

LS Youth Volleyball Rules

The Divisions

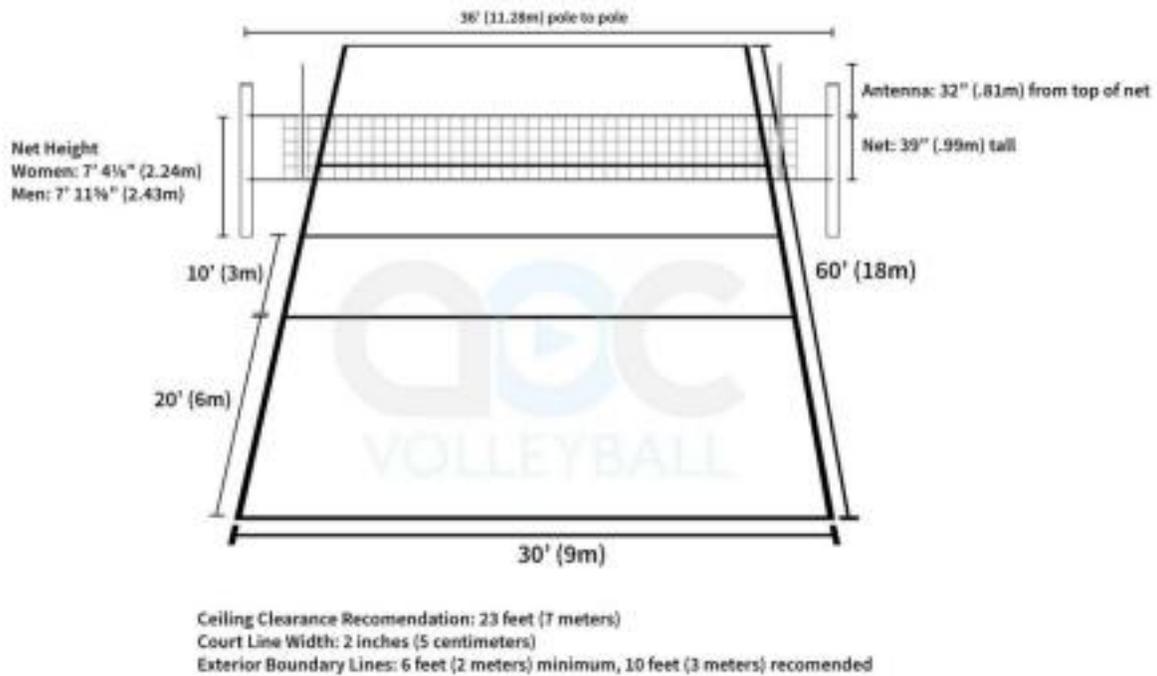
1. Training League (Ages 7-9)
2. College League (Ages 10-12)
3. Pro League (Ages 13-15)
4. HS 16-18 Girls/Boys 13-17

The Match

1. Matches will consist of three sets. Teams will play the best two out of three sets. The first two sets shall be to 25 points. The third set will be to 15, unless noted below.
 - a. First two sets should be won by 2. However, they will be capped at 27.
 - b. The third set shall be the first to 15. No win by 2 required.
 - c. The Training League (7–9-year-old) will play all three sets to 25.
2. Matches will have a 60-minute time limit. Once the time limit has been reached, play will be stopped, and the contest will be concluded.
 - a. The warm-up will be included within this time limit. Each team will receive 5 minutes on the full court starting with the home team.
 - b. If the final set is tied when the buzzer sounds, we will play until the next point is scored.
3. Teams will be permitted two timeouts per set. They shall be 30 seconds.
 - a. Timeouts will not be granted in the last two minutes of the 60-minute time limit.
4. The match will have pre-determined home/away teams. The home team will have first serve. The home team is the team listed first in the schedule.
5. The match will use Rally Scoring.
 - a. The opponent shall score a point each time a fault is committed.
 - b. If the serving team wins the rally, it scores the point and continues to serve.
 - c. If the receiving team wins the rally, it scores a point and gains the serve.
 - d. Each time a team gains a serve; it must rotate one position clockwise before serving.

The Court/Equipment

1. The nets will be set at the women's height of 7' 4 1/8" for all matches in the 13-15 age division and 7' for 7-9 & 10-12 age divisions. The net height for the HS Girls 16-18/Boys 13-17 will be 7'9".



