

# Spring Youth Volleyball Rules and Regulations

## 1st-4th Grade

The age divisions that play in house are 1st/2nd, 3rd/4th, 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.



## 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-4th Rules

## Equipment



- **Court**

- 1st/2nd grade
  - court shall be **30' x 40'** (WxL).
- 3rd - 4th 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.
- 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-4th 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-4th 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.

# USAV & TRPR

# 1st-4th 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.

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## 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. 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.

# USAV & TRPR

# 1st-4th 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 -4th 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 – 4th 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.

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## 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-4th Rules



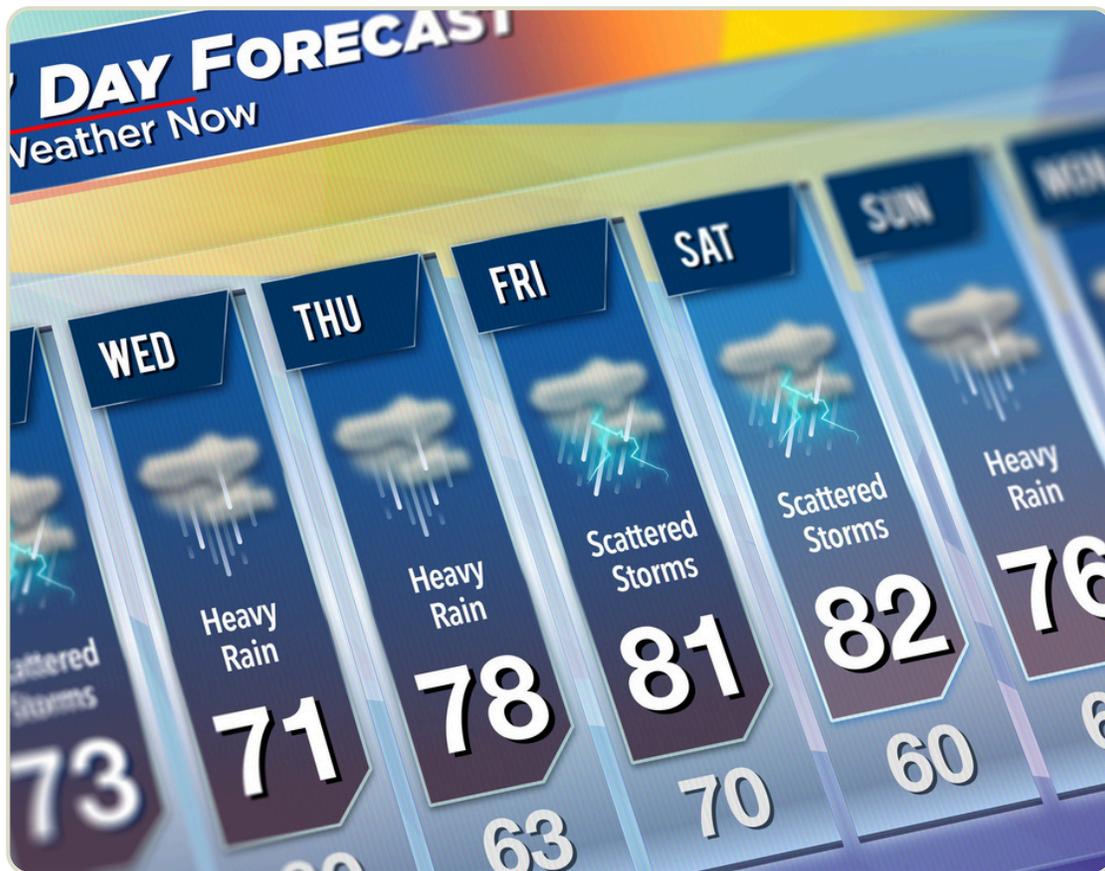
## Other Continued

- **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 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**
    - 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.

# **Rainout Line**



## Inclement Weather Procedures

If a game needs to be rescheduled or cancelled due to weather, we first post an update to our RainoutLine and then we will contact each team captain regarding game updates.

To access our RainoutLine go to [RainoutLine.com](http://RainoutLine.com) and search TRPR. Each of TRPR's locations will appear, any updates regarding games will appear at the Milliken Athletic Complex. Green means we're a go, yellow means we are delayed, and red means games are cancelled all together.

In the event of a weather-related cancellation, we will make every effort to reschedule missed games. However, due to time constraints within the season, we cannot guarantee that a makeup game will be possible. We appreciate your understanding and flexibility.