

## Volleyball League Rules

Our goal is to teach kids the fundamentals of volleyball, to help them develop the skills that fit their age, and to provide them with an experience that is fun!

### **Quick Reference**

	<b>Age*</b>	<b>Team Size</b>	<b>Players**</b>	<b>Net Height</b>
Lower	7 - 11	6 - 12	4 v 4, 5 v 5, 6 v 6	6' 6"
Upper	12 - 17	6 - 12	4 v 4, 5 v 5, 6 v 6	7'

*\* Age Range: Lower Div: 7 – 9 | 10 – 11 | Upper Div: 12 – 14 | 15 - 17*

*\*\* Depending on size of program and space, games may be played 4 v 4 with team sizes ranging from 5 – 8 players*

### **Equipment**

City of Riverside Sports Dept will supply each player with a team shirt. Parents supply shorts and footwear. Knee pads are highly recommended, and elbow pads may also be worn.

### **Officials**

- One referee will officiate each game.
- Referee will stand beside the court.
- Recreation Staff will keep score in game, however scores and rankings will not be recorded.
- Referee will call and briefly explain all rule infractions to the offending player.
- No line judges for Junior age groups
- Upper age division group will have staff assist with sideline judge.

### **Minimum Play Rule**

- Players will sub in at each rotation
- Rotations occur after every 3<sup>rd</sup> serve, regardless of possession
- Players on the sideline will line up according to sub in order from left to right
- The Player on the far right side in the front row (in front of net) will exit the game as players rotate clockwise. Meanwhile, the player on the sideline that is on the opposite end will enter the game and serve.

## **Format**

### **Game Time**

- Game time is 40 - 50 minutes max time for all age groups.
- The score at the time that the last play ends when the max time is reached is recorded.
- The game clock is maintained by the official and will only stop when an injured player needs to be tended to. There is no extended time.

## **Scoring**

Rally scoring will be used in Youth Volleyball, meaning points can be won by the serving or the receiving team. If the receiving team wins the rally, they score a point and receive the ball.

Possession of the ball is not changed until server has 3 serves, see “Service” section below.

- 7 -11 yrs. olds: League format with match (best of 3 sets, first 2 played to 25, 3<sup>rd</sup>. to 15 (if necessary), max game time of 40 - 50 minutes.
- 12+: League format with match (best of 3 sets, first 2 played to 25, 3<sup>rd</sup>. to 15 (if necessary), max game time of 40 - 50 minutes.

For all divisions, all sets must be won by 2 points unless max time is reached during a set (30 points). The score at the time that the last play ends when the max time is reached determines the winner.

Record scores by match (i.e., 2 – 1). Score is kept in Week 1 but standings will not be recorded.

A flip scoreboard will be used to keep track of the score during the match.

## **End of Season**

- All age groups have a game in the final week of the season.

## **Rules of Play**

### **Start of Play**

The home team will serve first in the first set, and the away team will serve first in the second set. If a third set is to be played, the home team will serve first.

### **Service**

- A player can get up to three consecutive serves if rallies are consecutively won.
- A player will have a second attempt if the ball doesn't go into play on the first attempt. On the second attempt, if the ball is still unplayable, the defensive team gets a point and receives the ball.
- If a player serves three consecutive points. Regardless of the outcome of the last point, the opposing team takes possession of the ball and rotates players.
- Served ball may graze the net and drop to the other side for a point.
- Regardless of if the point is awarded to the defensive team during a rally, they will take possession of the ball and will rotate.

### **For Example:**

1. First Serve: First attempt, the ball hits the net, the player gets another shot at a successful serve, it's successful and the point is played out.
2. Second Serve: If the serve is successful, the point is played out. If the ball goes out of bounds, the opposing team receives a point.
3. Third Serve: If the ball goes out of bounds, the opposing team receives the ball. If it's a successful, point is played out and regardless of the outcome the opposing team takes possession of the ball and rotates players.

