

# Youth Volleyball League Rules 8U & 10U

Spring 2026

## Carrollton Youth Volleyball League Rules

The City of Carrollton follows the Texas Amateur Athletic Federation (T.A.A.F) rules as they follow the NFHS Middle School Rules with the exceptions listed in this handbook.

**Mission:** To teach, develop, organize, and offer youth athletes the opportunity to learn the fundamental skills of volleyball in a safe and fun environment while instilling life-lessons and values such as character, teamwork, discipline, respect, and sportsmanship.

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## PLAYING RULES

- A coin toss will be conducted between a representative from each team and the official to determine serve/receive for the first game
- The home team will call the toss
- The second game will be opposite of the first.
- If a third game is necessary, another coin toss will be held.
- The visiting team will call the toss.
- Each match will consist of the best 2 of 3 games or a 55-minute time limit. **Exception:** There will be no time limit during playoff games.
  - All divisions will play rally point scoring.
  - All division will play to 25 points, must win by 2 points, and games will be capped at 30 points. **Exception:** When time has expired; the team ahead will be awarded the point.
  - The third game will be played to 15 points for all division, must win by 2 points, and will be capped at 20 points.
  - A forfeit game will be scored 15-0 in favor of the team that does not forfeit.
- Teams will switch courts after each game.
- Both coaches are required to sign the official score card at the end of the match.

## OUT OF BOUNDS

- **Ceiling Rule:** If the ball touches the ceiling and does not cross the net, it is still in play.
- If the ball touches the ceiling and crosses the plane of the net; it is considered out of play.
- Players will be allowed to penetrate under the net as long as they:
  - Do not interfere with the opponent's play.
  - Only the hand(s) or foot (feet) come in contact with the opponent's court.
  - Part of the penetrating body part remains in contact with or is directly over the centerline.
- A ball will be considered out of bounds if it:
  - Touches the wall, objects mounted to the wall or objects on the floor outside the court.
  - Touches the floor outside of the court's boundary lines regardless of overhanging objects.
  - Touches the net antennas.
  - Does not cross the net within the antennas.
  - Touches the bleachers, benches, official's table, etc.
- The ball is considered inbounds if it touches the line.

## LINESPERSON

- Each team will provide a linesperson thirteen (13) years or older. The linesperson will be positioned at the corner of the court on the left-hand back corner opposite their opponent's server. The linesperson does not change sides during match play. The referee has the right to overrule a linesperson at any time.

## SERVING

- 7/8U- Serve anywhere behind the 10' line
  - If the first serve does not go over the net, the server gets a "first serve re-do"
- 9/10U- Serve anywhere behind the 23' line
  - If the first serve does not go over the net, the server gets a "first serve re-do"
- 11/12U- Serve anywhere behind the back court line.
  - If the first serve is an overhand serve and does not go over the net; the server gets a "first serve re-do."
  - This would be on the first serve only, in that server's rotation, and it would only be on serves that are into the net or do not reach the net.
  - Example: If the first serve goes over the net, but out of bounds, no "first serve re-do" would be allowed.

- 13/14U- Serve anywhere behind the back court line.
- Players in the 8U & 10U may not serve more than 5 consecutive serves.
  - The referee will whistle, and the ball will automatically go to the opposite team for serving.
- A player must wait for the whistle before serving the ball. After one warning per server, a loss of serve will result with a point being awarded to the opposing team.
- The ball shall be contacted within eight (8) seconds after the referee's signal to serve.
- The server shall hit the ball with one hand, fist or arm from behind and without feet coming into contact with the serving line. The server may not touch the back line or enter the court until after the service hit.
- A player is allowed to toss and let the ball drop once during her/his service period which is also known as a rotation. A second occurrence during that rotation will result in a loss of serve and a side out being called therefore awarding a point to the opposing team.
- A legal serve is a serve in which the volleyball goes over the net, without touching the ceiling, and lands in the bounds of the opposing team.
- Net serves count (when the ball touches the top of the net as it goes over).
- After a play has ended, the ball shall be rolled under the net back to the server (not thrown).
- Players are not allowed to attack, hit, or block a serve if it is in the front zone or completely above the net.

## SUBSTITUTIONS

- Teams must use the following rotation system during each match.
  - Players must rotate in the same order, in a clockwise direction. The substitution shall occur at middle back.
  - The #1 position for team A will serve. Once a loss of serve occurs the opposite team will serve. When the opposite team has a loss of serve the substitution will occur for team A. The sub will replace the previous server in the #1 position and now be in the #6 position.

\*\*\*\*\* (NET)

4.	=>	3	=>	2
5.	<=	6	<=	1

## TIE BREAKER

- If the score is tied at the end of regulation a tie breaker will be decided as follows:
  - The number of sets won in the current match
  - The total number of points from the previous sets
  - If neither of these result in a winner, a coin toss will be conducted by the official to determine a winner. The home team will call the toss.

