



## **OPD Youth Volleyball General Rules (3<sup>rd</sup> - 8<sup>th</sup> Grade)**

### **I. League Description**

Oswegoland Park District Youth Volleyball is a recreational league designed to provide participants with a safe, fun environment in which to learn and play the game of volleyball. The league is designed to be instructional and help teach children the rules of the sport and also many other life lessons that can be learned from a team sport environment. Our league is intended to keep children active and engaged. The coaches should enforce the OPD values of fair play, sportsmanship, and teamwork.

### **II. Player Eligibility / Age Rules**

1. All participants must be registered in the Park District volleyball program based on their current grade. Coaches are not allowed to make any changes or additions to their rosters. All roster changes/additions/deletions must be done by OPD staff.
2. OPD uses the grade categories listed below. If participation is not great enough, age groups may be combined at the discretion of the Park District.

Girls: 3<sup>rd</sup>/4<sup>th</sup> Grade  
Girls: 5<sup>th</sup>/6<sup>th</sup> Grade  
Girls: 7<sup>th</sup>/8<sup>th</sup> Grade

### **III. Teams/Rosters**

1. Teams will be created by the OPD staff based on participation. Number of teams per age group will vary. Roster size will be between eight and twelve players based on participation numbers and divisions.

### **IV. Schedules**

1. Game schedules will be created and maintained by the OPD staff. There will be 2 weeks of practice prior to the season beginning, with practice continuing throughout the season.

### **V. Game / Match Format**

1. All matches will be scored using the rally scoring system. This is where a point is scored on every rally no matter which team is serving. A point is awarded to the opposition on every side out.
2. All matches consist of 3 games unless;
  - a. 45 minutes has passed from the initial start of Game 1. If it has been longer than 45 minutes, then game 3 will not be played.
3. Games 1 & 2 will be played to 25 points (win by two) with a point cap of 27 using rally scoring.

4. Game 3, if played, will be played to 15 points (win by two) with a point cap of 17 using rally scoring.
5. Game 1 service will be determined by a coin flip or rock, paper, scissors.
6. Teams shall alternate service after each game and flip sides of the court.

## **VI. Playing Rules (All Divisions)**

### **1. General Playing Rules**

- a. One time-out is allowed per match. The time out shall be 45 seconds. Time-outs are not cumulative.
- b. There will be a one-minute rest period between games.
- c. A team is allowed three (3) successive contacts with the ball in order to return it to the opponent's area. An individual cannot contact the ball twice in succession.
- d. Simultaneous contacts by teammates count as one team contact and either may make the next play on the ball.
- e. The ball may be legally hit by more than one part of the body on the first contact, providing multiple contacts are simultaneous and the ball rebounds immediately and clearly after contact. A ball rolling up the arm can be considered a held ball.
- f. The ball may be legally hit by any part of the body.
- g. The ball must be hit, not carried or thrown.
- h. A ball contacting and crossing the net shall remain in play provided contact is within the playing area.
- i. The boundary lines are in bounds.

### **2. Dead Ball**

- a. Contacting the net or any part of it, including its supports, while the ball is in play is prohibited, unless the force of the ball by an opponent pushes the net into a player. There is no foul for hair touching the net. Incidental contact with the net by a player not making a play at the ball is permitted.
- b. The ball may be played when it contacts the ceiling or overhead object above the playing surface and falls onto the court, provided it doesn't cross the plan of the net.
- c. Any ball that strikes the wall or other vertical surface against the wall is dead. The ball is dead anytime it hits the flagstick.
- d. A player may not run into or move the curtain to make a play.
- e. A ball may not be held or lifted. Using an open hand to contact the ball in an underhand motion usually constitutes a carry or lift.
- f. A ball is dead if it:
  - i. Crosses the net entirely outside the vertical playing area (outside of antennas)
  - ii. Lands out of bounds
  - iii. Touches the floor within the playing area
- g. A double foul is called when players on opposing teams commit rule infractions at the same instance. A replay is called and the ball will be served over by the serving team.

