



# South Metro Recreation Leagues

## Youth Volleyball Rules

3rd - 9th Grades

Rules and Guidelines (Revised Aug 4, 2025 )

**Rule Changes Highlighted in Yellow**

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### League Contact Information

City	Contact	Email	Rainout	League Website
Raymore	Nick Cook	ncook@raymore.com	816-892-3131	www.teamsideline.com/raymore
Belton	Jared Benson	jaredb@beltonparks.org	816-348-3744	www.teamsideline.com/belton
Grandview	George Hermanson	ghermanson@grandview.org	816-316-4990	www.teamsideline.com/grandview
Harrisonville	Alex Slocum	aslocum@harrisonville.com	816-380-8980 EXT. 9	www.teamsideline.com/harrisonville
Peculiar	Seth Wansing	swansing@cityofpeculiar.com	816-996-8140 EXT. 1	www.teamsideline.com/peculiar
Pleasant Hill	Dharma Gilsdorf	dgilsdorf@pleasanthill.com	913-791-2600	www.teamsideline.com/pleasanthill

**Coaches and players are responsible for knowing and following rules.**

## A. General Rules

1. The game official, employees of South Metro Recreation Departments, and the area school districts have the right to eject any player, coach, or spectator acting in an unsportsmanlike way or not following the South Metro rules and policies.
2. Participants must accept referees' decisions with sportsmanlike conduct without dispute. In case of doubt, clarification may be requested by the coach only.
3. **Coaches must rotate players before each serve except the opening serve of the game.** The player who had just served will be substituted for if there are substitute players available on the bench.
  - a. Exception: players may be substituted at any time in case of injury.
4. A team may play a game with a minimum of 4 players.
5. Teams may use players from another team if they have less than 6 players (from the team roster) present at game time.
  - a. This must be approved by the league official or supervisors on site.
  - b. If a team has 6 players present at the start of the game, they may NOT pick up a player from a different team unless an injury occurs.
  - c. Any players used as a sub must be from the same grade division, registered to play within the city, and must wear their original team's jersey.
  - d. Substitute players must be placed as the last server in the line up.
6. Time Outs - Each team will have the option of **(1)** 30-second time out per game.
7. Ceiling - If the ball hits the ceiling and remains on the same side of the court, it is still in play. If the ball hits the ceiling and bounces to the other side, it is considered out of bounds and a point will be awarded to the other team.
  - a. Lights, rafters, basketball goals, and anything attached to the ceiling counts as a part of the ceiling.
8. Dividers, Bleachers, Walls - All dividers, bleachers, and walls are considered out of play. If a player hits the ball that then hits any of these objects, it will be a side out and a point will be awarded to the other team.
9. If a ball gets stuck on the first contact on the serving team's side of the net, the play will result in a re-serve, if an eligible hit remains.
  - a. If the ball gets stuck on the opposing team's side of the net, the play will result in a point to the opposing team.
10. Teams will remain on the same side of the net throughout the entire game.
  - a. Teams may not switch sides in-between sets.

## **B. Serving**

1. *Let serves* are allowed. A *Let Serve* is a serve that hits the net, but still goes over the net inside of the boundaries of the opponent's court. A *Let Serve* is still considered to be in play.
2. The team that is not serving is not allowed to make any noise while the opposing team is serving.
  - a. The first violation of this will be a warning.
  - b. The second and so forth violations will result in a point being awarded to the opposing team.
3. First serve of the first (1) and third (3) games will be decided by coin toss. One captain from each team will meet the referee prior to the first game to do the coin toss. The winning team of the coin toss will be awarded the first serve; the losing team will choose which side they want to defend.
4. Both feet of the serving player must be behind the designated line for each group. The designated line will be marked on the floor.
  - a. 3rd - 4th Grade: 7 feet in
  - b. 5th - 6th Grade: 4 feet in
  - c. 7th - 9th Grade: baseline boundary
5. Players must wait for the whistle from the referee to serve
6. Players may not block or attack the serve
7. The server may move freely within the service zone
8. In case of a bad toss during service, the serving player may not touch the ball before it touches the ground.
  - a. If the ball is touched before hitting the ground, it will result in a side out and point for the other team
  - b. After a service tossing error, the referee must authorize the service again
  - c. One service tossing error is permitted for each serve
9. Re-serves will be permitted only for the first week of the season and the first set.
  - a. Re-serves will only be eligible for the first serve of that server's rotation.

