

# Northeast Metro Youth Volleyball League

## 3<sup>rd</sup> to 6<sup>th</sup> Grade

### Court Dimensions and Lines

**Court** – The playing court measures 60' x 30'. The center net line divides the court into two sides, 30' x 30'.

**Net Height** – The net will be set at 6'6".

**Serve Line** - The maximum serve line will be at the 10-foot line, meaning 10 feet from the net.

**Ball** – A Volley-Lite ball will be used.

### Prior To The Game

- A.) Teams should arrive fifteen minutes prior to the game and not enter the gym until the previous game on their court has concluded. Please do not enter the building prior to this time.
- B.) Both teams will be given a shared time of two minutes to practice serving prior to the start of the game. Note this is shared time and the teams should serve back and forth to each other.
- C.) The referee will go over the rules and lines with the captains of each team prior to start.
- D.) The home team, or the team who is granted the first serve of the match, will be determined via a coin-toss with team captains prior to the start of the game. The away team will then be awarded the first serve of the second set. If a third set is played, the team who lost the second match will be awarded the serve.

### Number of Players

- A.) Games are played with six players on the court.
- B.) Teams must have a minimum of five players in attendance at game start.
- C.) Teams only having four players present at the scheduled start of the match will forfeit the first game. Teams not having five players present fifteen (15) minutes after the start of the scheduled match will forfeit the remaining games. Any games played with ineligible players will be forfeited. A late player may enter the game upon his/her arrival.
- D.) If a team is aware of a player shortage prior to the game, that team may pull up to two players from another team in the same age bracket in their city. This player must be a registered player in their said city. If more than two players are needed, the team must forfeit the game. Teams shall not intentionally pull the most skilled player from another team to fill the shortage.

## **Match Length, Scoring, and Play**

- A.) All matches shall have an hour time limit. Time will begin once the ref blows their whistle.
- B.) Teams will play 2 sets to 25 points and must win by two or more points.
- C.) A third set will only be played by teams if the first two sets resulted in a win for each team, or if time allows, and will abide by the 55-minute time limit. The third set will be played until expiration of the 55-minute time limit or reaches 15 points, whichever occurs first. If 15 points are not reached prior to the 55-minute time limit, the team with the higher points will win the set; a two-point margin is not required to determine winner of the third set.
  - A third set should be played if time allows, and coaches should not void the third set due to their own personal time constraints, or player time constraints. If this occurs, the said team will forfeit the third set and the opposing team will receive a win for the said third set.
- D.) Rally point scoring will be used. A point will be awarded on every rally/serve, with the point given to the team who wins the rally.
- E.) The rest period between sets shall be two minutes. Teams do not need to switch playing areas.
- F.) Teams will be granted two, thirty (30) second time outs per full match. This is not per set.

## **Play and Service**

- A) The served ball may touch the net. The receiving team must play the ball if in bounds. The ball is out of bounds if it touches the antenna, wall, or goes into another court.
- B) The server may serve from any point behind the ten-foot line. Players may not step over the ten-foot line during their serve at any age level.
- C) Players will receive two serving attempts to make it over each time on their first serve. If the serve makes it over on their first attempt, then the ball is in play and the player will not get a second serve unless point is won. If the player misses their first serve of their turn, they will be allowed a second attempt.
- D) Overhand and underhand serving are allowed. Jump serves are not allowed in this league. The serve line will be strictly enforced at all levels. Stepping over the ten-foot line will result in a side out and the team will lose the ball. The exception to this is if the player steps over the line on their very first serve of their turn. This action will result in the player using their one re-try.
- E) An overhand server is allowed to drop the ball once per serve if they decide they do not like their toss prior to contacting the ball. The ball must not come into contact with the player prior to hitting the floor. If the ball intercepts the player this is considered a serve; the serve must be dropped. The server then

may attempt the toss again. In the event that the serve is missed, this will be considered a side out. The exception to this is if this was the player's first serve attempt of their turn. They then may follow the rule giving them a second try. A player may serve three consecutive points. If a player successfully completes three good serves, the serve will then be rotated to the next server on the team. This rotation will continue until the other team wins the serve back.

- F) Players are encouraged to serve as far back as they are able. The serve line has been moved forward to ten feet to encourage the development of serving and more play. This rule should not be abused. The referee reserves the right to request a player move further back if it is apparent they are not serving from an appropriate distance for their skill level.

### **Boundary**

- A.) A ball that hits the floor inside, or on the court line, is considered in bounds. The ball may hit the net.
- B.) A ball that is hit out of bounds by a team may still be played by their own team so long as it has not made contact with the wall or enters another court. If the ball hits the ceiling or a fixture attached to the ceiling during play, (such as a light or basketball hoop), and falls back into the boundary of the team which hit it, the ball is still in play.
- C.) If the ball hits the ceiling or a fixture and falls onto the opposing side, the ball is considered out of bounds and the point will be awarded to the opposing team.
- D.) Coaches may not enter the playing court after the whistle has blown to start the set. This includes, stepping into bounds to direct, move, or gain attention of a player. A coach shall not move or come in physical contact with a player who is on the court after the start of a match.