### 3. Serving

#### a. General Serving Rules

- i. All players, except the server, must be completely within the court as the ball is being served.
- ii. The ball may touch the net while crossing it as long as it does not make contact with the antenna or other external objects.
- iii. Rotation occurs after a team gains the right to serve. The team shall rotate players one position clockwise with the right back position being the server.
- iv. At the beginning of the game, the second team to serve must rotate before serving.
- v. A player may not serve more than 5 serves in a row at a given time. If a player serves five in a row and wins the fifth serve, they will then receive the point but the serve will be awarded to the opponent.

#### b. 3<sup>rd</sup>/4<sup>th</sup> Grade

- i. An additional serving line will be moved closer to the net for this division. The server shall serve from the taped line that is located in front of the end line.
- ii. To encourage participation by all players, players will have two attempts to successfully serve the ball over the net and in play.
  - a. If the 1<sup>st</sup> serve is a side out, no point will be given to the opposition and a 2<sup>nd</sup> attempt will taken.
  - b. If the 1<sup>st</sup> serve is not a side out and play occurs, a point will be granted accordingly.
  - c. If the 1<sup>st</sup> serve makes it over, a 2<sup>nd</sup> serve will not be given unless the serving team is the one who scores the point.
  - d. The 2<sup>nd</sup> serve will always be scored accordingly.
- iii. Please note, that as players learn and improve, have them work their way back to the end line.

#### c. 5<sup>th</sup>/6<sup>th</sup> Grade

- i. Players can move up to serve to the taped line or regular serving line (end line).
- ii. To encourage participation by all players, players will have two attempts to successfully serve the ball over the net and in play for the first half of the season.
  - a. If the 1<sup>st</sup> serve is a side out, no point will be given to the opposition and a 2<sup>nd</sup> attempt will taken.
  - b. If the 1<sup>st</sup> serve is not a side out and play occurs, a point will be granted accordingly.
  - c. If the 1<sup>st</sup> serve makes it over, a 2<sup>nd</sup> serve will not be given unless the serving team is the one who scores the point.
  - d. The 2<sup>nd</sup> serve will always be scored accordingly.

#### d. 7<sup>th</sup>/8<sup>th</sup> Grade

- i. Players must serve from regular serving line.
- ii. Rally scoring will apply as stated under Section V.

#### **4. Substitutions**

- a. Rotation occurs after a team gains the right to serve. The team shall rotate the players' one position clockwise and the back right position serves.
- b. If there are more than 6 players on the team and substitutions are required, players will rotate out of the game from the front right position on the court, and then a player who was previously sitting out will rotate back into the game into the back right position and serve the ball. Rotation will continue clockwise for the rest of the game.

#### **VII. Equipment**

1. All players will be given a team shirt as their uniform.
2. Knee pads are required.
3. Players are expected to wear non- marking rubber soled gym shoes.
4. No jeans, pants, or shorts with belt loops are permitted.
5. No player can participate while wearing a hard cast/brace with metal or hard plastic components.
6. Players should not wear any equipment or apparel that is considered dangerous to them or other players. This includes: any type of jewelry not medically issued, barrettes (ponytail holders must be rubber coated), or casts.
7. Players are allowed to wear jewelry that is either medical or religious in nature. They are advised to tuck this in to avoid any potential of injury.
8. No hooded garments are allowed under team shirt.

#### **VIII. Officiating / Referees**

1. There will not be any officials for the youth volleyball league.
2. Calls will be made by the coaches and players to the best of their ability.
3. Any discretionary calls nor uncertainty will result in no point be awarded and a "re-do" of the play

#### **IX. Playoffs**

1. There are no playoffs or postseason play for OPD Youth Volleyball.

#### **X. Player Conduct / Sportsmanship**

1. Any conduct determined to be unsportsmanlike or unruly by either the officials or any OPD staff will result in a warning.
2. The second instance of misconduct shall result in an ejection. Any player removed from a game for any reason may not be allowed to participate in that team's next scheduled game if deemed so by the OPD staff. The Park District reserves the right to extend the suspension period if the reason for the ejection in their opinion is severe enough.