

**North Georgia Recreation Volleyball
Youth Volleyball League Rules
Spring 2026**

Purpose: To provide citizens of North Georgia with a well-organized volleyball league to promote teamwork, sportsmanship and healthy competition.

SECTION I- GOVERNING AUTHORITY

Any rules not covered by North Georgia Recreation Volleyball League will be covered by Georgia Recreation and Parks Association.

SECTION II – OFFERED DIVISIONS & AGE CONTROL DATE

A. Age control date: Age On or before September 1 of current year

a. Players are allowed to play up one division.

i. **Players are not allowed to play on multiple teams.** Players can only be on ONE roster within the program.

b. Offered Divisions:

10 & Under: 9-10 years of age

12 & Under: 11-12 years of age

14 & Under: 13-14 years of age

SECTION III- PLAYER EQUIPMENT, UNIFORMS

A. Shoes are required- proper rubber sole shoes must be worn.

B. Uniforms should have numbers on the front and back identical in style and color with players on the same team. The logos, numbers, trim, etc. does not have to match if the basic color is the same.

SECTION IV- COURT REQUIREMENTS

DIVISION	NET HEIGHT	COURT SIZE	SERVICE LINE	GAME BALL
10 & UNDER	7'5"	50'x30'	Up to 10' line	Lite Flight (7-8oz)
12 & Under	7'5"	60'x30'	Regulation	Regulation 9-10oz
14 & Under	7'5"	60'x30'	Regulation	Regulation

SECTION V- RULES

A. Start of Match

- a. Prior to the start of the match the official will ask for team captains. The official will have the home team captain call the flip in the air. The winner of the coin flip will have the choice of serve, receive, or side.
- b. *The initial coin flip will determine which team has the option to select between serve or side. The team that doesn't serve first in the first set will serve first in the second set. If the match goes into a 3rd set, another coin toss will be utilized to determine serve and side.*
 - i. *Rock, paper, scissors can be substituted for coin toss.*
- c. All matches will be best two out of three. The first two sets will go to 25 points, a team must win by two points. If a third set is necessary, it will be played to 15. In all sets, the team must win by two points.
- d. Each team will consist of six (6) players. A team must have five (5) players to begin a match.
 - i. *If a team only has 5 players they will play with a "ghost player". This ghost player is an empty spot on the court that moves like a player on the court when rotating. When the ghost player gets to the serving position, the team loses the point and the other team rotates for the next server.*

B. SERVING

- a. 10U & 12U SERVING:
- b. **10U Division:** Players are allowed to serve underhand serves from the 10 ft line. This line will be marked on the floor by Recreation Staff.
 - i. When a server has served 5 consecutive points, the offensive team will rotate and the next server may begin.
 - ii. **10U Division Players attempting an overhand serve, will be required to serve from behind the 25' line.**
- c. **12U Division:** Players may only serve 5 consecutive points. All serves must be attempted from the court regulation line.
- d. **14U Serving:** Servers serve from the Regulation serving line.
 - i. Service will continue until the serve is missed or until the other team gains the serve.

ALL DIVISIONS:

- ii. Overhand and underhand serves are permitted.
- iii. **Ball Drop:** On an overhand serve, players are allowed one re-toss per service rotation. The server cannot catch the ball in this case. Catching the ball will result in the team losing the serve.

- iv. The serve may hit the net as long as it goes onto the opposing team's side without assistance. The serve should be played as a live ball.
- v. When the receiving team has gained the right to serve, players should rotate one position clockwise, including the first serve.

C. SUBSTITUTIONS: All age divisions

- a. Substitutions can only be made after a side out or on a dead ball.
- b. Continuous substitution is not enforced.
 - i. Teams must follow correct substitution rules. Substituting players must stand within the 10' line and wait for the referee to allow the substitution.
- c. When substitutions are made, a player in the starting line-up may leave the set and re-enter but only in his/her previous position in the line-up for the same person that entered the game for them.
 - i. *Example: Coach subs number 4 in for number 5. At this point, #5 can only sub for #4 for the remainder of that set.*
- d. Illegal Screening: A screen is considered illegal when a player or group of players on the serving team:
 - i. Hide the server: prevent the receiving team from seeing the server's position or movement.
 - ii. Obstruct the ball's flight path: hinder the receiving team's ability to track the ball's trajectory from the moment it's served until it crosses the net.
 - iii. Move with the receiver if players move in a way that follows the receiving players to maintain a visual obstruction.
 - iv. Players must be in their legal position on the court prior to the serve.
 - v. Players can move into position and raise their arms before the serve if they are not actively moving to block the receiver's view during the serve.
 - vi. Net player (Front row) can raise their arms during the serve as part of a blocking stance but cannot impede the receiver's view.

If an illegal screen or illegal movement occurs, the referee will call a fault, resulting in a side-out and awarding the point to the receiving team.

D. Rally Scoring

- a. A team can only hit the ball for a total of three (3) times before the ball crosses the net, and may not be hit consecutively by the same player.

- b. A ball may contact the ceiling, or other overhead objects above the playing area, and continue to be played as long as it remains on the same side of the court and as long as the team has not already hit the ball 3 times.
- c. If a ball contacts an overhead object and enters into the opposing team's side of the court it will result in a dead ball, and a point will be awarded to the opposing team.

E. Timeouts

- a. Each team gets one (2) 60 second time out per set.

SECTION VI- SPECIAL RULES, COACH & PLAYER CONDUCT

- A. Any player, coach, or spectator acting in an unsportsmanlike manner or in any way that could prove detrimental to the league will be subject to disciplinary action by the League Administrator.
- B. Any department that has 12 or more players signed up in a single or combined age group must split into two (2) or more teams and draft players EQUALLY to each team by each year of age.
- C. Any association having two (2) or more teams in an age group will have a draft supervised by the association's Director and Program Supervisor.

**North Georgia
League Specific Rules**

League Specific Rules are defined as rules that are specific to our league during the regular season of play and are not practiced by GRPA during District and State tournaments. These rules are agreed upon by program directors from each participating department before being put into place.

Our League specific rules for the upcoming season are as follows:

- 10U & 12U players can score a maximum of 5 consecutive points during a service rotation. If the server scores 5 points, the offensive team will rotate and the next server will begin.

All other rules are governed by the current rules and regulations of USVA.