



YOUTH VOLLEYBALL

GENERAL GUIDELINES AND RULEBOOK 3rd – 8th Grade

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HRCA Youth Volleyball Rules

GAME DAY FORMATS/FORFEITURES

- Regular season will play first two sets to 25 points, cap 27. The third set will commonly be played to 15, cap 17.
- Playoffs will be best 2 out of 3 games, first two games to 25, cap 27; third game, if necessary, will be to 15, cap 17.
- At the scheduled game time, a team must have at least 4 legal players on the court ready to play.

EQUIPMENT

- Net Height
 - 3rd/4th: 6'6"
 - 5th-8th: 7'4"
- Ball
 - 3rd-6th: Volleyball Lite
 - 7th-8th: Official size
- Knee pads are required and not provided by the Sports Department

RULES

- **Coach's Conduct**
- **Player Contact of Equipment:** It is illegal for players to touch the net.
- **Centerline violations:** If any part of the body completely crosses the center line and contacts the floor it is illegal. If the body part in question is still touching any part of the center line, there is no violation.
- **Time Outs:** All divisions are allowed one-30 second time out per set. No extra time-outs will be given for overtime play.
- **Substitutions:**
 - All divisions must rotate every side out.
 - For 3rd-6th divisions, teams must substitute one player out and a new player in out of
 - Middle Back each side out. Officials do not have to whistle in substitutes in these divisions.
 - Officials can monitor playing time and hold coaches to the expectation that every player plays the same amount.
 - The 7th-8th grade league may sub player-for-player. However, all players must receive equal playing time in every match and cannot serve more often than once every 6 rotations. Officials can monitor playing time to make sure teams stay in rotation, and every player is receiving equal playing time.
 - 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.

- **Co-Ed Rules:**
 - Males and females must alternate positions on the court if there are 2 or more males.
 - The males must rotate in and out to give equal playing time to all participants per team.

- **Passing:**
 - A serve may be received with a forearm (bump) pass or overhead pass. Although double contact on any first ball over is legal, the ball may never be held or lifted.
 - Double Contact is penalized when a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.
 - The ball may touch any part of the body. Provided that the contacts take place simultaneously.

- **Setting:**
 - All divisions are encouraged to set the ball. When judging a legal or illegal set the division should be taken into consideration:
 - 3rd-6th grade should only be called for an illegal set when the player contacts the ball in one body quadrant and releases the ball into a different body quadrant.
 - 7th – 8th grade should be called illegal when an obvious lift or double contact is present.

- **Blocking:**
 - Blocking is encouraged for all divisions. A block must be contacted no further than a foot and a half from the net. A block is not considered to be one of the three touches allowed on each side.
 - A serve may not be blocked or attacked.
 - No backrow player may participate in a block.

- **Let Serve:** Let serves are allowed in all divisions and is defined as a serve that touches the net while crossing into the opponents' court and remaining inside the boundaries of the court.

- **2 Hit Rule:**
 - We have removed the 2-hit rule from our HRCA rules. We strongly encourage coaches to teach athletes proper technique with a pass, set, hit outcome.

- **Service Run Rule:**
 - No point is awarded when the ball changes sides due to the Service Run Rule. This rule exists to help keep matches fun and exciting for both players and spectators. There is no catch-up rule.
 - Maximum consecutive serves per player:
 - 3rd-4th Grade: 3 serves
 - 5th-8th Grade: 5 serves

- **Serving:**
 - All coaches are required to move players back as far as they can and still maintain success.

- Serving Line Guidelines (Southridge Court)
 - 3rd/4th Grade (Yellow Line)
 - 5th/6th Grade (Blue Line)
 - 7th/8th Grade (White Line)
 - Referees may move a player back. This includes overhand servers who are stepping into the court for execution. Each server has 5 seconds to complete the serve after the 1st referee blows the whistle and motions for serve. Servers are allowed 2 total tosses for an overhand serve. They must contact the second toss or a side out will be called.
 - Each division must stay behind their appropriate service line as mentioned in the rule breakdown section. A good rule of thumb is that if your server is serving beyond the middle of the opposing team's defense, then your player should move back.
- **Foot faults:**
 - No foot faults will be called, but players and coaches should be notified of the foot fault and correct it for the next serve.
 - When a jump serve is executed, the player must take off from behind the serving boundary; ball may be contacted inside the boundaries of the playing area.
 - **Re-Serve:**
 - A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The referee shall cancel the serve and direct a second and last attempt at serve.
 - One re-toss is allowed for each service attempt.
 - **Backrow Attack:**
 - Officials shall call a violation when any backrow player jumps and breaks the plane of the net while attempting to send any ball over the net, if that player was in the front zone.
 - Backrow players (with the exception of the Libero) may jump from behind the 10' line and land in the front zone without a violation.
 - **Jewelry:** Jewelry is not allowed in any form except for a religious medallion taped to the chest or a medical alert bracelet. Hair clips, bobby pins and headbands less than 2" in width are allowed.
 - **Coach, Spectator & Player Conduct**
 - Coaches are responsible to see that their team's players and parents understand the rules and expected parent and player conduct.
 - It is the coach's responsibility to control their players and spectators before, during and after games. No coach or parent is allowed on the court during play. Teams may be penalized with loss of points for violation.
 - Only coaches who are HRCA background checked may stand on the sideline during the game and MUST remain in the sideline area.

Only the head coach may address the game officials during play. Assistant coaches, players and spectators may not address the game officials before, during, or after play.

- Failure to calm and remove an ejected coach, spectator or player from the facility will cause the forfeiture of the game without prior warning. The Sports Department will not review protests involving this or any other type of forfeit situation.
- Coaches are responsible for the enforcement of ejected player's suspensions. Suspended coaches and spectators are not allowed to watch games for the duration of their suspension. Coaches and spectators who violate this rule may be suspended for an unspecified duration.
- Coaches are responsible that their team's players and spectators understand the rules and expected parents and player conduct.
- Coaches, spectators, and players are expected to support league officials and understand that officiating is not an easy task. Officials are guaranteed to make errors just as everyone else does during a game.
- Coaches, spectators, and players are expected to follow the facility guidelines. No food or drink is permitted in the gymnasiums. Players may ONLY have closed capped drinks.
- Coaches must ensure that no child is ever alone with an adult, with the exception of biological children and their guardians.