



CARBON VALLEY
PARKS & RECREATION DISTRICT



VOLLEYBALL RULES

Court

- Court dimensions: recommended at 30' x 60'.
- Service Line
 - 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.
- The height of the net shall be set to 7' (1st/2nd & 3rd/4th grades) and 7'4" (5th/6th & 7th/8th), measured from the center of the court.
- Nets shall have antennas according to the National Federation Rules.
- Only coaches and players are allowed in the bench area during games.

Equipment

- All players must wear kneepads for 3rd/4th Grade, 5th/6th Grade, 7th/8th Grade
 - Optional for 1st/2nd Grade
- The game ball shall be provided by the home team.
- Volleyball sizes:
 - 1st/2nd Grade: 7 oz. (volley Lite) or SoftPay Volleyball Training
 - 3rd/4th Grade: 7 oz (Volley Lite)
 - 5th/6th Grade: 7 oz. (Volley Lite)
 - 7th/8th Grade: 9oz.

Rosters

- To start a match, at least four players must be present.
- Coaches are required to determine starting line-ups and rotation of players.
- No libero player will be used.

Timing and Scoring

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

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.

League Regulations

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



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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.

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.

Service Lines

- 1st/2nd Grade: Can serve from either the regulation or secondary service line.
 - If players are struggling to serve from secondary service line, players can serve from a line closer to the net. Both coaches must agree on the line.
- 3rd/4th & 5th/6th Grade: Can serve from either the regulation or secondary service line.
- 7th/8th Grade: Must serve from the regulation service line.
- 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.

Substitutions and Rotation

- 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.
- **OR 7TH/8TH GRADE DIVISION ONLY**
 - 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.) Officials do not have to whistle in substitutes in these divisions.
 - Referees are allowed to 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.



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Playing Time Requirements

- Each participant will play at least half of each game. Playing time is the responsibility of the players and the coach.
 - NOT the opposing team or sports supervisor.
- Officials may question rotations if they feel equal playing time is not being distributed.

Jewelry

- 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 possible, please remove all jewelry.

Jerseys/Coaches Shirts

- Each organization provides each participant with a jersey, which all team members must wear during the game.
- Each organization provides each coach with a coach's shirt, which coaches must wear during the game, this helps staff and officials identify the coaches.