

Volleyball Rules (Fall 2023)

Game ball & net height:

8-10 division will be using Volleyleite (*10 and under) / Net height: Junior/Women

11-13 and 14-17 divisions will be using official size balls / Net height: Women's



Game times and practices: (6 games) (1 hour games & practices)

8-10 and 11-13 division games will be played on Tuesday evenings (6:00pm, 7:00pm or 8:00pm)

14-17 division games will be on Wednesday evenings (6:30pm or 7:30pm)

*Practices held on Saturdays between 9:00am – 4:00pm. Players will be placed on teams after Player Evaluations, and Coaches will contact parents to notify them of the team their child(s) was placed on and the time practices will be held.

THE SERVE

(A) Server must serve from behind the restraining line (end line) until after contact.

1. 8-10 division will be allowed to serve at a closer marked red line as needed for success, at the Coach's discretion or the League Supervisor can determine

2. 11-13 and 14-17 divisions must serve behind the end line. Stepping over the line will be Considered a fault and their serve will be forfeited to the other team.

(B) Ball may be served underhand or overhand.

(C) Ball must be clearly visible to opponents before serve.

(D) Served ball may graze the net and drop to the other side for point.

(E) Each player can only serve one time per full rotation. (Ex: 1 time per 6 different servers)

(F) Each player must serve within 1 out of 2 sets.



SCORING

- A. Rally scoring will be used.
- B. There will be a point scored on every serve of the ball.
- C. Offense will score on a defense miss or out of bounds hit.
- D. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
- E. Game will be played to 25 pts. Except for 3rd set (15pts)
- F. Must win by 2 points.
- G. Home team must provide an adult score keeper (unless we have a recreation center volunteer available).



- H. ***Only 3 consecutive serves by the same player may be performed, for the younger age groups 8 – 10, 11 – 13 & 5 consecutive serves for the 14 -17 age division. they will then rotate clockwise until they reach position 2 where they will rotate off the court, they can not stay in and serve another time, unless limited number of players.**
- I. If the volleyball hits the ceiling on your team's side, then it is playable, as long as it doesn't get caught up in anything, or cross over the net at any point into the opponent's side.

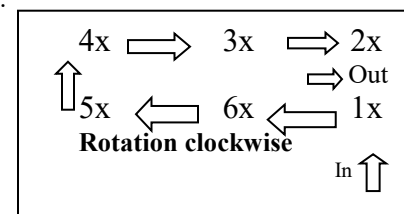
ROTATION = see diagram for changed rotation entry

- (A) 8-10, 11-13 & 14-17 division player **rotates out at the #2 position**, for new player

to come in to the #1 serve position.

- (B) Players shall rotate in a **clockwise** manner.

- (C) There shall be 4-6 players on each side. **A minimum of 4 players may start games.**



PLAYING THE GAME (VOLLEY) *(No jewelry or gum chewing permitted)

*Knee pads are highly recommended for safe play, for both games and practices.

*A game may begin with 4 players. If only 3 players arrive, team forfeits the first set after waiting 10 minutes. If 4th player has not arrived within the next 10 minutes that team also forfeit the 2nd set and all games. *In sportsmanship manner the other team may offer one of their players to play the game but it will not count. **The team with the correct number of on time players will receive the win!**

- (A) Maximum of three hits per side.

- (B) Player may not hit the ball twice in succession (A block is not considered a hit).

- (C) Ball may be played off the net during a volley and on serve.

- (D) A ball touching a boundary line is good.

- (E) A legal hit is contact with the ball by any part of the players' body which does not allow the ball to visibly come to a rest.

- (F) If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.

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(G) A player must not block or attack a serve.

(H) Switching positions will only be allowed between front line players. (After the serve only).

BASIC VIOLATIONS

(A) Stepping on or over the line on a serve. (Except for 8-10 division for the first couple of weeks)

(B) Failure to serve the ball over the net successfully.

(C) Hitting the ball illegally (Carrying, Palming, Throwing, etc.).

(D) Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.

(E) Reaching over the net, except under these conditions:

1 - When executing a follow-through.

2 - When blocking a ball which is in the opponent's court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.

(F) Reaches under the net (if it interferes with the ball or opposing player).

(G) Failure to serve in the correct order.

(H) Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position

Miscellaneous Information

A.) Each player must get in 1st and 2nd game and 3rd game.

A player who has not been in the game must be substituted in before another player may return.

**Practices on Saturdays are highly recommended, and those players that attend practices will be guaranteed to play in the games. Players who do not make practice on a regular basis could possibly not see as much playing time.*

**Players MUST be on time to their scheduled game, this means 15 minutes prior to scheduled time of game. If arriving late to their game, players playing time may be limited at the discretion of the Coach or League Supervisor.*

TIME OUTS: Coaches are permitted only 1 minute for a time out, and 3 time outs per match, which is 1 time out per set, will be permitted.



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- B.) Players will be evaluated prior to season in order to make for a fair playing atmosphere.
- C.) Player Placement day is held before the season and the following will be the procedure:
 1. Players will participate in drills on the day of placement
 2. Coaches will evaluate and rank players according to how they would draft
 3. All players will be assigned a number
 4. Placement will be conducted after the evaluations by the league director
 5. Coaches will be sent an email with their team roster names and contact numbers.

Parents Assistance Needed:

Please be responsible for your children, who are not in the league. This means to keep them with you at all times. We do not want them on the court for liability and safety reasons. We have had some challenges in the past with siblings or players running up and down the hallways. Please help us by keeping your children with you in the bleachers and/or in the gymnasium.