



## **Youth Sports Volleyball Rules**

Swansea Youth Volleyball League shall be played under the modified rules of the National Federation of State High School Associations and the MIAA and the Jr. Volleyball Association

### **ELIGIBILITY**

Grades 3-5: Volley Division (Instructional Only with scrimmaging)

Grades 5-9: Players will be assigned divisions and teams dependent on evaluation day

Setter Division- For players ready for skill building and Intermediate Play

Spiker Division-For players ready for skill building and Advanced Play

### **EQUIPMENT**

- Net height shall be set at the Jr. level height for Volley & Setter divisions
- Net height shall be set at Sr. level height for Spiker division
- Volley division will use official Tachikara volley lite leather volleyballs
- Setter & Spiker division will use the official SV-18S Tachikara leather volleyball for game play.

### **UNIFORMS**

Players will be provided with a jersey for games. Players should have black biker style spandex shorts, sneakers, knee pads and appropriate sports undergarments. Hair devices may be worn if made of soft material (rubber bands, hair-ties). Players shall not wear jewelry (ex: rings, necklaces, medals, watches, earrings, bracelets, etc.) or any artificial nails. If a parent feels it is necessary that their child wear earrings, the ears/earrings must be taped.

### **PLAYING TIME**

Setter & Spiker Divisions will play and substitute at the coach's discretion, keeping in mind that all players should play one (1) full game between at least 2 sets. If a game goes into three (3) set's players will be selected to play at the coach's discretion. The Setters division will begin to learn game positions and will be using substitutions based on positions. The Spikers division will begin to have girls play by position (i.e. setter, left front, middle, right front, left back, middle back, right back).

### ***Substitution of players not on your "official" team***

- Players can only be a substitute on "unofficial" teams for less than 2 games per season.
- Players are only allowed to practice with their "official" team

## **PRE-GAME**

- Teams are strongly encouraged to arrive 15 minutes early for their games.
- No playing of volleyballs is to take place in the gym area during any game play.
- A pre-game meeting with the coaches, officials and team captains will be held prior to the coin toss. Team line-ups must be submitted at this time. Line-ups from both teams, with player's first name and shirt numbers, must be entered on the official score sheet 5 minutes prior to the start of the match.
- The coin toss will determine who will serve/receive the ball. The HOME team listed first on the schedule (home team) will call the flip. Home team will always start on the "HOME" starting side.

## **GAME GUIDELINES**

- Game time is forfeit time. Site Supervisor can grant a grace period, at their discretion.
- The coin toss will determine who will serve/receive the ball. The HOME team listed first on the schedule (home team) will call the flip.
- Volleyball team consists of 6 players: 3 back positions (left, center, right) and 3 front row positions (left, center, right). In lieu of forfeit, a team may start and/or finish the set/game with 4 players. (If additional players arrive after the start of a set/game that player will be allowed to play in the set/game as a substitute. A team may finish a set/game with 4 players.
- Out of Bounds plays – a ball striking the ceiling or an overhead obstruction that remains on the side of the court with possession is playable. A ball that strikes the wall is immediately out of bounds. A ball striking the ceiling or an overhead obstruction that then falls on the opposite side of the court is not playable. A ball that strikes the wall is immediately out of bounds.
- When volleying, a player may not contact or reach over the net, make successive contact (double hit), or play it twice in succession (not alternating). A team has 3 attempts or plays on the ball before it must cross the net.
- Substitution must be carried out within the substitution zone. Coaches must call out substitutions to the working referee. Substitutions must be between the net and the 10' foot line. Players must wait for the referee to call out their changing numbers before players exchange positions.

A match consists of the best 2 out of 3 games. However, all 3 games will be played (if time permits). Game consists of 25 points in rally scoring format. Teams must win by at least 2 points. All games will be scored, with a point allocated for every possession.

## **TIMEOUTS**

Each team is allowed 2 timeouts per set. Timeouts may be taken consecutively. Timeouts shall not exceed 60 seconds. Requests for a timeout shall be made by the coach and/or playing captain only during dead balls, but not after the referee has signaled for the next serve. Requests for additional timeouts shall be penalized. If a team has requested a timeout and none remain, a point/side-out is awarded to the opponent and the team will not be given the 60 seconds.