2. The Training League will use Volley Lite Volleyballs, while all other Leagues will utilize standard volleyballs.
3. Players are strongly urged to not wear jewelry during practices, warm-up or competition. Only stud earrings from the neck up will be allowed.
4. A guard, cast, or brace made of hard leather, plaster, pliable plastic, metal or/and other hard substance, even though padded, is not permitted on the finger, hand, wrist or forearm.

The Team Composition and Positions

1. Team Players

- a. A team shall consist of six (6) players to begin the first set of the match.
- b. If there are not six (6) players to begin the match, a team may play with five (5), but no less than four (4) players.
- c. In the Training League, players may be borrowed from the other team to complete the match.

2. Player Positions

- a. The position of the players in order of the serve shall be right back, right front, center front, left front, left back, and center back.
- b. For the HS Girls/Boys league- The coach must place at least one female player between two boy players in their lineup. Boy players cannot serve back to back.
- c. At the moment of the serve:
 - i. All players, except the server shall be within the team's playing area and may be in contact with the boundary lines or center line but may not have any part of the body touching the floor outside of those lines.

ii. All players shall be in the correct serving order. Each right-side player should have at least part of one foot touching the floor closer to the right sideline than both feet of the center player in the corresponding row. Each left-side player should have at least part of one foot touching the floor closer to the left sideline than both feet of the center player in the corresponding row. Each back row player should have at least part of one foot touching the floor closer to the backline than both feet of the player in front of them.

- d. After the ball is contacted for the serve, players may move from their respective positions. When a loss of rally occurs, the team preparing to serve shall rotate clockwise one position. A point is awarded as this team rotates.

3. Libero Rules for 13-15 and HS Girls/Boys age groups only:

- A. A libero position must be turned in with the first set lineup and be wearing a designated libero jersey. No libero positions can be added once the first set lineup has been submitted.
- B. Any team using the libero position must provide a libero tracker seated at the score table.
- C. If the libero designated on the lineup is a starter, he/she will stand on the sideline of the court until the referee has checked the starting lineup on the court and motioned to make their replacement on the back court.
- D. A libero replacement shall take place between the attack line and the endline in front of that team's bench.
- E. The libero position designated on the lineup for that set is allowed to replace any player in a back row position. The libero may serve in one position in the serve order. F. The libero may only be replaced by the player whom the libero replaced.
- G. One libero replacement may be exercised per dead ball/rally unless the libero is replacing the serving player.
- H. Libero replacements do not count as substitutions and are unlimited.
- I. A libero replacement shall be completed during a dead ball prior to the whistle and signal for serve.

Libero Actions:

A libero shall not:

1. Complete an attack from anywhere if, at the moment of contact, the ball is entirely above the height of the net;
2. Set the ball using overhead finger action while on or in front of the attack line extended, resulting in a completed attack above the height of the net;
3. Block or attempt to block;
4. Rotate to the front row.

Screening Players

Screening players on the serving team shall not take action to prevent receivers from seeing the contact of the serve or path of the served ball. Examples of screening players, but are not limited to:

1. When a player on the serving team waves arms, jumps, moves sideways, or stands close to the server and the ball is served by the player.
2. When a group of two or more teammates stand close together and the ball is served directly over them.
3. When a player stands at the net with their hands directly above their head. Hands may be no higher than their ears.

The Serve

A serve is contact with the ball to initiate play. The server shall hit the ball with one open/closed hand, while the ball is held, or after it is released. The ball should be contacted within 5 seconds after the referee's signal to serve. The server shall serve from within the serving area.

