

1. LEAGUE ORGANIZATION

- A. If specific regulations are absent in the document provided by Douglasville Parks and Recreation, the organization will implement GHSA volleyball rules. These rules, set forth by the Georgia High School Association, serve as a framework for uniformity and adherence to recognized standards in their volleyball events.
- B. The City of Douglasville Parks Department is the governing body of this league. The National High School Federation rules shall govern play unless superseded by the following rules and regulations. The City of Douglasville reserves the right to rule on anything not covered by the NHSF Rulebook.
- C. Each team is responsible for checking the website for schedules, standings, and make-up game information. League information can be found at www.quickscore/douglasville.
- D. The City of Douglasville reserves the right to place any team in a higher or lower division during the season. Any team that comes in first place in its division during the regular season and or playoffs may be moved up to the next highest division the following season.
- E. The League is made up of 7 in-season games and playoffs. (A minimum of 8 total)

2. SETUP AND EQUIPMENT

- A. City of Douglasville staff will furnish equipment and game balls, but teams may use their own ball if both teams agree.
- B. Matching jerseys with numbers is required.
- C. Closed-toed shoes must be worn. (Crocs are prohibited)
- D. The net height shall be 7 feet 5 inches.
- E. The volleyball court is set at 60 ft. by 30 ft.
- F. Service lines:
 - a. 12U: 25ft/regulation line
 - b. 15U: regulation line

3. ELIGIBILITY & ROSTER

- A. For 12U, ages range from 10 years old to 12 years old and 15U ages range from 13 years old to 15 years old. **AGE CONTROL DATE ON March 1, 2024.**
- B. A team will not be allowed to carry more than 11 players on its roster.
- C. All rosters will be built through a draft by volunteer coaches. Coaches will be allowed to freeze (3) players on their team prior to the draft.
- D. A player cannot be a member of 2 teams within the same age group. Teams may pick up players on another team, ONLY if they are short the full starting lineup and the other team agrees. Teams may not pick up players as subs from another team. Once the playoffs start, teams may only use players that are on their team/roster. In the playoffs, if a team does not have enough players to start the game, they will forfeit their game.

4. GAME OVERVIEW

- A. A team consists of 6 players per team on the court. A team may start with a minimum of 4 players.
- B. Matches will be the best two (2) out of three (3) sets. The first team to win two sets will win the match.
- C. Teams are allowed one (30-second) time-out per set. Time-outs can be called only by the referee on request of a team captain or coach when the ball is dead.
- D. Intermissions between sets will be two minutes.

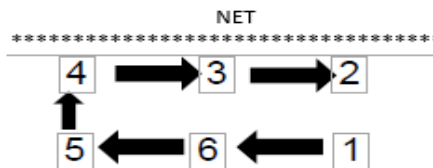
5. SCORING

- A. Before the match, a coin flip between the two coaches and their team captain(s) will determine whether a team receives or serves the ball. The winner of the flip will get the option to serve first or receive first.
- B. The first two sets will be played to 25 points, and a team must win by at least two points. There will be a scoring cap of 30 points regardless of point differential.
- C. The third set, if necessary, will be played to 15 points, and a team must win by at least two points.
- D. All sets of a match will be played under “rally scoring”, awarding a point on each service.
- E. The lines on the court are considered inbound.
- F. The red and white antennae and every part of the net outside the antennae, including cables and stands, are considered out of bounds.

6. SUBSTITUTIONS

- A. Substitutions can be made during any dead ball period before the official has beckoned for service.
- B. 12U and 15U teams must use the following rotation system during each game. Players must rotate in the same order, in a clockwise direction. The serve is made by the player in the #1 position. After each side-out a new server comes in to the #1 position and #2 goes out.
- C. Team may not designate or utilize a libero.

In the event of an injury a substitution will be allowed.



In the scenario that a team has a player serve out of turn, the team will be forced to forfeit all points won by the illegal player serving and the serve will automatically be given to the opposite team and they will receive one point (the point does not count towards the server's five point max).

