



## Volleyball: Youth League Rules

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### Administration

Smithville Parks and Recreation, Kearney Parks and Recreation, and Platte City Parks and Recreation supervise the Youth Volleyball program. Decisions that are rendered by the Parks and Recreation Departments are final. United States Volleyball Association will be the governing body for rules unless stated in the specific youth volleyball rule book as set forth by this league.

### Objective and Goals

The Parks and Recreation Departments', youth volleyball program is designed to give all participants, through participation in practices and games, the opportunity to learn and improve the fundamentals of the game of volleyball as well as increase and improve socialization opportunities among players.

### Rules and Regulations:

#### General Rules

1. The rules official and employees of the Parks and Recreation Departments have the right to eject any player, coach or spectator acting in an unsportsmanlike way or not following the Parks and Recreation Departments or School Districts Facility rules.
2. Participants must accept supervisor's decisions with sportsmanlike conduct and without dispute. In case of doubt, clarification may be requested through the coach only.
3. No food or drink is allowed in the gymnasium. Coaches, please express this Smithville School District policy to the parents to help us keep their facility in good shape and to not jeopardize our partnership and use of their facilities.
4. 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 players on the bench.
  - a. Exception: players may be substituted for at any time in case of injury.
5. A team may start the game with a minimum of 5 players to avoid a forfeit. There should be 6 players on the court for each team.
6. Teams may use players from another team if they have less than 6 players (on the teams' roster) present at game time. This does have to be approved by the opposing team's coach.
  - a. Note: If 6 players from the team's roster are present, the team may not pick up a player from a different team unless there is an injury.
  - b. Any player used from another team must be in the same age division and registered in the league.
7. Time Outs – Each team will have the option of one 30-second time out per set.

8. Ceiling – If the ball hits the ceiling and remains on the same side of the court, it is still in play. If it hits the ceiling and bounces to the other side of the court, 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 part of the ceiling.

9. Dividers, Bleachers and Walls – All dividers, bleachers, and walls are considered out of play. If a player hits a ball that then hits any of these objects, it will be a side out and a point will be awarded to the other team.

### Serving

1. Let serves are allowed. A Let serve is a serve that hits the net, but still goes over the net inside the boundaries of the opponent's court.

2. First serve of the first game will be decided by a coin toss. One captain from each team will meet the supervisor prior to the first game to do the coin toss. The team winning the coin toss will be awarded first serve; the losing team will choose which side they want to defend. Prior to the second game, teams will switch sides and the serving team from game one will receive and vice versa. Prior to the third game, teams will switch sides again returning to the original serving team.

3. Both feet of the serving player must be behind the designated line for each age group. For the 3<sup>rd</sup> and 4<sup>th</sup> graders, the designated line will be marked with floor tape approximately 6 feet in front of the baseline boundaries. For the 5<sup>th</sup> and 6<sup>th</sup> graders, the serving line is the baseline boundary.

4. **3<sup>rd</sup>-4<sup>th</sup> Grade Only:** Each server will get two tries to get the ball over the net. If they fail on their second try, the opposing team receives a point. Then, the serving teams' coach will toss the ball over the net to an opposing player to help start a rally.

a. If the player serves the ball over successfully their first or second try and receives a point, but unsuccessfully serve it over the next time, the opposing team receives a point and it is now their serve.

5. Players must wait for the official to say it is ready to serve.

6. Players may not block or attack the serve.

7. The server may move freely with the service zone.

8. No Jump Serves: At least one foot must be in contact with the ground when the serve is made.

9. In the case of a bad toss during service, the serving player may not touch the ball before it hits 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. (**3<sup>rd</sup>-4<sup>th</sup> Grade Only:** This counts as one of the two serves.)

b. After a service tossing error, the official must authorize the service again.

c. One service tossing error is permitted for each service.

