



# ROUND ROCK PARKS AND RECREATION DEPARTMENT GIRLS VOLLEYBALL PROGRAM

Revised 3-20-26

## LEAGUE RULES AND REGULATIONS

### SUPERVISION AND ADMINISTRATION

1. The head of the league shall be the Athletics Supervisor and/or Parks and Recreation Department (PAR) representative.
2. In all matters not covered by the National Federation of High School (NFHS) Rules or City Youth League Rules, the Athletics Supervisor shall have jurisdiction.
3. All youth coaches are considered volunteers and are selected by the Athletics Supervisor. All interested volunteer coaches must contact the Athletics Supervisor to complete the league registration and pass a Criminal Background Check Form to be eligible.
4. All volunteer head coaches must be a minimum of 18 years of age and must pass a criminal background check. The Athletics Supervisor must approve all interested volunteer assistant coaches under the age of 17 years.
5. All coaches should portray a positive environment toward players, parents, officials and staff. This includes (but not limited to), berating, negativity, and unsportsmanlike conduct. Any coaches reported to be demonstrating anything put a positive environment will be subject to a meeting and/or phone conversation to correct the behavior.

### DIVISIONS AND ELIGIBILITY

1. Round Rock PAR offers girls leagues in the Girls Volleyball Program.
2. There will be four (4) age divisions in the Girls Volleyball Program:
  - 8 & Under** - consists of girls who are 7 and 8 years as of September 1 of the current school year.
  - 10 & Under** - consists of girls who are 9 and 10 years as of September 1 of the current school year.
  - 12 & Under** - consists of girls who are 11 and 12 years as of September 1 of the current school year.
  - 14 & Under** - consists of girls who are 13 and 14 years as of September 1 of the current school year.
3. There will be two (2) classification of divisions:
  - Division I:** is defined as 6 or more girls requesting to be on the same team, with a predetermined volunteer head coach. Age divisions for Division I are 10 & under (9 – 10 years) and 12 & under (11 - 12 years). Division I coaches will submit their list of requested players. PAR does not introduce players to Division I coaches.

**Division II:** is defined as teams that are formed by random placement by the Athletics Supervisor. All age divisions are eligible for Division II. A maximum of 5 teammate requests (including coach and assistant coach children) can be protected on the team. Considerations such as: school currently attending, age, and special requests are taken into consideration but are not guaranteed. Any requests (a coach, a friend, a practice day) will not be guaranteed.

4. All participants must be registered with the Round Rock Parks and Recreation Department to be eligible to participate.
5. A player may only play on one team/one league per season.
6. If a child wants to play up in an older age division in Division II, the process is:
  - ❖ Must declare intent on the registration form (must be registered for the program in the age group they are scheduled to play in).
  - ❖ Must be the following age as of 09-01 of the current school year: 8 wanting to play in 10 & under, 10 wanting to play in the 12 & under, 12 wanting to play in 14 & under.
  - ❖ Must attend a mandatory skills assessment (date and time will be determined by the league).
  - ❖ Evaluation team will make recommendations to the Athletics Supervisor following the skills assessment.
  - ❖ Participants who attend the skills assessment and are not approved to move up will not be given a refund.
  - ❖ Participants who do not attend the skills assessment will not be given another opportunity. A refund will not be given.
7. If a child wants to play up in an older age division in Division I, the process is:
  - ❖ Must register in the age group they are scheduled to play in.
  - ❖ Division I Head Coach must request this player be added to the team.
  - ❖ If a child played in an “older division” for Division 1 in the fall and comes back in the spring as “Division 2”, that child must complete the skills assessment to move up, even though they played at a higher level the previous season.
8. Players and coaches must be in current team uniform to be eligible to participate in any league game play. Failure to have the proper uniform on will result in not being able to participate in scheduled game. Each team will be given a maximum of 2 coach’s shirts per team.
9. The City of Round Rock does implement a fair play rule in the 8 & under, 10 & under, 12 & under division II. However, failure to attend practice on a regular basis could result in limited play time of a participant. The coach has the ability to make a recommendation to the Athletics supervisor if a player is missing practice on a regular basis. All parties involved (coach, opposing coach, parent, gym supervisor and officials) will be notified prior to the start of a game if a player will not receive the minimum play time.