1. Training League- Anywhere behind the 10-foot line, if the foot touches the line, it will be considered a foot fault. After 3 consecutive points, the same server will be moved to the mid-court line to serve 3 and then to the end line. No player shall serve more than 10 consecutive points - serve will be given to the opposing team with no score awarded.
2. College League- Each player will be allowed to serve at the shortened baseline (black line), but once there are 3 good serves in a row, they will be required to move back to the endline for the remainder of the set. It is the coach's responsibility to notify the players.
3. Pro League & HS Girls/Boys- The server shall always serve from behind the endline and may gain as many points in a row as he or she is capable of. The only exception will be a beginner player that a coach signifies to the scorekeeper and referee prior to the start of the match. They will be allowed to serve from the college league rules listed above.
4. A team's service begins when a player assumes the right back position as the server and ends when a loss of rally is awarded.
5. A re-serve shall be called when the server releases the ball for service and then drops it to the floor or catches it.
6. The server is allowed a new 5 seconds for the re-serve attempt.
7. Players must wait for the referee to blow the play dead and then blow it again designating a re-serve attempt before they can serve.
 - a. The Pro League and HS Girls/Boys will be allowed only 1 re-serve attempt per rally.
 - b. The College League will be allowed 2 re-serve attempts per rally.
 - c. The Training League will be allowed 3 re-serve attempts per rally.
8. The first server of the game is the right back position. Thereafter, when a team is awarded a loss of rally, the player in the right front position rotates into the serving position. A team

continues serving until it loses the rally or the game ends. The serve alternates when the serving team loses the rally. The team not serving first in the previous game of a match shall serve first in the next game

9. A serve is illegal, and the ball remains dead if the server:
 - a. Hits the ball illegally
 - b. Is touching the end line or floor outside the serving area when the ball is contacted
 - c. Does not contact the ball to serve within 5 seconds
 - d. Is out of serving order or is from the wrong team
 - e. Deliberately serves before the referee signals to begin service
 - f. Releases the ball for service, then catches it or drops it to the floor more than the number of times allotted.
10. A served ball is a service fault and becomes dead when the ball:
 - a. Does not legally cross the net
 - b. Crosses the net not entirely between the antennas, or lands out of bounds
 - c. Touches the ceiling or any obstructions.

11.

Live and Dead Balls

A live ball is in play, from the moment the ball is legally contacted by the correct server until a dead ball occurs

A live ball becomes dead when:

1. The ball touches the antennas or does not pass entirely between the net antennas and passes beyond the plane of the center line extension
2. The ball lands out of bounds
3. The ball contacts the ceiling or overhead obstruction and is not legally played next by the offending team
4. The ball contacts the ceiling or overhead obstruction after the third hit
5. The ball contacts a wall or ceiling obstruction, which is over a non-playable area
6. The ball touches the floor
7. The ball passes completely under the net

Contacting the Ball

A contact is any touch of the ball by a player

A hit is a contact/ touch of the ball, which is counted as one of the team's 3 hits

A team shall not have more than three hits before the ball crosses onto the opponent's playing area or is touched by the opponent.

A ball is considered to have crossed the net when:

1. It passes completely beyond the vertical plane of the net

2. It is partially over the net and is contacted by an opponent
3. No part of the ball has crossed the net and it is legally blocked

Simultaneous contact is more than one contact of the ball made at the same instant

Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays.

A player shall not have successive contacts of the ball unless there is:

1. Simultaneous contact by teammates
2. Simultaneous contact by opposing players
3. Successive contacts by a player whose first contact is a block, then the second contact shall count as the first hit

Player Actions

Pass-A play in which the ball is hit into the air so another player can get into position to contact the ball.

1. Forearm Pass- a controlled skill, generally used as a team's first hit in which the ball rebounds from the forearm of the receiver to a teammate.
2. Overhead pass- two handed finger action directing the ball.
3. Set- two hand finger action directing the ball to an attacker.
4. Dig- an underhand or overhand defensive saving skill in which the ball is contacted by the forearms, fists or hands.
5. In the HS Girls/Boys league – During a rally, a female player must touch the ball once before the ball passes over the net other than an unintentional overpass.

Attack- Is an action other than a block or a serve which directs the ball toward the opponent's side of the court. A team's third hit is always considered to be an attack. A completed attack occurs the instant the ball completely crosses the vertical plane of the net or is legally blocked.

1. Spike- an attack play in which the ball is forcibly hit into the opponent's court with a one hand overhead motion.
2. Tip- a fingertip attack on the ball which directs the ball into the other opponent's court
3. Dump- a fingertip attack most commonly used by a setter on the second hit to direct the ball into the opponent's court
4. Overhead Pass- two hand finger action directing the ball over the net

Block- the action of a player close to the net that deflects the attacking ball coming from the opponent by reaching higher than the top of the net at the moment of contact. A block may involve wrist action provided there is no prolonged contact

- a. A blocker can reach above the net and cross planes to the other side of the court.
- b. The blocker can only block the ball during an attack.

c. If the blocker interferes with a pass, it is a penalty and becomes a dead ball.

