

Spring Youth Volleyball Rules and Regulations

1st-6th Grade





The age divisions that play in house are 1st/2nd, 3rd/4th, and 5th/6th grade teams. These divisions will be ran in house. Teams will be expected to follow the rules that have been set by TRPR and the USAV. All rules are in effect for all grade divisions unless noted otherwise.

7th-10th Grade

The age divisions that will travel are 7th/8th and 9th/10th. Games will be played in locations such as Milliken, Berthoud, Frederick/Firestone, or Mead. Teams will be expected to follow the rules set by Northern Colorado Recreation facilities as well as the USAV. All rules are in effect for all age divisions unless noted otherwise.



All Division Volleyball Quick Rules

-  **Home Team** Home team will be decided by a coin flip by the referee during the pre-game conference.
-  **Game Ball** The game ball shall be provided by the hosting facility.
-  **Protests** Protests will not be allowed on any judgement call made by an official.
-  **Forfeit of Game** Forfeit of the match will be declared if a team cannot field the minimum number of players required by 10 minutes after scheduled match time. Because of the tight time schedule this will count as the first 10 minutes of the 45 minute match.

USAV & TRPR 1st-6th Rules



Equipment

- **Court**
 - 1st/2nd grade
 - court shall be **30' x 40'** (WxL).
 - 3rd - 6th grade
 - court shall be **30' x 60'** (WxL).
 - Court dimensions may vary depending on the facilities used.
- **Net**
 - The top of the net shall be placed at 7 feet, measured from the center of the court for 1st & 2nd grade, 7 feet for 3rd and 4th grade and 7 feet 4 inches for 5th through 8th grade.
 - The net shall have antennas according to Federation Rules.
- **Game Ball**
 - Shall be provided by the hosting chapter.
 - Shall be constructed of leather and/or synthetic material.
 - Size of ball shall be:
 - 1st/2nd grade: Trainer ball
 - 3rd-6th grade: 7oz. Inflated

League Match Regulations

- **Hosting Facility Requirements**
 - The hosting facility must provide:
 - One official of at least 14 years of age for each scheduled match knowledgeable of the game of volleyball and Federation High School rules.
 - One scoring device (flip type is approved).
 - One scorekeeper. May need parents' help, can be the official.
 - If line judges are wanted, the coach must let the officials know before the start of the match and have at least one volunteer from each team.
- **Match Play**
 - 1st/2nd grade matches will play three games with a 45 minute running time limit. Time will start with the first contact of the first serve. If the third game is not complete when the time runs out the game will be left where it stands at the end of the time.
 - 3rd-6th grade matches will have a time limit of 50 minute running clock. Time will start with the first contact of the first serve. If the third game is not complete when the time runs out the game will be left where it stands at the end of time. Games will be played rally scoring to 25 points (win by 2, no cap). 3rd game to 15 points. If a game is tied after the time limit has expired it will stay a tied game. We would like to promote having fun as much as we can. The official or scorekeeper will time the match to designate an official timer. *note: having fun as much as we can.*
 - The official or scorekeeper will time the match to designate an official timer.

USAV & TRPR 1st-6th Rules



League Match Regulations Continued

• Start of Match

- Forfeit of the match will be declared if a team cannot field the minimum number of players required by 10 minutes after scheduled match time. Because of the tight time schedule this will count as the first 10 minutes of the 45 minute match. Prior to the start of a match the official will
- conduct a pre-game conference with a captain and a coach from each team to determine:
 - If a team has the minimum number of players present to start a match.
 - Which team will serve 1st for game 1 and game 2 by a toss of a coin.
 - The official will whistle for teams to serve 3 minutes before start time.
- Prior to the start of the third game, the official will conduct another coin toss to determine which team will serve first.
- Teams are allowed two minutes between games, please play on if both teams are ready early.

Playing Rules

• Service

- Release of the serve is not required. Overhand serves can be executed from the shortened service
- line appropriate for the specific age division. Please use good judgment and have players step back if they are consistently serving it over from the shortened line. A second service line used in the 1st through 4th grade division shall be placed on the court running parallel from the regulation service
- line. This line should be marked by tape. The 1st and 2nd grade line is the 10 foot line and the 3rd and 4th grade line is the end line for the 1st and 2nd graders. A player who is serving, shall not touch or cross the respective service line that they are serving from until the ball has been
- contacted for service. A serve must be executed within five seconds of the official whistle to serve. A re-serve will be called when the server releases the ball for service, then catches it or drops it to the floor. The official shall cancel the serve and direct a second and last attempt to serve. The
- server is allowed a new five seconds to re-serve. 1st-2nd grade is allowed a 2nd chance to serve if the ball does not go over on the first serve of every rotation. They are also allowed to serve from the 10 foot line (overhand or underhand). If the ball was served out of bounds on the opponent's
- side of the court a re-serve is not given. The receiving team must rotate before their 1st serve of the game. Any ball that touches the net on a serve, inside the antenna, is a playable ball.
- The receiving team must rotate before their 1st serve of the game.
- Any ball that touches the net on a serve, inside the antenna, is a playable ball.

