

Green River Parks and Recreation Youth Volleyball Guidelines and Rules

OVERVIEW

- Divisions of Play: 3rd/4th (Co-ed) and 5th/6th Grades (Co-ed).
- The goals of the league are to stress sportsmanship, to teach players fundamental skills of the game, participation, having fun, lifelong skills (respect, teamwork, responsibility, etc.)
- There are no league standings or a championship game. Wins and losses are not recorded.
- Continuous Rotational System of Participation: Each player substituting (rotating) into the court shall enter the back middle position and the player in the back right (serving) position shall exit the court. All players MUST rotate one position. The players shall remain in the same order off the court as well in preparing to re-enter the game. NOTE: a coach may NOT change the order of players entering the back middle position once the order has been established.
- All games and practices will be conducted Monday-Thursday evenings at Truman and Lincoln School gyms Coaches will schedule available practice times. Practices are limited to one hour. Teams may practice two times during the first week of the season. A maximum of seven practices can be scheduled for the entire season.

PLAYERS EQUIPMENT, GAME EQUIPMENT, AND TEAMS

- Rosters are limited to 9 players. Each team will have 6 players on the court during live ball play. If one or both teams are short players at game time, the coaches will consult with the official to determine format of play so that teams are balanced with players on the court.
- Player Equipment:
 - a. Green River Parks and Recreation blue/grey game jersey, shorts or sweat pants of any color, and tennis shoes.
 - b. Knee pads are not required, but highly encouraged.
 - c. No jewelry can be worn during play. That includes any hair pins or barrettes.
- Volleyballs: Both the 3rd/4th and 5th/6th Grade divisions will use the Tachikara Volley Lite volleyballs provided by the Green River Parks and Recreation Department.
- The net shall be set at 7' for all groups.

MATCH

- A match will consist of three sets with a 50 minute time limit. The 1st and 2nd sets are played to 25 points, and the 3rd set is to 15 points unless there is time with the 50 minute time limit to play to 25 points. Teams must win by two points (ex: 27-25) with a 30 point cap. If the 3rd set is played to 15 points due to the 50 minute time constraint, the cap is 20 points. Teams will play all three sets even if one team wins the first two matches unless there is a time constraint.
- The game will start with the Home team (team listed first on the schedule) to serve.
- All sets are rally-point system. Rally scoring system means a point is awarded on every side out.
- At the end of each set teams will switch courtsides.
- Each team shall have one (1) – 30 second time out per set.
- A back row player may not jump in front of the 10 ft. line at any time or it will result in a side out due to a back row attack.

THE SERVE

- All players must serve from at least the 20' line. More skilled players should serve from the 30' regulation line.
- Players must wait for the whistle before serving.
- Serves may be overhand or underhand
- A player may serve from anywhere behind the serve line.
- Each server shall have no more than 5 consecutive serves.
- A re-serve shall be called when the server releases the ball for service, and allows the ball to drop or is caught. A server has one re-serve per service attempt.
- A foot fault occurs when a player violates the serving area by touching the serving line at any point during the serve.
- A server shall hit the ball with one hand, either underhand or overhand, while the ball is being held or released. Contact with the ball on an overhead serve must be made by a flat, open hand.
- If a serve contacts the net and goes over the opponents' side it is considered a live ball and shall be played.

PLAYER ROTATION

Continuous rotation shall be used by all teams. In the continuous rotation system, each player substituting (rotating) into the court shall enter the back middle position and the player in the back right (serving) position shall exit the court. All players MUST rotate one position. The players shall remain in the same order off the court as well in preparing to re-enter the game. NOTE: a coach may NOT change the order of players entering the back middle position once the order has been established.

VOLLEY

- A team has three hits to get the ball over the net.
- The same player may not contact the ball twice in a row, unless the first contact was a legal block or attempted block.
- Player may not "carry" the ball. It cannot "rest" during contact but leave the player's body quickly.

PLAYABLE OVERHEAD STRUCTURES

- A ball striking a ceiling or overhead obstruction above a playable area shall remain in play provided the ball contacts the obstruction on the side of the net occupied by the team that last played the ball, and the ball is legally played on the next contact by the same team. If the ball contacts an obstruction over the opposing teams side of the net after being contacted by a team it shall result in a side out being awarded.

OUT OF BOUNDS

A ball is considered out of bounds and becomes dead when;

- The ball hits the playing surface.
- Touches a wall, or objects on the floor outside the court area of play
- Touches the floor completely outside the area of play
- Touches the net cables, net antennas above or within the net, or does not pass over the net entirely between the antennas
- Touches a non-player

- A player's foot completely crosses the centerline, going on the other teams' portion of the court. If any of a players body above the waist touches the opponent's side of the court it is a violation.
- A player touches the ball twice in a row with the exception of following a block.
- A team contacting the ball more than three times consecutively
- Contact with the net that interferes with the play.

PLAYER AT THE NET

Reaching Beyond the Net

- A player may reach beyond the net to play a ball provided the opposing team player is not making an attempt to play the ball. If there is an attempt to play the ball then it shall be called over the net and a side out awarded.
- After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

Penetration Under the Net

- It is permitted to penetrate into the opponent's space under the net, provided that this does not interfere with the opponent's play.
- A player is allowed to cross under the net with any part of the body provided that the player's foot (feet) does not cross the center line completely. Some part of the penetrating foot (feet) has to remain either in contact with or directly above the center line in order to not be a side out.

Contact With the Net

- Contact with the net by a player is not a fault, unless it interferes with the play.
- Players may touch the post, ropes, or any other object outside the antennae, including the net itself (exception- the tape/ or the top band of the net), provided it does not interfere with play.
- A player may not contact the top band of the net referred to as "the tape". If a player touches the tape, a side out shall be called.
- A net violation shall be called when a player contacts the net in order to;
 - take support from the net simultaneously with playing the ball
 - create an advantage over the opponent
 - make actions which hinder an opponent's legitimate attempt to play the ball