## **SCHEDULES AND EQUIPMENT**

1. This program will consist of a minimum of eight (8) league games, and a minimum of three (3) practices. It is our preference to schedule bi-weekly practices (but this might be limited, due to gym availability).
2. The schedules for practices and games are determined by the Parks and Recreation Department. Game schedules will be posted on [www.TeamSideline.com/Roundrock](http://www.TeamSideline.com/Roundrock) and practice schedules will be sent to coaches at the beginning of the season as well as weekly reminders.
3. Each team is responsible for providing a volunteer scorekeeper and line judge for each game. The volunteer scorekeeper and line judge must be a minimum of 16 years of age. Officials may approve someone under the age of 16 to volunteer if they are a Lonestar Region

Score/Referee. The volunteer scorekeeper and line judge are not allowed to use any electronic device (phone, iPod, etc.) during the match duration. Failure to provide a scorekeeper and line judge could result in the forfeit of the team which is not providing a volunteer.

4. Practice and game schedules are determined based on gym availability at CMRC.
5. Once game schedules are posted, there will be no rescheduled games (unless due to unforeseen gym closures/game cancellations).
6. Coaches may use electronic devices for stat keeping only. Coaches using these devices must remain outside of the playable area (must be sitting down or in front or behind the bench).

## GYMS

1. CMRC gyms will be used for this program.
  - a. All CMRC facility rules must be obeyed at all times, when practicing or playing at CMRC.
2. If a team/coach practices outside of what is scheduled by PARD, use of any Round Rock ISD or other facilities must be obtained separately from the PARD program. (This is also at the RRISD discretion). Any fees will be the responsibility of the coach/team.
3. The following facilities may be used during the youth volleyball season: Clay Madsen Recreation Center.
4. Gym cancellations may occur during the season. We will notify all teams (coaches and/or parents) involved as soon as a gym cancellation occurs.

## RULES

NFHS Rules will be used in league play, with the Texas Amateur Athletic Federation (TAAF) and Round Rock PARD exceptions listed below:

### EQUIPMENT AND COURT

1. **Ball**- U8, U10 and U12 divisions will use the VolleyLite by Tachikara. U14 will use an indoor Tachikara volleyball.
2. **Net** - the net shall be approximately 6'1" (8 & under and 10 & under Divisions) and 7'4" (12 & under and 14 & under Divisions).
3. **Court** - the court will be regulation size. The length is 59' and the width is 29'6" (entire court).

### UNIFORM RULES

1. Players and coaches must be in current team uniform to be eligible to participate in any league game play. Failure to wear the proper uniform will result in not being able to participate in scheduled game.
2. Only two coaches in current team uniform may be on the sideline. Failure to wear the correct shirt will result in not being able to coach from the team's side of the court. Exception to this rule will occur when no coaches attend. In this situation, the assigned gym supervisor will appoint and approve one (1) parent from the team to sit on the side line with the team. If the coaches are unable to attend, they may call the Athletics Supervisor to get approval for another parent to coach.