### **Rotation & Substitution**

- A.) Teams must rotate players in a clockwise direction.
- B.) Substitution must take place only when the ball is dead.
- C.) All players must be given equal playing time during each game. This is recreational volleyball and a learning experience. Each player is expected to have an equal chance to play.

### **Officials**

- A.) Please be respectful to the refs. There is a strict no tolerance rule for negative treatment of referees.
- B.) Only the coaches are allowed to address the referees. Spectators will not be allowed to address the officials. All referee calls are final. Coaches should remind parents and spectators of these rules. Any spectators approaching the referees or causing disruption will be asked to leave.

- C.) Coaches who argue with referees or another coach may result in the game ending and their team forfeiting the match.
- D.) In the case that a referee is absent for a game:
- If a referee is absent for the first game, or they become sick and are not able to continue to officiate the game:
    - If one of the teams has more than one coach/assistant coach, a member from the coaching staff should fill the vacancy. This individual shall remain impartial as they officiate. If either team does not have a second coach, anyone with basic knowledge of the game can volunteer to referee. All volunteers shall remain impartial as they officiate. Said replacement referee will be considered volunteer and not subject to payment.
  - If a referee is absent for the start of any game following the first game, or the league is short a referee for the day:
    - A coach from the prior game shall officiate the match in a volunteer capacity. Said replacement referee will be considered volunteer and not subject to payment.

### **Clothing**

- A.) Knee pads are required to play.
- B.) Players may wear stud earrings. Hoop earrings, necklaces, and bracelets must be removed prior to play.

### **Gym Rules**

- A.) Only water is allowed in the gym, no food is allowed in the gym. Teams shall ensure all their belongings and litter is picked up at the end of each game.
- B.) Teams should leave the court as soon as their game is over. If a coach wishes to discuss anything after the team, this should be done outside the gym. Spectators are also asked to exit the gym as soon as the game they are watching concludes. This is to allow for a smooth transition into the next game and to keep the matches on time.
- C.) The gym is rented to us by the school district, and failure to respect the property may result in the removal of permission to use the premises. It is important that spectators and players remain the gym and not wander the halls, especially children.
- D.) Bleachers and chairs are not guaranteed for every game and court. Chairs and spectators should have ample room between the court and players at all times, and not impede play.
- E.) Balls are not allowed out of the team bag in the hall. Bouncing and play of balls is prohibited in halls. Failure to comply may result in permission from the school district being revoked. This includes spectators.

## **Sportsmanship**

- A.) It is the intent of the Northeast Metro Youth Volleyball League to provide a safe, fun, and positive environment for our players, coaches, referees, and spectators alike. Unsportsmanlike behavior will not be tolerated under any circumstances. Negative or destructive behavior may result in removal from the property and the city director will be notified.

## **Game Results**

- A.) Game results will be reported by the referees after each game day and be posted by the Wednesday following the game.
- B.) Results can be found at: <https://www.oaaonline.com/volleyballteamstandings>

## **Tournament Play**

- A.) Rules for the tournament will remain the same with the following changes:
- Only two sets will be played in a match. A third set will only be played to resolve a tie.
  - If a team cannot meet their five-player minimum requirement, only one player from the city is allowed to fill the void. This player must not be intentionally sought due to their skill level.

## **Lost and Found**

- A) The Northeast Metro Volleyball League is not responsible for anything left behind at the gym. Please ensure you have all your belongings prior to departing the site.

## **Spectators**

- A) Only volleyballs are allowed in the school building. Footballs, kickballs, bounce balls, hockey puck/sticks, soccer balls, etc., are not allowed in the gym and shall not be played within the gym or hall during or in-between games.
- B) Shall remain off the court at all times.

# Northeast Metro Youth Volleyball League Game Locations

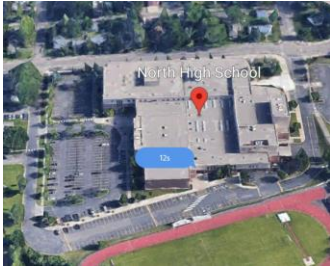
**\*\* to be updated September w/all city locations \*\***

➤ Carver Elementary School  
2680 Upper Afton Road  
Maplewood, MN 55110

➤ Mahtomedi Middle School  
8100 75<sup>th</sup> St. N.  
Mahtomedi, MN 55115

➤ North St. Paul High School  
2416 11<sup>th</sup> Ave  
North St. Paul, MN 55109

- Enter in the door marked 12s



➤ Skyview Middle School  
100 Huron Ave N  
Oakdale, MN 55128

- Follow the road to the right to the Activities Door 6

➤ Stillwater Pony Activity Center  
5701 Stillwater Blvd  
Oak Park Heights, MN 55082

➤ White Bear Lake – North Campus Field House  
5040 Bald Eagle Ave  
White Bear Lake, MN 55110