### **Service Line:**

The team that receives the ball first will have the first player serve from the age-appropriate service line:

- All 7–9-year-olds serve from the service line that is 5 feet in from the baseline.
- All 10 -11-year-olds and senior players serve from the baseline on their first attempt. If they make mistakes on their first 2 serves, they may step up to the 7–9-year-old service line.
- As players progress throughout the season, they can move back to the baseline.

*Note: If a player is having difficulty serving from 5 feet in from the baseline, allow them to go three steps closer to the net.*

### **Types of Serves:**

- A torque or underhand serve is permitted for Juniors.
- Overhead serves are recommended for the Senior group.
  - If the server doesn't like the toss, they can re-toss. If the first serve doesn't go into play, the player may do an underhand serve.

### **Playing the Ball**

If the serve goes over the net, there are different outcomes based on age group:

- **Junior Age Group:** Play the serve, and follow one of the three next steps:
  - If the serve is played successfully, the teams should continue to play the ball until it's a dead ball and a point is awarded.
  - in the event of an Ace (serve is successful and is not touched by a defensive player) a point is awarded to the serving team and the defense will receive freeball.
- **Upper Div Age Groups (12 – 17):** Play off the Serve – the ball is live after the serve. Players have 3 touches per volley.

*Note: The free ball will be used at operator's discretion. The goal of this rule is to help build player confidence and rallies. The hope is that by the end of the season, it's no longer used.*

### **Ball In and Out of Play**

- If the ball touches the line during play it is still considered "in".
- If the ball touches the antenna or goes over the net on the outside of the antenna during play, it is a dead ball, and the opposing team wins a point.
- Balls that contact the ceilings, rafters, lights, or anything else overhead are playable, provided that at no point the ball completely crosses over to the other side of the net. There are exceptions for low hanging objects under 15 feet, which are treated as obstructions, which may be a discretionary replay. Any contact with the wall is dead ball, point to the other team.

## Fouls

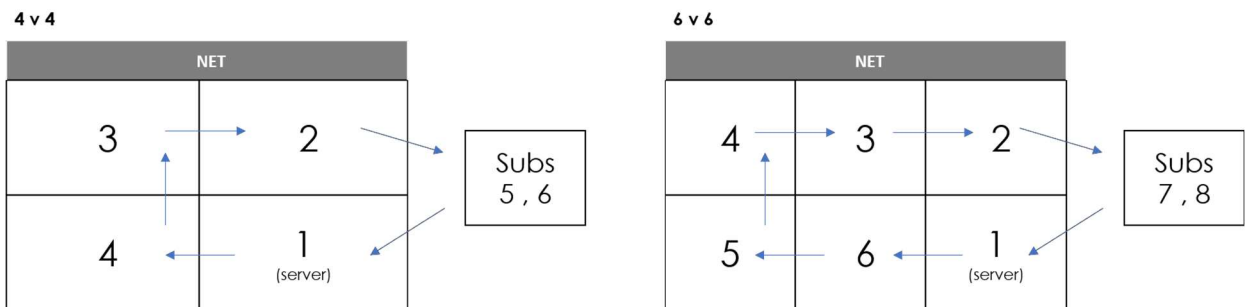
- Blocking is not permitted on a serve. Blocking a volley is only permitted in the senior age group.
- Hitting the ball more than twice consecutively
- There may only be 3 volleys before getting the ball over the net. A player may touch the ball twice during a volley, but not in succession
- Touching of the net (hair touches or if the force of the ball hit by an opponent pushes the net into a player, that does not count)
- Back row attacks are not permitted

All fouls result in the ball being replayed.

## Positions, Rotations and Substitutions

Players rotate clockwise when the team has gained the right to serve.

Rotation is mandatory.



*Note: There is no libero position in Youth Sports volleyball.*

## Forfeit

- Teams must have 4 players to start a match. Any team that cannot field 4 players at game time shall forfeit the match.
- Forfeit scores will be recorded as 2 – 0 (A score of 10 – 0 per set will be used for point differentials if needed in determining final season rankings.)
- A scrimmage will be played in lieu of the scheduled game.