3. Team uniforms rules for 8 & under, 10 & under and 12 & under Division II: will not have numbers on them for league play. Should teams decide to attend the TAAF State Tournament during the spring, the teams will need to return all uniforms to the PARD office for number assignment at the end of the season. Exception, teams may put numbers on their uniforms and/or names/nicknames at the expense of the team and not the city of Round Rock. If teams opt to put numbers on their uniform, they must be 6" on the back and 4" on the front. Teams opting to put names and/or specific numbers on their uniforms will be expected to pay the expense adding those to their uniforms.
4. Team uniforms for 12 & under Division I, and 14 & under Division II: will have randomly assigned numbers on the back of the uniform (6" number), provided by Round Rock PARD. Should teams decide to attend the TAAF State Tournament during the spring, the teams will need to return all uniforms to the PARD office for front numbers (4" number) to be added. Teams opting to put names and/or specific numbers on their uniforms will be expected to pay the expense adding those to their uniforms.
5. You may not paint any part of your body. Example: Panthers- cannot paint a nose and whiskers. Glitter cannot be put on the body or in the hair.
6. A cast may not be worn on any part of the body. A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance shall not be worn on the hand, finger, wrist or forearm, even though covered with soft padding. Hard and unyielding items (guards, casts, braces, etc) on the elbow, upper arm or shoulder must be padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick. An elbow brace shall not extend more than halfway down the forearm. Knee and ankle braces, which are unaltered from the manufacturer's original design/production, do not require any additional padding.

## **COURT PROTOCOL**

1. Prior to timed warm-ups, a conference shall be conducted with the captain(s) from each team. The head coach is optional and may be called if required by the officials.
2. Each team will be asked to provide one person to keep score and one person to call the lines. These are volunteer positions and officials reserve the right to overturn calls. These volunteers may not be coaches.
3. No coaches are allowed on the court during play. Coaches may only enter the court during a timeout or unless so directed by the official.
5. Pre-Game Warm-ups-will depend on the amount of time between games. At a minimum, teams will be given a few minutes to warm up and serve. The official will make the determination. Both teams will receive equal amount of warm-up time.
6. Substitutes- can only be made during the rotation in which the team is serving.
7. When switching sides of the court after the 1<sup>st</sup> and 2<sup>nd</sup> games, please switch immediately upon being signaled by the official. Once on the other side, you make huddle your team together prior to the next game. \*As of right now teams will stay on the same side the entire game\*
8. There will be a coin flip between the 2<sup>nd</sup> and 3<sup>rd</sup> games. Please make sure the captain that assigned goes back to the net with the officials to determine who will serve and who will get which side of the court. \*This is currently on hold because we are not switching\*
9. Once the 3<sup>rd</sup> game has been completed the official will signal for teams to go back to the end line. The official will then signal teams to shake hands at the net.

10. Each team may have a 1 minute time out during the first 2 games. Each team may have one-30 second timeout during the third game.\*Time outs must be requested and recognized prior to the whistle for the serve.

