



Youth Sports: Volleyball

updated Fall 2025

Feather River Recreation and Park District Youth Sports offers recreational league play where emphasis is on gaining a positive team experience and not winning or losing. The program is intended to provide a safe, healthy and enriching environment for our young athletes where they can become better athletes and most importantly better people. There is a **zero tolerance policy** for all unsporting behavior from all coaches, parents, players, and spectators.

General Information:

1. Season information can be found on the Fall 2025 Youth Volleyball Info Sheet on the FRRPD Youth Volleyball webpage.
2. All players must turn in a FRRPD Youth Sports Registration form and a FRRPD Youth Sports Player/Coach/Spectator Code of Conduct form and be on the Team Roster in order to be eligible to play. A Team Roster form must be filled out by coaches or school administrator and submitted by the first game. Rosters and athlete forms may be submitted:
 - Via email to jennaw@frpd.com
 - In person to FRRPD staff/scorekeeper before the start of the team's first game
3. Players participating in the activities sponsored by FRRPD are not covered in any way for personal liability, property damage, medical injuries, etc.
4. A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered, or the uniform is changed.

League:

1. The league will be composed of 4th-6th grade & 6th-8th coed/all-gender divisions. 6th graders may play in one division only and will not be permitted to play in two divisions. Schools choosing to combine grade levels will play in the 6th - 8th grade division. FRRPD reserves the right to add single grade level divisions and/or combine divisions, as necessary, based on final team registration numbers, facility availability, and staffing.
2. The season will be 6 weeks long. Each team will play a minimum of 6 "regular season" games. (1-2 additional games may be played, depending on league size.) The top 4 teams of each division will be invited to participate in "end of season" playoff tournament.
3. A fee of \$42/game will be charged to all participating teams.
4. A playoff tournament entry fee of \$75 will be charged to all participating teams.
5. Any teams interested in participating must submit a Volleyball Team Registration on TeamSideline. Registration is limited and is on a first-come, first-serve basis.
6. FRRPD will provide one official/scorekeeper per game.
 - a. Teams are encouraged to provide (1) line judge from each team to assist with calls of ball in/out only.
7. Scores will be kept and displayed on the court. Results will be posted to TeamSideline.
8. School/afterschool program teams are responsible for providing their own uniforms and practice space.
9. Schools/Sites will be billed at the end of the season.



Game Play

One official/scorekeeper will be provided. FRRPD will provide a game ball.

League will follow NFHS high school rules, unless addressed by FRRPD League specific rule.

1. Each team is allowed 5 minutes to warm up. Game time is 55 minutes unless otherwise noted on your schedule.
Teams may use the court for the 55 minutes if their match ends early.
2. A match shall consist of three sets. All 3 sets will be played regardless of who won the first two sets. The first two sets will be played to 25 with no cap, win by two. The third set will be played to 15 with no cap, win by two. Rally scoring will be used. If games are taking longer than the allotted amount of time, it is up to the official to put a cap on the game. Officials will communicate with the coaches prior to that set starting if they feel a cap needs to be set.
3. Rock-Paper-Scissors will decide which team wants to serve or receive/side. If the first two games are split, captains will be called and the winner will get to choose side, serve or receive.
4. Maximum number of players on the court is 6. Teams must start with a minimum of 4 players for it to count as a legal game; if someone gets hurt teams may finish with as few as 3 people.
5. The number of boys on the court cannot exceed the number of girls. Alteration of boy, girl, boy, girl, when possible. Two boys cannot be lined up next to each other on the court.
6. Substitution will be made after side outs in the middle back position.
Open substitution is allowable when a player is removed due to injury.
Players will line up in-between the net and 10-foot line to substitute.
Substitution will take place when players are signaled by official.
7. Time out requests: While the ball is dead, a time out may be requested.
Each team is allowed two 30 second time-outs per set, injuries not included.
8. Out-of-bounds: Any ball hitting any portion of the line is good. The basketball backboards are out of play and count as a side out and point for the opposing team. The ceiling and lights are playable, if it doesn't hit the ceiling and go over to the other side.
9. Recommended net height for the 4th/5th/6th grade teams will be 7'0".
10. Recommended net height for the 6th/7th/8th grade teams will be 7'4 1/8".
11. Net height will not exceed 7'4 1/8".



Scoring/Serving

1. Point: Rally scoring is in order. The team that won the rally will receive the point.
With rally scoring: a ball contacting and crossing the net shall remain in play provided that the ball is entirely within the net antennas.
2. The server is in the right back position. Server must wait for the official's whistle before each serve. Each server continues serving until his/her team makes an error, has served 6 consecutive serves (please see below), commits a foul, loss of rally, or the game ends.
3. A player may only serve **6 times consecutively, and then the team must rotate servers.** The official/scorekeeper will keep track of the number of consecutive serves for a player and let the coach know when it is his or her last serve.
4. A server must serve from anywhere behind the back boundary line and not touch the line until after the ball is hit; otherwise, it is a violation and a side out. In the **4th-6th grade** division, players will be allowed to take one step over the service line.
5. Each player gets two tosses total per point earned; one attempt and then they must attempt to make contact on the next toss, if they don't a side out will be awarded to the opposing team. A re-serve shall be called when the server releases the ball for service, then **catches or drops it** to the floor.
6. A served ball that hits the net and goes over is a "Let serve" it is legal to do in recreational and competitive volleyball. It must contact and cross over the net between the net antenna.
7. A player **may not** block or attack/hit a served ball.
8. Re-Play: A "play over" is the act of putting the ball in play again without awarding a point or side out. Play over should be called on official's mistakes, foreign object entering the court, injured player, unsure line call, double fouls and trap ball.
All replay calls are at the discretion of the official.

Rotations

1. Rotation occurs when the non-serving team wins a rally.
The team has earned the point, the right to serve and the right to rotate.
2. Rotation will move in the clockwise direction
3. Substitutions will be made after side outs in the middle back position.



Violations

1. A team shall not have more than 3 hits before the ball crosses the net into the opponents playing area or is touched by the opponent. When the team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first hit.
2. On any driven ball (serve, digging, passing) a double hit will not be called if it is the first ball over.
3. The ball may be hit with any part of the body so long as there is no prolonged contact. Contact may be made in a kicking motion and players can kick the ball over the net.
4. A lift violation is defined as a ball that has prolonged contact on any part of a player's body.
5. Touching the net during the game is a violation. When the ball is driven into the net causing it to touch an opposing player no violation has occurred.
6. Reaching over net to block a ball that is completely on the opposing team's side is a violation. However, if any part of the ball has crossed the centerline or if the opposing team has no chance of playing the ball it is considered a legal action. You may not reach over the net if the ball is being set or about to be set, this is a violation.
7. Players may touch the centerline under the net but may not go over it completely (entire foot is required to be over the centerline for it to be a violation).
8. A player may go outside her/his court to play a ball if they do not cross the centerline or its assumed extension or cross the sideline in the adjacent court.