USAV & TRPR 1st-6th Rules



Playing Rules Continued

- **Scoring**

- A point will be awarded to the team that wins the rally. After a team gets five continuous points, an automatic side out will be called 3rd -6th grades only. The serving team will get the point but the serve will then be awarded to the other team. 1st and 2nd grade get 3 continuous points before a side out.

- **Substitutions**

- Continuous substitution (rotation) is required for each team 1st – 6th grade.
- The rotations/substitution must be made after the ball is dead before your serve and must be in the same order throughout the game.
- Please rotate clockwise. If you don't want to sub in for the server you can sub into the front left position.

- **Time-Outs**

- A team is allowed one time-out per game.
- Each time out shall not exceed thirty seconds.
- In the event that a match is tied at the end of the third game, each team will be allowed one time out during the playoff time.

Other

- **Practices**

- Teams shall be allowed no more than five hours of practice per week before the start of League Matches.
- Teams shall be allowed no more than three hours of practice a week after the start of League Matches.

- **Conduct**

- Any player, coach, parent or spectator displaying unsportsmanlike behavior or conduct shall be ordered to leave the facility immediately.
- Failure to adhere to this rule will allow the official to declare a forfeit against the offending team.

- **Open Wounds / Bleeding**

- A player who has an open wound must:
 - Be removed from the game and may not re-enter until bleeding has been stopped.
 - Have the open wound covered before returning to play.
 - Change any clothing that has become saturated with blood

- **Protests**

- There are no protests allowed, Official have the final authority.

USAV & TRPR

1st-6th Rules

Other Continued



- **Cancellations and/or Postponements**
 - All matches must be played according to the schedule.
 - In the event that a match cannot be played due to severe weather or other unforeseen circumstances, every attempt will be made to reschedule the match by the league directors.
 - Games can be rescheduled during previously scheduled practice times if needed.
 - **Coaches**
 - Only designated coaches that have passed the background check will be allowed on the bench at any time.
 - In the even that the head coach cannot be present at a game or practice, the league supervisor should be made aware of the temporary coach.
 - Coaches must remain in the bench area during the match.
 - **Players**
 - Players should not wear jewelry of any kind during practice or game play. This includes bracelets, necklaces, and and/all piercings.
 - Players should not cross under the net at any time during game play.
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Administration

- **Age Divisions**
 - Age divisions will be formed based on the current school calendar year.
 - 1st/2nd
 - 3rd/4th
 - 5th/6th
- **Teams**
 - A team should have no more than 12 players listed on a team roster
 - A team can consist of both male and female players.
- **Rosters**
 - Teams shall play with no more than six (6) players on the court at any time.
 - If a team does consist of male players, that team shall:
 - Only play up to three (3) male players on the court at any time.
 - Not play more males on the court than females at any time.
 - Teams must have a minimum of:
 - Four (4) players present at the start of the match.
 - Two (2) females present at the start of the match.
- **Players**
 - Players shall be listed on only one roster at a given time
 - Players may move up in age groups, but may not play down.

USAV & TRPR in partnership with Mead
Carbon Valley and Berthoud



7th-10th Rules

Equipment

- **Court**
 - 7th-10th grade leagues
 - Court shall be **30' x 60'** (WxL).
 - In addition to the regulation service line, a secondary service line will be marked at 10' inside the court running parallel from each regulation service line.
 - Only coaches and players are allowed in the bench area during games.
- **Net**
 - The height of the net shall be set to 7'4" measured from the center of the court
 - The net shall have antennas according to Federation Rules.
- **Game Ball**
 - Shall be provided by the home team.
 - Shall be constructed of leather and/or synthetic material.
 - Size of ball shall be:
 - 7th/8th: 9oz.
 - 9th/10th: 9oz.

League Match Regulations

USA Volleyball will govern all play in addition to the listed playing rules.

- **Hosting Facility Requirements**
 - One official of at least 14 years of age for each scheduled match knowledgeable of the game of volleyball and Federation High School rules.
 - One scoring device (flip type is approved).
 - One scorekeeper. May need parents' help, can be the official.
 - If line judges are wanted, the coach must let the officials know before the start of the match and have at least one volunteer from each team.
- **Match Play**
 - All matches will play three games or a total time of 55 minutes, whichever occurs first. For matches, the first and second games will be played to 25 points (cap of 30) and the third game will be played to 15 points (cap of 20) or to a total time of 55 minutes, whichever occurs first. Teams must win by two points or the first to reach the game cap.
- **Start of Match**
 - If a team cannot field the minimum number of players at the scheduled game time, the game official will start the game clock. The team has 10 minutes to field an eligible team. If the team does not have the minimum number of players after the initial 10 minutes, the match will result in a forfeit. Prior to beginning the match, the coaches and game official will gather at midcourt for a pre-game meeting. The game official will conduct a coin toss to determine which team will serve first for each game. The game official will conduct a second coin toss to determine who serves the third game.
 - The game official will conduct a second coin toss to determine who serves the third game.