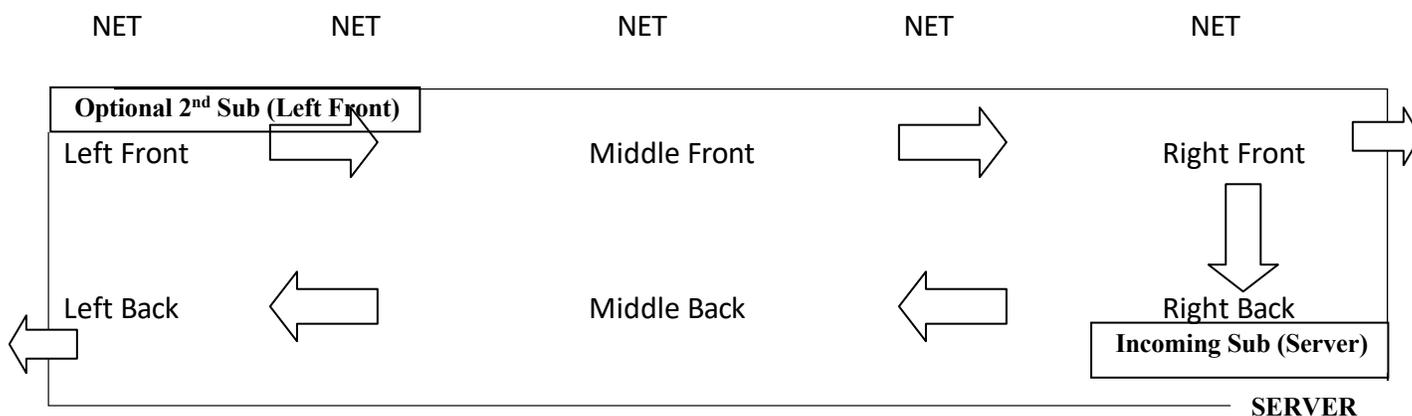
## GAME RULES

1. Players may not wear jewelry of any type around the neck, wrist, ankles, ears or hair. Bobby pins and small hair clips are allowed. It is always the discretion of the officials to ask that hair control items be removed if deemed a safety issue.
2. All divisions will play 3 games. Including the 14 & under division II and 12 & under division I leagues.
3. All divisions will play rally point scoring. All divisions will play to 25 points for the first 2 games, must win by 2 points, games will be capped at 30 points. All divisions will play the third game capped at 15 points.
4. A team shall consist of 6-12 players, with six players on the court at a time. It is the preference of PARD to only assign 10 per team. Coaches and parents cannot determine the maximum number of players to carry unless playing in Division I.
5. Teams must start and end the game with five players on the court. In the event of a team with only 5 players present and one player becomes ill or injured during the match, 4 players may play out the match.
6. All non-injured girls present on the team must play each game and be rotated into the lineup in a consistent manner. No eligible player can be allowed to sit out a rotation. No manipulation of the serving order while the players are waiting to be rotated into the lineup is allowed. Once established, the "rotating in" order must be followed. For example, a strong server cannot "jump ahead" of others that are awaiting their turn to rotate onto the court. A late player who did not play in the first game cannot start on the court for the second game.
7. Forfeit procedures for teams with less than 5 players or team not present at scheduled start time are as follows:
  - The first game shall be forfeited at one (1) minute after scheduled start time. The clock used will be that in the gym or if that clock is obviously incorrect, the official's watch time will be used.
  - The second game shall be forfeited 10 minutes after scheduled start time.
  - The third game shall be forfeited 20 minutes after scheduled start time.
8. Only the 12 & under Division 1 and 14 & under may use a libero.
9. The ball may be served from anywhere behind the 10' line (8 & under) the 15' line (10 & under) and the back court line for 12 & under and 14 & under.
10. All serves must be underhand on the first two serves (8 & under and 10 & under Division II). The 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> serves may be overhand or underhand. The 10 & under division I and 12 & under Division 2 can serve all 5 serves overhand, underhand, or a combination of both.

If serving overhand on either the 3<sup>rd</sup>/4<sup>th</sup> and/or 5<sup>th</sup> serves OR in 10 & under Division 1, the service line will be moved to 15' for 8 & under and 20' for 10 & under.

Foot faults will be called if the server steps over the line.
11. If the server does a bad toss, the ball can either be caught or let it drop to the floor. The server may only catch the ball/let the ball drop once during her time of service. The ball can only drop once total during the maximum of 5 attempts.

