

Flint Hills Summer Volleyball League Rules



This program is strictly a RECREATION LEAGUE for the fun and enjoyment of those taking part.
HAVE FUN!!

The Flint Hills Summer Volleyball League will be conducted under the rules of the National Federation of State High School Association (NFHS) volleyball rules, with the following adaptations.

1. ELIGIBILITY

- a. Players grade requirements are those enrolled in the 4th, 5th, or 6th grade for the 2024-2025 school year.
- b. The program will consist of three divisions: 4th, 5th, and 6th. If registration numbers are low, teams will be asked to either play up or down a grade level.
- c. Head coaches are responsible for submitting a complete team roster prior to the start of the season. Requests to switch teams must be made in writing to and approved by MPRD Staff.

2. TEAM COMPOSITION

- a. Each team must have a designated adult head coach. The coach will be responsible for the supervision of the team. Each team will also have a designated captain for each match. Coaches are volunteers and are not paid for their commitment.
- b. A team must have four players to start a match. A five-minute forfeit period from the scheduled match starting time will be allowed; if a team does not have four players, the first set will be forfeited. If a team does not have four players within 15 minutes of the scheduled match starting time, the entire match (three sets) will be forfeited. The 5 and 15 minute periods will be governed by cellular time on the phones of the gym supervisor, or the head referee on the court.
- c. If a team has five or less players from its original roster available to start a match, a player, or players from another team (referred to as “extra players” for the purpose of this rule) may be used under the following conditions:
 - i. The “extra player(s)” cannot “play down” from their original 2024 FHSVBL league, nor can an “extra player” participate on another team in the same division as her original team. A player originally listed in the 4th grade cannot participate as an “extra player” on another 4th grade team. “Extra players” can only be used when they are playing above the level that their original team is competing in.
 - ii. If a team begins a match with only four players, and one of them is unable to continue playing, an “extra player” may be added so that the match can continue. A five-minute grace period – timed by the referee – will be allowed in this situation.
 - iii. A team may utilize “extra players” only for regular season matches. “Extra players” will not be allowed during tournament play.
- d. When a team plays with less than six players, the vacant spot in the serving order will not result in a loss of rally.



3. PRE-MATCH PROTOCOL

- a. There will be two whistles from the R1
 - i. 1st whistle – starting players will move to the end line
 - ii. 2nd whistle – starting players will move toward net to shake hands with the opponent, then take their positions on the court.
- b. Players will also shake hands at the net at the conclusion of the match.
- c. Teams will not switch sides after each set.

4. THE GAME

- a. Teams will be in charge of officials (Home Team) and scorekeepers (Away Team).
- b. Regular season match will consist of three sets, unless otherwise indicated on the league schedule. Rally scoring will be used. League standings are based on total sets won and lost.
- c. Scoring: All sets will be played to 21, win by two, cap of 23 points. If the score of a set reaches 22-22, the team that wins the next rally will win that set.
- d. Unlimited substitution will be allowed. A player may enter the lineup any number of times in a set but may occupy only one position in the serving order. The substitution request is made during a dead ball.
- e. Coin Toss – the coin toss will be conducted according to NFHS regulations.
- f. Each team is limited to one 30-second timeout per set.
- g. A limit of two minutes will be given between sets.
- h. The official scorebook shall prevail in the case of any dispute.
 - i. Serving:
 - 4th/5th Grade can serve anywhere behind the Attack Line - 10' from net
 - 6th Grade can serve anywhere behind the grey Pickleball Line (15' from net)

5. UNIFORMS

- a. Only rubber-soled court shoes will be allowed for league play.
- b. MPRD will provide jerseys for the players (up to 12) and shirts for coach/s (up to 3). If the team already has their own, they are allowed to forego wearing MPRD provided attire.
- c. Players must provide all other personal equipment and uniform, and are responsible for all of their belongings.

6. BRACKET PLAY

- a. All teams will be entered into post-season tournament bracket play. Bracket seeds will be based on final regular season standings.
- b. All bracket matches will be “best two out of three” sets. All sets will be played to 21. The winning team must have a two-point margin. There is no scoring cap in tournament sets.
- c. There will be no time limit for bracket matches.



7. **OTHERS**

- a. Game balls and warm-up balls are furnished by the league.
 - Volley-Lite will be used for this league
- b. Net Height will be 7' (Youth Height)
- c. MPRD staff reserve the right to make the final judgment on situations in question.
- d. Any participant, coach or patron displaying any form of unsportsmanlike conduct or committing a flagrant rule violation will be ejected immediately and referred to MPRD staff for any possible further discipline.

8. **PRACTICES**

Flint Hills Summer Volleyball Practice Reservations Policy

Court Reservation Process

- Teams may reserve a court **14 days in advance** for no more than two practices in a 7-day period (Sun-Sat).
- Only 1-hour practice slots will be available.
- Practices may be subject to change in time and/or location due to MPRD program needs.
- Though unlikely, we withhold the right to cancel practices if needed.
- FYI – Practice times/availability will fluctuate week to week.
- Primary point of contact for reserving is through Ramsey and/or Tyler.

Summer Building Hours-

- M-Th: 8am-8pm
- Fri: 8a-6p
- Sat: 9a-4p
- Sun: 12p-4p

League Point of Contact:

Tyler Burroughs – Recreation Supervisor
tyler.burroughs@cityofmhk.com

Ramsey McCarter – Recreation Coordinator
ramsey.mccarter@cityofmhk.com