### Playing Court and Equipment

1. The net height will be 6'6" for all divisions.

2. Both age groups play with the full-sized boundaries.

3. Coaches and players on the bench must stay at least 5 feet back from the court boundaries.
4. Volleyballs –the league will use a “Volley-Lite” ball. It is the same size as regulation, but lighter and softer.
5. Players are recommended to wear kneepads.
6. All jewelry must be taken off to ensure the safety of the players.
  - a. Please inform the parents and players before the games of this rule.

### Game Play

1. All games will be rally-scored, meaning a point will be awarded to one team after each play. The first two games will be played to 21, win by 2 with a cap of 25. The last game will be played to 15, win by 2 with a cap of 20.
2. The teams will play all three games of a match no matter what the outcome is of the first two.
3. A single player will only 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.
4. Each team is entitled to a maximum of 3 hits to return the ball to the opponents.
  - a. Hits include intentional hits by a player as well as unintentional contact with the ball.
5. It is a fault to touch any part of the net except for incidental contact by a player’s hair and insignificant contact by a player not involved in the action of playing the ball.

### Practices

1. Practice times will be provided by the School Districts.
2. It is our goal to provide at least 1 hour of practice per week
3. Teams may share practice times in locations where two courts are available.
4. While playing in Smithville School, Kearney School, and Platte City School, please abide by their policies and procedures. The Parks and Recreation Department would like to maintain a good relationship with the districts – without the school districts allowing facility space, this volleyball league would not be possible!
5. Be courteous to other players and coaches in the gym, especially people who are practicing before and after you.
6. Coaches will be issued volleyballs to use for practices upon location. The coaches are responsible for replacing any balls not returned after practice. Volleyballs may not be taken home.

### Game Schedule

1. Schedules will be posted on team sideline
2. Practices will be held on weeknights and Games will be played on Wednesdays.
3. The league will consist of 3 weeks of practices and 6 weeks of games\*.
4. Once the schedule is out, it is **final**.
5. Post-season awards – medals will be provided

\* If the combined grades can not form enough for a game, practice will happen.

### Officials and Line Judges

1. Officials will be provided by the Parks and Recreation Department.
2. Line Judges will be provided by parents of the participating teams.

### Sportsmanship

Team members, coaches, and spectators shall exhibit appropriate behavior towards other players, officials, and spectators. Unsportsmanlike conduct from team members and/or associates including spectators will result in being carded accordingly and action taken such as:

1. Player or coach ejection from the game.
2. Player or coach ejection from the league.
3. Player or coach suspension.
4. Forfeit of game.

\*Every effort to control the fan should go through that team's head coach. If cooperation does not take place from that head coach, then the supervisor may act as head coach ejection and then if the fan continues, a forfeit of the game is well within the rules. During the game, the supervisor does have the authority to eject players or coaches. The Parks and Recreation Departments have the final authority to determine the duration of the suspension or other penalty. Any player or coach ejected from the game must leave the playing area. Failure to do so may result in forfeiture of the game.

### Weather Policy

The supervisor has final say on whether a game will be temporarily suspended or postponed due to weather conditions—once he or she arrives at the court. If the playing weather is horrible such as cold freezing rain or snow, then play should be postponed. Remember, this decision to play or not to play rests with the supervisor working the game and his or her call cannot be disputed. The supervisor will always have the safety of the children in mind when making their decision.

### Game Locations

#### Smithville Parks and Recreation

Smithville High School gym:  
645 S Commercial Ave,  
Smithville, MO 64089

Alex Threlkeld  
athrelkeld@smithvillemo.org

#### Kearney Parks and Recreation

Kearney High School (old gym):  
715 E 19<sup>th</sup> Street, Kearney, MO  
64060

Ryan Marcotte  
rmarcotte@kearneymo.us

#### Platte City Parks and Recreation

Compass Elementary School:  
401 Kentucky Ave, Platte City,  
MO 64079

Krista Wilson  
kwilson@plattecity.org