## TIME OUTS

- Two 30 seconds time outs will be given to each team per game.
  - The time outs do not carry over to the next game.
  - If a timeout is called in the final minute the clock will be stopped during the time out.
  - If a timeout is called which would result in the clock going under a minute, the clock will stop at 1 minute until play resumes.

## LEAGUE RULES

- A maximum of 12 players will be on a roster, but no less than 6.
- Must have a minimum for 4 players to start the game.
- Players can only play in one age division.
- Players are allowed to play up one age division.
  - League Coordinator must approve anyone playing up more than one age division.

## EQUIPMENT

Division	Net Height	Ball Size
7/8U	6'1"	Volley Lite
9/10U	7'	Volley Lite
11/12U	7'4"	Official Size
13/14U	7'4"	Official Size

- Carrollton Parks and Recreation Department (CPARD) will provide a game volleyball for all divisions. Practice balls will not be provided.
- Uniforms:
  - Carrollton provided jersey must be worn.
  - No jewelry may be worn at any time during a game. Officials may ban any equipment that they deem as unsafe or illegal.
  - Kneepads are strongly recommended, mouthpieces are optional.
  - Each player must wear gym shoes.

## LEAGUE PARTICIPATION

### Rosters

- Team rosters shall consist of no more than ten (12) players, but no less than seven (7) players.
- Age Requirements: Age eligibility is determined by what age a player is on 9/1/2025

If any information on the player registration form is discovered to be false, it will be dealt with in the following manner:

- All players must complete a registration form and free agent players will be assigned to a team.
  - Head coaches are allowed to request players to be on their team. Exceptions will be determined on a case-by-case basis but must have approval from CPARD.
    1. The CPARD is committed to making our best attempt to pair coaches and players, but it is **not** guaranteed. **After the first league game is played no roster changes will be approved unless with prior approval from the CPARD.**

If any information on the player registration form is discovered to be false, it will be dealt with in the following manner:

- If discovered before season starts, the form will be corrected.
- If discovered during the season, player will be ejected from the league and no refund will be issued.
- If the coach has knowledge of it, all games played to date by that team will be forfeited. Any coach having knowledge of the information, and not bringing such information to CPARD will be ejected from the league.
- If discovered during the post-season tournament, the player shall be immediately ejected from the league. If any coach of the team had knowledge of the false information, regardless of when discovered, the entire team will be immediately eliminated from further participation in the post-season tournament.

## UNSPORTSMANLIKE CONDUCT

- A player, coach or spectator disqualified or ejected from a game for fighting; disrespectfully addressing an official; using profane or inappropriate language or obscene gestures; disrespectfully addressing, baiting or taunting an opponent; or other behavior deemed to be unsportsmanlike by the officials or CPARD staff.
- **The Head Coach is responsible for the actions of his/her Assistant Coach(es), players, and fans of his/her team.**
- Any player or coach ejected from a game will be suspended for a minimum of one game.
- Officials will report ALL ejections to the scorekeeper. The CPARD may take more severe action as unsportsmanlike conduct WILL NOT be tolerated from coaches, players, or fans.
- Remember, part of our mission is to provide a safe and fun learning environment for all participants in the league.

### Possible Actions include but are not limited to:

- Warning to and/formal apology from coach
- Probation
- One or Multiple game suspensions
- Season Suspension
- Any Combination of the above
- Permanent revocation of coaching privileges

## APPEAL PROCESS

If a coach wishes to appeal the decision regarding any disciplinary action, the coach must submit a written statement describing the situation/game in question to the CPARD office within 48 hours of the disciplinary action decision.

- CPARD staff will organize a review committee of impartial, uninvolved individuals.
- The coach will be asked to attend a meeting to address the incident and provide the committee with his/her side of the incident.
- The review committee will determine the severity of the situation and if the behavior outlined in the NAYS Coaches' Code of Ethics has been violated.

## PROTESTS

- Official protests may **ONLY** be filed for violation of the rules and/or regulations, **NOT** on judgment calls made by the officials.
- Games may **NOT** be protested based on the quality of the officiating.
- At the time a head coach determines to protest a game, he/she must immediately notify the official, opposing head coach, and scorekeeper of the protest.
- In addition, both head coaches must sign the scorebook on the appropriate page, indicating knowledge of the protest and the final outcome recorded pending CPARD review.
  - Regardless of the protest, games will **NOT** be replayed. Within 24 hours of completed protested game, a written protest must be filed with the CPARD.
  - The letter must cite the rule upon which the protest is based and give a brief summary of what occurred during the game to merit the protest. Both head coaches may be required to attend the protest review.