7. SERVING

- A. The service zone is behind the end line and between the extensions of the sidelines. Players may serve the ball from any part of the court but must take their last step before contacting the ball to be within the service zone. Players may not make contact with any part of the end line until after they have contacted the ball.
- B. Players have five seconds after the official beckons for serve to contact the ball to initiate play.
- C. If a server does not execute a good toss, they must let the ball fall to the ground without touching it or it is considered a serve hit. There is not a limit on o how many times a server can repeat their toss during a game unless the referee sees a deliberate delay of game.
- D. During a team’s term of service, the player in the Right Back position will be the server until the next term of service.
 - A team’s term of service ends when it loses the rally or the set ends.
 - The number of points that can be scored by an individual server at one time is limited to (5) points.
 - At the beginning of a new term of service, all players on the court will rotate clockwise one position on the court to determine the next server.
- E. Net serves, in which the ball contacts the net before falling to the receiving team’s side, are legal.
- F. Blocking and attacking serves at the net is not permitted.
- G. Players on 12U have two options on their initial serve, either from the regulation back line or the marked 25 ft line. Once a player has successfully served the ball over the net 3 times consecutively from the marked line, the layer must then move back to the regulation line.
- H. 15U will serve solely from the regulation line.

8. PLAYING THE BALL

- A. Teams are allowed a maximum of three hits before returning the ball to the opponent’s side of the net.
 - Neither a block nor a joust counts as one of the team’s three hits
 - A player contacting the ball with two or more parts of the body at the same instant is permitted and considered one hit.
- B. The ball may be hit with any part of the body.
- C. A player cannot contact the ball two or more times in succession without interrupting contact from another player.
 - Blocks and jousts do not count as hits. A player participating in a block, or jousts can be the next player to play the ball without penalty.
- D. Players may not touch the net, supporting cables, nor antennas with any part of their body to manipulate the net.



E. first ball contact can be an overhand pass, forearm pass (bump) or set on the first hit after the ball crosses the net. However, an attack (spike) is not allowed on a serve

F. The ball can be played off the ceiling off your own team's side provided the ball hits the ceiling only once directly over the playing area. The ball is out if it hits the ceiling of the opponent's side.

9. CENTER LINE RULES

A. a player may cross the center line as long as the player:

- Has one foot on their side of the net in contact with the floor
- Does not contact or interfere with a player on the opposing team
- Does not contact the net, standard, referee, or referee stand while the ball is in play

10. CONDUCT

- A. Good sportsmanship is expected at all times by all players, coaches, and spectators. Foul or abusive language of any kind will be subject to immediate dismissal from the facility. Any player or coach ejected from a game will serve a minimum 1-game suspension from all City of Douglasville leagues he/she participates in. A player ejected for the second time during a season will be suspended for the remainder of that season. If a player or coach participates in a game while ineligible due to suspension, the game shall be declared a forfeit, and the player or coach will be suspended for the remainder of the season. If a player or coach touches an umpire or county representative in anger or threatens to do bodily harm, before, during, or after a game, he will be barred from the league indefinitely. The length of the suspension will be determined by the City of Douglasville staff. Douglasville Parks and Recreation promotes sportsmanship, and a fun learning experience for all participants in our leagues.
- B. If a player or coach touches an umpire or city representative in anger, or threatens to do bodily harm, before, during, or after a game, he will be barred from the league indefinitely. The length of the suspension will be determined by the City of Douglasville staff.
- C. Any coach receiving (3) unsportsmanlike technical fouls during the season will be immediately removed from the coaching position for the remainder of the season.

11. FACILITY RULES & LEAGUE INFO

A. there will be a 10-minute grace period from the start of the game before a match is ruled a forfeit. A team may begin and/or continue a match with fewer than six players but not fewer than four players. If a team cannot fulfill the required line-up for a game, the result shall be a FORFEIT.

- If a team starts a game with four players, and a 5th or 6th players arrives during play, they may enter the game at the first dead ball situation.
- B. After the schedule is complete, there will be no changes or refunds. Schedules will be emailed to the team managers. You may submit a scheduling request before the season and a City of Douglasville staff will accommodate you if possible.