "there is no *I* in TEAM." Let everyone contribute. That goes for your own kids, too. If you coach your own child, be sure not to shine the light too bright or too low on them. Treat everyone the same.
- c. **APPRECIATE YOUR ASSISTANTS** No youth flag football coach can do it alone. Find a good assistant or two, give them responsibly and never stop thanking them.
- d. **FOCUS ON THE FUNDAMENTALS** Help your players master the flag football basics. Wins and losses come and go but you only get one chance to develop a player's skills. Don't waste that opportunity. And remind your players that hustle is a fundamental skill.
- e. **TEACH – AND ENFORCE – GOOD SPORTSMANSHIP** Spend time at practice and before games explaining to your team how to behave after a win or a loss. Good sportsmanship means no trash talking or taunting. Teach your players to develop a positive relationship with the officials. Have the courage to enforce sportsmanship if one of your players misbehaves. That's the key.
- f. **UNDERSTAND THE RULES OF THE GAME** Read the rulebook. Identify any special policies your league has adopted. You can't expect your players to know the rules if you do not.
- g. **HAVE A POSITIVE RAPPORT WITH THE OFFICIALS** Officials will not respond positively if you try to bully or intimidate them. Instead, act like an adult. Ask questions if necessary. Seek clarification if it's warranted. Set the right tone for your team by never arguing a call or disparaging an official.
- h. **PROMOTE FUN** Avoid getting too serious. Don't get crazy about winning. Make sure you smile. Above all else, make sure kids are having fun. If they aren't then you are doing something wrong.
- i. **BE PATIENT** Young players are going to make mistakes. They need the freedom to make mistakes. It's your job to help them learn from those mistakes. This takes time and patience.
- j. **TALK TO THE PARENTS AND UNDERSTAND THEIR GOALS** From the first practice, talk with the parents. Explain your coaching philosophy. If a parent has a particular concern, give them the opportunity to discuss it with you. Parents come to games to see their kids play. Make sure every player has the opportunity to make a contribution.

XI Game Court Locations

1. Belmont Recreation Center (1234 Judson Street) – 2 courts



Parking to the south and west of the recreation center entrance.

2. Calvert Recreation Center (4500 Stockwell Street) – 2 courts



Parking to the south of the recreation center and to the east of the school.

XII Weather

Be sure that everyone on the team signs up for our text alert system. It's free and easy. Go to www.teamsideline.com/lincolne, click on the “Text Alert Sign Up” icon at the top of the main page and follow the prompts to register. This is our main form of communication when games are canceled. Game-day information can also be found at the Parks and Recreation Team Sports cancellation hotline: (402) 441-7892.