12. The serve may touch the net and still be legal in all divisions.
13. A player may not touch the net at any time while the ball is in play.
14. After the serve, the ball may be played with an overhand or underhand pass. Only a short contact with the ball is allowed.
15. In the 12 & under and 14 & under Divisions, the server has 5 seconds to serve the ball once the official signals to serve. This time will be 10 seconds for the 8 & under and 10 & under Divisions.
16. A player may NOT spike or block on a serve. CLARIFICATION: This may be interpreted by an official to mean that a girl cannot one hand/fist the ball over on the received serve regardless of where the receiving girl is or the intent of the girl.
17. After 5 consecutive points scored by the offensive team (team serving), the game official will whistle for an automatic change in possession and the defending team will be awarded the serve. This is for 8 & under, 10 & under (division I & II) and 12 & under (division II)
18. The ball may not be caught, pushed, carried, or held (discretion of the game officials). The exception is on an underhand serve, the ball may be held while contact is being made.
19. The ball may not be contacted twice consecutively by the same player with the exception of a touch on a block.
20. Balls hit off the ceiling on the first or second hit are considered live, ONLY if it occurred on the side of the team that hit the ball. If the ball goes over the net to the opposing team, it is a dead ball. Balls hit off the basketball goals on the first or second hit are considered dead but is allowed a reply if the official deems that it is a playable ball. Serves that hit anything other than the net before it goes over is a dead ball.
21. Upon gaining the serve, a team must rotate. Each player rotates clockwise. Players may rotate into the court as per the rotation diagram. If only rotating one player, that player must rotate into the serving position. If rotating in two players, players may rotate into the serving position AND the left front position. Please refer to rotation diagram.
22. Rotation: Players must remain in the same positions they ended the first game for the second game. Please have players stay in their positions until the official acknowledges the game being over. Coaches may redo the rotations for the third game. Please see correct rotation guidelines to follow when having players rotate.
23. The serving position to the start of the second game will be maintained by the server who ended the first game, regardless of how many serves she ended the first game.
24. At the end of the game, please have the team line up on the back line. The officials will motion for the teams to come together to congratulate one another. Both teams will head to the right around their court to the net where they will meet for handshakes.

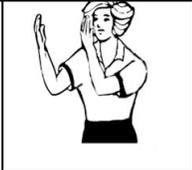
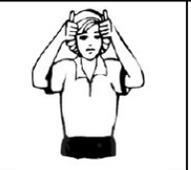
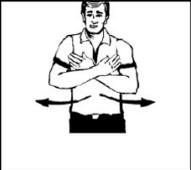


## DETERMINING DIVISION WINNERS

1. There will be a declaration of a champion (1<sup>st</sup> place, team with best record).
2. In the event 2 or more teams are tied for the best record, a head to head tie breaker will be used. In the event there is still a tie, the team with the most point difference of the head to head competition will be declared the winner.
3. All other participants and places are given a “participation” award at the completion of the season.

## OFFICIALS/GYM SUPERVISORS

1. Game officials will be scheduled by the Parks and Recreation Department.
2. Game officials will be certified by an accredited agency that could include (but not limited to) TAAF, UIL and/or TASO.
3. Officials will have total control of the court during all games.
4. A Gym Supervisor will be located in each facility during all scheduled practices and games. He/she is responsible for the supervision of the gym facility and enforcement of all program rules.
5. Please see below some commonly used signals by game officials.

Out of Bounds or Antenna Violation	Over the Net	Ball Touched	Replay or Serve Again	End of Game
				

## COACHES

1. Coaches are responsible for the conduct of their teams and spectators during practices and games.
2. Coaches will remain at the facility until all players have been released to the parent care following practices and games.
3. Coaches will follow all guidelines as outlined in the SPORTS coach training and Round Rock Girl's Volleyball Rules.
4. Coaches are responsible for all communications with the Athletics Supervisor and/or representative with the Parks and Recreation Department. Coaches are the liaison between the Parks and Recreation Department and the parents.

## SMART and SPORTS TRAININGS

The SMART parent program is currently not offered. However, we reserve the right to have a parent take the course if needed.

## Conduct of Participants, Parents and Spectators:

1. Coaches are responsible for the conduct of their teams and spectators during practices and games.
2. The conduct of the player is the responsibility of the player, parent, and coach. Poor behavior displayed by any player, coach or parent, will not be tolerated. This is at the discretion of the game official, gym supervisor and any PARD representative.
3. Parents are responsible for any child(ren) that are not participating in our program. Please remember that court time is set for participants and coaches. Please keep other child(ren) clear of the court area and quiet so that the coaches can instruct their teams during practices and games.

4. Officials are responsible for maintaining order on the court. An official has the authority to eject any person off the court and/or facility.
5. Any player, coach, parent, or spectator being ejected from a game will automatically be reviewed by the Athletics/Aquatics Supervisor. Any further discipline, if needed, will be at the discretion of the CORR and PARD.