## **C. Playing Court and Equipment**

1. The net height will be...
  - a. 6'6" for 3rd - 6th grade divisions
  - b. 7'0" for 7th - 9th grade divisions
2. All age groups play with the full sized boundaries
3. Coaches and players on the bench must stay at least 5 feet back from boundaries
4. Volleyballs:
  - a. 3rd - 4th Grade: Volley-Lite ball. It is the same size as regulation but lighter and softer

- b. 5th - 9th Grade: "SV-5WS Tachikara Ball" or an equivalent ball of size and regulation.
5. Players are recommended to wear knee pads but not required
6. All jewelry must be taken off to ensure the safety of players.
  - a. Exceptions: Medical bracelet or necklace; if worn, must be tapped to the body to prevent flopping around on the body.
  - b. No earrings may be tapped. They must be removed.

#### **D. Game Play**

1. All regular season games will consist of playing three (3) sets.
2. All regular season games will be rally-scoring, meaning a point will be awarded to one team after each play.
  - a. All three (3) sets of a regular season game will be played to 21 points.No "Win by two"
3. All tournament games will consist of playing guaranteed two (2) sets.
  - a. The first two sets will be played to 21, win by two point difference
  - b. If each team wins one of the first two sets, a third set will be played
    - i. The third set will be played to 15, win by two point difference
4. A single player will be allowed to serve up to **5** consecutive points. It will be side out after that. No point will be awarded to the other team, but they will rotate and be allowed to serve.
5. Each team is entitled to a maximum of 3 hits to return the ball to the opponents.
  - a. Hits include intentional hits as well as incidental contact with the ball
6. A player may reach into the opponent's court and/or space under the net, provided that this does not interfere with the opponent's play. This rule is at the discretion of the referee.
7. It is a fault to touch any part of the net except for incidental contact by a player's hair or insignificant contact by a player not involved with the action of playing the ball.
8. Enforcement of two-handed lifts will be a point of emphasis for officials
9. Enforcement of "Hitting" or "Attacking" a serve will be a point of emphasis for officials.

#### **E. Game Schedules**

1. Game schedules will be posted by each community's [teamsideline.com](https://teamsideline.com) webpage.
2. Games will be played on Saturdays
3. The league will consist of 6 games of league play

4. Post Season Awards - Participation awards will be given to coaches for distribution to their players. Tournament winners will receive trophies at the conclusion of their games.

#### **F. Officials and Line Judges**

1. League officials will be provided by the South Metro Parks and Recreation Departments.
2. Line judges will be volunteers from each team. The referee will ask you to provide line judges prior to each game. Occasionally line judges will be volunteers from area school districts.
  - a. Line judges must be high school aged or older
  - b. Line judges must be lined up on the opposing team's side of the court during play

#### **G. League Contact Information**

1. If you have any problems or issues you would like to discuss, please contact the parks and recreation department that you are registered within.
2. If there is inclement weather on the day of your game, please contact the inclement weather lines for the community your game is scheduled at. That information is provided on the front page of this rulebook.

#### **H. South Metro Sportsmanship Policy**

As a league, we encourage positive reinforcement from coaches, officials, parents, and teammates for every player. Harassing, shouting, or engaging in any sort of emotional or physical harm to an opposing coach, league official/referee, or any player will not be permitted. Individuals that fail to comply with this policy will be asked to leave the game or at the discretion of the league manager, will be removed from the league. We thank you for your cooperation with this matter as we strive to provide a safe and fun learning environment for the children in our communities to learn the fundamentals of youth sports.