

VOLLEYBALL RULES

The city reserves the right to change, add, or remove any rules or regulations whenever due cause warrants a change. In the event of a rule change, all coaches will be notified. For questions or additional information on the Volleyball program please contact us at MesaYouthSports@MesaAZ.gov

Section 1: GENERAL RULES

1. Only players registered with City of Mesa may participate. Players will only be allowed to be on **one** team/roster per sport-specific age group.
2. The roster minimum is 6 players, maximum 12 players. Rosters are co-ed.
 1. Teams **will not** switch sides after each set ends.
 2. Net Height: 7' for all age divisions
 3. Ball Size:
 - A. All age divisions (7-8, 9-10, 11-12) will use *VOLLEY LITE VOLLEYBALL*
4. This league is an equal playing time league. It is required that each child receive equal playing time during games. (see sec. 4: substitutions).

Section 2: GAME SET UP AND TIME

1. The team winning the pre-game coin toss will be given the option to choose which side they would like to play from or if they want to serve the ball first in set one.
 - A. The opposing team (that did not serve to start set 1) will begin set two serving.
 - B. If a third set can be played, another coin toss will take place to see who serves.
2. Each team will start play with 6 players on the court.
 - A. If a team is short players, they may start with a minimum of 4 players.
3. A 5-minute grace period applies to all games. A forfeit will be issued 5 minutes after game time. Teams must have a minimum of 4 players for league games.
(Teams are highly encouraged to arrive 15 minutes prior to game time.)
4. Each team will receive (1) 30 second time-out per set. Time outs do not carry over to following sets
5. There will be a 3-minute warm-up before each match.

(DIVISION: 7-8)

1. Instructional League – Score will not be kept.
2. Back line modified – (see sec. 5: serves).
3. Server can only serve 3 consecutive serves in a row. Side-out after 3 consecutive serves.
4. Server can move up if needed. The coach and referee will encourage players to move back if it is possible.
5. Duration of Game – Three games of 14 minutes. Only time will be kept.

(DIVISIONS: 9-10 & 11-12)

1. Scores will be kept.
2. Back line modified – (see sec. 5: serves).
3. Server can only serve 3 consecutive serves in a row. Side-out after 3 consecutive serves.
4. Server can move up if needed. The coach and referee will encourage players to move back if it is possible.
5. Duration of Game – Three games of 15 minutes. Game scores and standings will be recorded.
6. No player is permitted to complete a spike or block on the opponents' serve.

7. Duration of Game – Three games will be played. Games will be rally scoring to 25 (win by 2 with a cap of 27) OR to a 15-minute time limit. If a score of 25 is not reached, the team leading at 15 minutes wins. If the score is tied at the 15-minute limit, the next point wins.

Section 3: SCORING

1. All sets will be rally scoring with a point being awarded for each point played (you do not have to be the serving team to earn a point).
2. A set is complete when one team reaches 25 points (straight up) or time runs out.
3. Records, standings, and youth sports schedules for these leagues can be found on:
<https://teamsideline.com/sites/mesaaz/home>

Section 4: SUSTITUTIONS & ROTATIONS

1. All Divisions:
 - A. Continuous Substitution (Rotations) – All players must rotate in and play each position. The player rotating in from bench can enter as server.
 - i. Entire game must be played using same rotation (in as server).
 - B. Rotations must complete a full circle (player plays all six spots).
 - i. Teams will rotate/sub after winning the serve from a previous point and before serving the ball.
2. Direct substitutions are not allowed, unless for an injured player.

Section 5: SERVES

1. Players must wait for the whistle before serving.
2. A serve may be underhand, sidearm, or overhand.
3. Overhand serves may be open hand or a closed fist.
4. Underhand serves must be closed fist.
5. A serve that touches the net, before going over the net is considered a good ball and in play.
6. There are no blocks or spikes when receiving a serve.
7. **(ALL AGE DIVISIONS)**
 - A. Players will receive 2 tosses (regardless of underhand or overhand).
 - B. If serving overhand, players get 2 toss attempts to serve. They must serve on 2nd toss. Possession will go to opposing team if serve is not completed after 2nd toss.
 - C. Players are not required to serve the same for both serves.
8. **Service Lines:**
 - A. **(DIVISION: 7-8)** may serve 10' feet from the net (1st Green line from the net). If attempt clears the net, they may be encouraged to move back to serve 14' from the net (1st Gray line).
 - i. After 3 consecutive points scored by one player, possession of the ball will be given to the opposing team.
 - B. **(DIVISIONS: 9-10 & 11-12)** may begin serving 24' feet from the net (Green Regulation line). If the first attempt doesn't clear the net, the server will move up and serve from 14' feet line. Coach and referee will encourage players to move back if it is possible.
 - i. After 3 consecutive points by one player, possession of the ball will be given to the opposing team.