A player may touch the floor across the centerline with one or both feet/ hands provided a part of the foot or hand remains on or above the centerline. Contacting the floor across the centerline with any other part of the body is illegal.

Net Play

A ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas. A serve contacting and crossing the net shall remain in play provided that the ball is entirely within the net antennas. Recovering the ball hit into the net should be permitted. Blocking a served ball is NOT permitted. A net foul occurs while the ball is in play and a player contacts any part of the net including the net cables or antennas.

Fouls

A foul is a failure to play as permitted by the rules. A double hit occurs when a player's successive or multiple contacts are illegal. A foot fault occurs when a player violates the serving area or centerline restrictions.

Rotation

Players must remain in the same rotation at all times. Players may enter into any position on the floor, but must then maintain the same rotation throughout. Players may enter from the right or the left side of the court.

Substitution

A substitute player may enter the game in place of a player of the starting line-up and he/she can only be substituted by the same starting player.

*****ALL PLAYERS MUST PLAY EQUALLY*****

To request a substitution:

1. The head coach must visibly signal to the referee that substitution is desired. Once the signal is made the players will have 10 seconds to make the swap.
2. The substitute may enter the substitution zone (the area near the sideline between the attack line and the center line)
3. The referee recognizes the request and the substitutes shall immediately move to the sideline between the attack line and the centerline of that team's playing area.
4. The player and substitute shall remain in the substitution zone until the referee releases them
5. If multiple substitutions occur at one time, each substitute must stand behind one another until recognized individually. Substitution may be made during a timeout, but must be reported to the referee. The position of the substitute shall be that of the player replaced without changing the serving order as recorded on the score sheet. A team is allowed a maximum of 18

substitutions per game. Each player is allowed unlimited entries within the team limit A re-entering player shall not return to the game during the same dead ball in which the player was replaced.

Unsportsmanlike Conduct

Unsportsmanlike conduct includes actions that are unbecoming to an ethical, fair and honorable individual. It consists of acts of deceit, disrespect or vulgarity and includes taunting.

1. No player or coach shall act in an unsporting manner while on or near the court before, during, or between games
2. One coach may remain standing during sets provided they remain behind the attack line on their designated side and not within 2 feet of the court boundaries during game play.
3. Other coaches should remain seated on the bench during a game except to:
 - a. Request a timeout or substitution during a dead ball
 - b. Stand at the bench to greet a replaced player
 - c. Confer with players during timeouts
 - d. Spontaneously react to an outstanding play by a member of their team
 - e. Confer with officials during specifically requested timeouts
 - f. Clarify a call made by the referee (non-arguable)
 - g. Attend to an injured player
4. Non-playing team members shall remain seated on the team bench except to:
 - a. Spontaneously react to an outstanding play by a member of their team
 - b. Stand at the bench to greet a replaced player, then immediately sit down
5. Unsportsmanlike conduct includes, but is not limited to:
 - a. Use of disconcerting acts or words when an opponent is about to play the ball
 - b. Entering the court while the ball is in play
 - c. Attempting to influence a decision made by the referee
 - d. Disrespectfully addressing a referee
 - e. Questioning a referee judgment
 - f. Disrespectfully addressing, baiting, or taunting anyone involved in the contest
 - g. Holding unauthorized conferences
 - h. Attempting to re-enter a disqualified player
 - i. Illegally leaving the designated bench during the games
 - j. Making any excessive requests designed to disrupt the game
 - k. Abusing the re-serving rule
 - l. Using profane or insulting language or taunting anyone involved in the contest
 - m. Making contact with an opponent which is deemed unnecessary and which incites roughness
 - n. Delay of Game

PENALTIES:

1. Unsportsmanlike conduct shall be penalized as follows:

a. Warning (yellow card) for first minor offense;

b. Unsportsmanlike penalty (red card) for first serious offense or second minor offense and loss of rally/point awarded to opponent;

c. Disqualification (yellow and red card displayed apart) for first flagrant offense, second serious offense; or third minor offense and loss of rally/point awarded to opponent.

Offender is disqualified from further participation in match and may be removed from the vicinity of the team bench.