## **SERVING**

- All divisions will be allowed the let-serve. A let-serve is a ball hitting the net and going over.
- All players are allowed 1 re-serve. The server may toss the ball as part of their serve, they may let it drop (or the server may toss and catch a bad toss) if no swinging motion has been made to attempt to serve. The server may take another toss exactly one time per rotation. The server continues to serve until his/her team makes an error, commits a foul, completes the game, or makes five-successful consecutive serves. (Volley Division only). When the serving team makes an error, a side-out is declared and the serve goes to the opponent.
- The server must wait for the official's whistle before serving the ball. Only one team warning will be given. The second violation will result in a side-out point. A server may not step on or over the service line until there is contact (by the server) with the ball. If the server steps on the line or into the court before they hit the ball, they lose the serve and point (Except Volley and Setter Division).
- After a side-out has occurred, each player rotates one position clockwise.
- A block or a spike on a serve is illegal in our league.

### **Volley division (Volley division will be instructional with scrimmage play at the closing of practices. These guidelines are for scrimmage play).**

- Players will serve either under or overhand starting at a line 15' or 25' line in from the net.
- Players will start at the 15' line. If the first serve is successful, the player must then move to the 25' line for the second serve (in the same rotation). If the second attempt is successful, the player must move to the official service line for the remainder of the player's turn.
- If the player is unsuccessful at serve, they will be allowed two attempts at service. If they get the ball over the net and it falls in the out of boundary area, this is considered a successful serve and service goes to the opposing team.
- After five-successful consecutive serves, players must rotate and the next player in rotation will serve from the same team.
- After a side-out has occurred, each player rotates one position clockwise. If there are more than 6 players, the right front player exits the game and the new player enters the game at the serving position. Coach must call for a Sub.
- IF PLAYERS CAN CONSISTENTLY MAKE SUCCESSFUL SERVES OVER THE NET AT THE REGULAR SERVICE LINE, COACHES MUST HAVE THEIR PLAYER START AT THE REGULAR SERVICE LINE AT THE START OF EACH SERVICE TURN.
- All overhand serves must be open hand \*no fists

### **Setter division**

- Players will serve either under or overhand starting at the service line. All overhand serves must be open hand \*no fists.
- Players will start at the service line (30 feet) however no foot faults will be called unless the player surpasses the 29 foot line. Crossing the 29 foot line during a serve results in a foot fault.
- IF PLAYERS CAN CONSISTENTLY MAKE SUCCESSFUL SERVES OVER THE NET AT THE REGULAR SERVICE LINE, COACHES MUST HAVE THEIR PLAYER BEHIND THE REGULAR SERVICE LINE AT THE START OF EACH SERVICE TURN.

## **Spiker division**

- Players will serve either under or overhand from behind the official service line. All overhand serves must be open \* no fists.
- Foot faults will be called for players who cross the service line.
- Overhand serving will be encouraged at this level in our league.

## **VIOLATIONS**

- Illegal substitution (during play or into an illegal position) will result in a side-out and/or point.
- A player in the starting line-up may leave the set and re-enter, but only in his/her previous position in the line-up.
  - Example: The player named Andrea is substituted by the player named Erica. Andrea is allowed to re-enter the game, but only in the place of Erica. After that, Andrea cannot be substituted until the end of the set.
- A substitute player may enter the game in place of a player of the starting line-up, but only once per set, and he/she can only be substituted by the same starting player.
  - Example: Alanna is a substitute player on her team, on the first set she had substituted Tracey. Now Alanna is playing and can be substituted only by Tracey. After that, Alanna is not allowed to re-enter the game on the same set.
- Closed fist serve is illegal.
- Crossing the serving line during a serve is illegal. (Except in Volley and Setter Division)
- Closed, fisted hits are illegal.
- A let serve (ball contact with the net) is allowed. However, any contact with the net during play is prohibited and will result in a side-out or point. In the judgment of the official, a foul will not be called if a player's hair or the force of the ball by the opponent pushes the net or its supports into a player.
- Double hits, consecutive hits, throwing and/or catching the ball are all violations.
- Hitting and/or contact of the head is illegal in our league.
- After the serve, all players may move to play the ball or cover the court area. However, a back row player may not block or spike above the height of the net if their body is in front of the 10' line (attack zone).
- Players may not touch the net. If 2 opposing players touch the net simultaneously, the ball is declared dead and is replayed.

THE LEAGUE PRESIDENT HAS THE AUTHORITY TO INSTITUTE NEW RULES OR CHANGE OLD RULES TO MAINTAIN CONTINUITY OF THE OVERALL YOUTH SPORTS PROGRAM. HIS/HER INTERPRETATION OF THE RULES SHALL BE FINAL