#### **CONCUSSION PROTOCOL:**

1. Parks and Recreation provides coaches, parents, referees, contractors, and participants with information from the Center of Disease Control and Prevention (CDC) on the signs, symptoms and behaviors associated with sports related concussions and head injuries; and should incident occur be able to recognize, respond and report. The CDC's website includes concussion resources for coaches, parents, officials and youth participants, as well as access to a training course.
2. PARD encourages all coaches, parents, officials and participants to utilize these resources to educate themselves on the signs, symptoms, behaviors and prevention of sports related concussions and head injuries.
3. The following link about sports related concussions and head injuries is provided to all users:

<https://www.cdc.gov/headsup/youthsports/index.html>

#### **Social Media Policy:**

We wish to promote effective communication and maintain a respectful dialogue on our social media. In that spirit, here are the guidelines for posting comments:

Comments on City posts must be within the scope of the topic under discussion.

Your comments must be civil. They must not contain malicious, offensive, threatening, profane or insulting language.

No references to the personality of other participants or individuals, or attacks on individual character will be permitted.

Information about locating and sharing knowledge and expertise is welcomed, but within the specific discussion provided here. Links to other web sites or pages must be relevant to the topic.

Advertising or promotional announcements are not permitted. Event or publication announcements are permitted only if they have direct relevance to the subject of discussion.

This is a forum for community issues and not for electoral campaign purposes. Such messages will be removed.

#### **Non-Round Rock Parks and Recreation Post Season Tournament Play Rules:**

The following rules will apply for any Round Rock Parks and Recreation Department Youth Volleyball Team that chooses to participate in non-RRPARD post season tournament(s):

Division II/ III tournament teams will be defined as teams formed by RRPARD and participated in current league play

1. Teams that choose to participate in non-RRPARD post season tournament play must invite all rostered team players to participate. The Round Rock Parks and Recreation Department representative will not sign off on any team roster that intentionally omits rostered team players, unless written documentation from the parent is submitted to Round Rock Parks and Recreation Department. The parent must include the reason why their child is opting not to participate. This documentation will be reviewed and approved by the Round Rock Parks and Recreation Department representative prior to signing off on the team roster.
2. Teams are allowed to wear the RRPARD league uniforms during tournament play
3. In some cases, teams are required to have RRPARD sign off on the team roster in order to participate in a tournament

Division I tournament teams will be defined as a team formed by a coach selecting any current league registered players from any division.

1. If a coach chooses this option, the coach is responsible for uniforms according to the rules of the tournament.

The Round Rock Parks and Recreation Department representative will facilitate any applicable post season tournaments. Teams will be required to confirm request to participate through email and will be given a deadline to register. These deadlines are set by the Round Rock Parks and Recreation Department, not the tournament director.

Coaches and teams will be responsible for paying any entry fees for post season tournaments by the deadline set by the Round Rock Parks and Recreation Department.

Coaches and teams will be responsible for collecting any documentation needed for post season tournaments (birth certificates, parent signatures, school records, etc.) by the deadline set by the Round Rock Parks and Recreation Department.

#### **Child Sexual Abuse Policy:**

Eliminating the risk of child sexual abuse by employees and/or volunteers is a priority. Whenever a child is entrusted to us, we assume the responsibility for that child's welfare. We take any allegation of abuse of children very seriously and such actions will not be tolerated.

Volunteers shall comply with the following policies at all times, without exception:

1. Volunteers are not permitted to be alone with individual children. In situations that require a personal conference, the meeting is to be conducted in view of other adults and youths.
2. Children are to be released only to their legal guardian or someone designated in writing by their guardian.
3. Children should not be touched on any area of their bodies that would be covered by swimming suits.
4. Volunteers may not use physical punishment, verbally abusive comments or denial of necessities such as food, water or use of the bathroom.
5. Volunteers must report immediately any signs of injury or possible child abuse to the Round Rock Police Department or the Round Rock Parks and Recreation Department.