Section 6: HITTING & SERVING

1. A hit is any contact with the ball by a player officially in the game.
2. Each team is entitled to a maximum of three hits (in addition to a block) to return the ball. A. A blocked ball does not count as one of the three legal hits. The player who blocks the ball can contact the ball again.
3. All single underhand hits must be closed fist.
4. A pass must be taken with both hands together; no carries or lifts will be allowed. A. A carry is when a player contacts the ball for an excessive amount of time during a set. The exact duration that defines a carry is a judgment call for the referee.

5. Setting must be done from above the head and the ball must leave both hands simultaneously.
6. Serve may be initiated from anywhere behind the baseline or modified serving line. For jump serves, player must start and hit from behind the serve line but may finish in front.
7. Each player will be given 10 seconds to complete their serve for each point.

Section 7: NET CONTACT AND OBSTRUCTIONS

1. A player may touch a post, rope, or any other object outside the total length of the net, provided this contact does not interfere with play.
2. It is a fault to touch any part of the net or the antennas, except for incidental contact by a player's hair, and insignificant contact by a player not involved in the action of playing the ball.
3. The ball may not hit any object off the court of play; tables, basketball hoop, wall etc. and will be called side-out by the hitting team.
4. The ceiling is considered IN, provided the ball stays on that team's same side of the net.
5. Center line violation - Players may step on the center line. Crossing the center line will only be a violation if contact with any part of a player's body beneath the net on the opposing side causes interference of play.

Section 8: UNIFORMS

1. Uniforms must be worn and tucked in during gameplay.
2. Kneepads are recommended but not required.
3. Athletic shoes and shorts or athletic pants/sweatpants must be worn during all games are required. (no open toe shoes allowed).
4. Players with a hard cast cannot participate in practice or games.
5. **Jewelry is prohibited.** Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. Hair beads are considered jewelry and are not allowed. This includes, but is not limited to hair beads, hard head bands, hair bobby pins, hard hair clips, watches, bracelets, earrings (must be taped over if can't be taken out) or other piercings, and necklaces.

Section 9: SAFETY RULES

1. Managers, coaches, players, parents, and spectators will not attempt to instruct, taunt, threaten or in any way verbally or physically abuse a Referee/Official, Site Supervisor, Youth Sports or Rec Center Staff, opposing coach, or player before, during, or after any game. Any unsportsmanlike conduct towards the opposing team by players, coaches, and/or spectators is not allowed before, during or after any game.
2. In the event of an injury which requires medical assistance, call 911. The Site Supervisor, manager, or coach will remain in charge of emergency treatment until proper authorities arrive. If injury dictates that injured player is not to be moved, game play will be delayed as necessary.
3. A player bleeding must come out of the game, until it is stopped. If blood is on a game jersey, the player must put on another jersey.
4. No alcohol or tobacco (including vapor pens) should be used in or near the field of play or within indoor facilities. Also, any spectators under the influence of alcohol or marijuana will be asked to leave the premises.
5. After each game, each team is responsible for removing their trash (water bottles, cans, etc.).

Section 10: SPORTSMANSHIP

1. A Parent's Code of Ethics and Coaches Code of Conduct will be strictly enforced for all players, spectators, and coaches.

Section 11: REFERENCE GUIDE FOR EACH DIVISION

	Ages 7-8	Ages 9-10	Ages 11-12
Duration of Game	3 games 14 minutes each	3 games 15-minute limit per game	3 games 15-minute limit per game
Ball	Volley-Lite	Volley-Lite	Volley-Lite
Net Height	7 ft.	7 ft.	7 ft.
Rotation	Serving position	Serving position	Serving position
Service Point Maximum	3	3	3
Back Line	5 ft. in from regulation serving line (Green Line)	Regulation Line (Green Line)	Regulation Line (Green Line)
Serve Line	May serve 21 ft. from the net; may move to 10 ft if 1st serve does not clear net *Coaches discretion	May serve 24 ft. from the net or may move to 10 ft (1 st Green Line from the net) *Coaches discretion	May serve 24 ft. from the net or 14 ft (2 nd Gray line) *Coaches discretion
Game Scoring	No score will be kept	Rally to 25 Win by 2, Cap 27 OR Team Leading at 15-minute time limit	Rally to 25 Win by 2, Cap 27 OR Team Leading at 15-minute time limit
Time Outs	(1) - 30 second time-out per set	(1) - 30 second time-out per set	(1) - 30 second time-out per set
League Scoring	Game scores will NOT be recorded on TeamSideline	Game scores & standings will be recorded on TeamSideline	Game scores & standings will be recorded on TeamSideline