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7th-10th Rules

Playing Rules

• Service

- Underhand, overhand, and side arm/roundhouse serves are allowed.
- If an individual server scores five consecutive serves, the team will keep possession and rotate one server.
- The new individual has a new serve count of five points before the team will have to rotate again.
- A player who is serving cannot touch or cross the respective service line until the ball has been in contact for service.
- A serve must be executed within five seconds of the game official's whistle to serve.
- **Re-serve:**
 - Will be called when the server releases the ball from service then ball drops to the floor without being contacted.
 - If the server does not make an attempt to serve the ball, the ball can come in contact with the server without penalty.
 - The game official will cancel the serve and direct a second attempt to serve.
- **Net serves:**
 - Any serve that hits the net and stays within the boundary of the receiving team will be ruled allowed.

• Scoring

- Rally Scoring:
 - A team can score a point during either team's service. If an individual server scores five consecutive serves, the team will keep possession and rotate one server. The new individual has a new serve count of five points before the team will have to rotate again.

• Substitutions

- The receiving team will rotate into service Continuous substitution/rotation is required.
- The substitution/rotation must be made after each side-out, in the middle back position, and include all players from the team.
 - Teams may rotate player for player while still giving players equal playing time. Proper subbing procedures should be practiced (i.e. subbing from 10-foot line, calling for the sub, etc.)
 - Each participant will play at least half of each game. Playing time is the responsibility of the players and the coach.
- Officials do not have to whistle in substitutes in these divisions.
 - Officials may question rotations if they feel equal playing time is not being distributed and can penalize a team for making incorrect substitutions after a warning is given.
 - This can include not subbing certain players in or out due to their skill level; having a certain player serve more often than every 6 rotations; or any other illegal substitutions.
 - The penalty is a side out. One point and the ball will be awarded to the opponent.

• Time-Outs

- Timeouts Each team is allowed two, one minute timeouts per game. Time between matches may not exceed two minutes.

USAV & TRPR in partnership with Mead Carbon Valley and Berthoud



7th-10th Rules

Other

• Practices

- Teams shall be allowed no more than five hours of practice per week before the start of League Matches.
- Teams shall be allowed no more than three hours of practice a week after the start of League Matches.

• Conduct

- Any player, coach, parent or spectator displaying unsportsmanlike behavior or conduct shall be ordered to leave the facility immediately.
- Failure to adhere to this rule will allow the official to declare a forfeit against the offending team.

• Open Wounds / Bleeding

- A player who has an open wound must:
 - Be removed from the game and may not re-enter until bleeding has been stopped.
 - Have the open wound covered before returning to play.
 - Change any clothing that has become saturated with blood

• Protests

- There are no protests allowed; Official have the final authority.

• Cancellations and/or Postponements

- All matches must be played according to the schedule.
- In the event that a match cannot be played due to severe weather or other unforeseen circumstances, every attempt will be made to reschedule the match with an in-house match.
- Games can be rescheduled during previously scheduled practice times if needed.

• Coaches

- Only designated coaches that have passed the background check will be allowed on the bench at any time.
- In the event that the head coach cannot be present at a game or practice, the league supervisor should be made aware of the temporary coach.
- Coaches must remain in the bench area during the match.

• Players

- Jewelry may be worn provided its nature does not present a concern for safety, such as extremely long necklaces and/or necklaces with large medallions, or large hoop earrings. (USAV 4.5.1 rule)
 - Studded earrings are acceptable.
 - If/when possible, please remove all jewelry.
- Each organization provides each participant with a jersey, which all team members must wear during the game.

Administration

• Age Divisions

- Age divisions will be formed based on the current school calendar year.
 - **7th/8th**
 - **9th/10th**

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7th-10th Rules

Administration Continued

- **Teams**

- A team should have no more than 12 players listed on a team roster
- A team can consist of both male and female players.

- **Rosters**

- Teams shall play with no more than six (6) players on the court at any time.
- If a team does consist of male players, that team shall:
 - Only play up to three (3) male players on the court at any time.
 - Not play more males on the court than females at any time.
- Teams must have a minimum of:
 - Four (4) players present at the start of the match.
 - Two (2) females present at the start of the match.
- No Libero will be used.

- **Players**

- Players shall be listed on only one roster at a given time
 - Players may move up in age groups, but may not play down.
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