

# 2025 Fall Youth Girl's Volleyball

## Rules and Regulations

### 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. 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](http://www.quickscore/douglasville).
- C. 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. 10U will utilize volley-lites
- G. Service lines:
  - a. 10U: 25ft/regulation line
  - b. 12U: 25ft/regulation line
  - c. 14U: regulation line
  - d. 17U: regulation line

### 3. ELIGIBILITY & ROSTER

- A. **AGE CONTROL DATE ON February 14, 2026.**
- B. A team will not be allowed to carry more than 12 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. If a player wants to play for two separate age groups, they must pay the registration fee for both age groups they intend to participate in.

#### **4. Draft Process**

- A. Frozen (Reserved) Participants: To maintain a balanced and fair team selection process, the league permits coaches to designate certain players as "frozen" prior to the draft. This policy allows coaches to retain specific players they are familiar with, such as siblings, relatives, or other participants they have coached in the past. By freezing these players, coaches can ensure continuity and comfort within the team environment. A coach can only freeze 3 players per season.
  - a. Please note that "freezing" a participant refers to a coach reserving a player for their team prior to the draft. Only players who have been frozen by a coach will be excluded from the blind draw and are not subject to the snake draft process.
- B. Evaluations: Participants will be assessed by coaches and volunteers to gauge their skills and abilities. Following the evaluations, coaches will select players through a snake draft format. In this format, the coach who picks last in the first round will pick first in the second round, ensuring a balanced team selection. This will continue until all available spots are filled.
  - a. Participants who are absent on evaluation day and have not been "frozen" (reserved) by a coach will be included in a blind draw. In this blind draw, each coach will take turns selecting players from the pool of participants until all available spots are filled. This method ensures fairness and equal opportunity for all participants, regardless of attendance.

#### **5. 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 **two** (30-second) time-out per set (Including the third 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.

#### **6. SCORING**

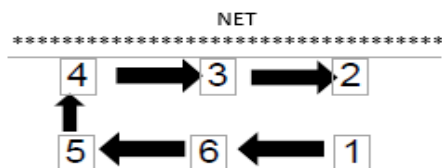
- A. Before the match, a coin flip between the two coaches and their team captain(s) will determine whether a team receives or serves the ball. The winner of the flip will get the option to serve first or receive first.
- B. The first two sets will be played to 25 points, and a team must win by at least 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. There will be a score cap of 20 points regardless of point differential.
- 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 antennas and every part of the net outside the antennae, including cables and stands, are considered out of bounds.
- G. Ceiling and Rafters:
  - a. If Team A contacts the ball and the ball comes in contact with the ceiling or any part attached (AC vents) and goes over the net, it will be considered Team B's point.

- b. If Team A contacts the ball and it comes in contact with the ceiling or any part attached (AC vents) and does not go over the net, the team may continue to play out the point and return the ball over the net (given that it was not the third hit).
- c. If the ball goes over the air vents without touching any part of the ceiling, it will be considered the other teams point as it will be considered visual obstruction for the receiving team.
- d. If the ball comes in contact with the walls or railings around the gym, the ball will be considered dead, and a point will be awarded to the opposing team

## **7. SUBSTITUTIONS**

- A. Substitutions can be made during any dead ball period **before** the official has beckoned for service.
- B. Every player on a team’s roster that shows up for gameday is required and must be on the court for a minimum of 10 points per set. (This is total points, not just points scored by your team).
- C. 10U 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 into the #1 position and #2 goes out (#2 goes out only if you have more than 6 players at the game).
- D. 12U-17U will utilize GHSA substitution rules apart from these rules:
  - a. There will not be a max on the number of substitutions.
  - b. Players may only substitute for one player per set.
  - c. Only 17U Teams may 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).

## **8. 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 eight 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 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.
  - When a receiving team gains service, they must rotate to their first server. A team cannot start a service without rotating; unless they are the first serving team of the set.
  - The number of points that can be scored by an individual server at one time is limited to (5) points. After that player's 5<sup>th</sup> successful serve, the serving team will rotate and the next player up on that same team will be the new server.
  - 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 10U & 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 server must then move back to the regulation line.
- H. 14U & 17U will serve solely from the regulation line.

## **9. 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

## **10. 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

## **11. 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 one (1) game suspension in all City of Douglasville leagues he/she participates in. If a player plays in multiple leagues, the suspension covers all games he/she participates (Coaching/Participating) in until the suspension of that specific league has been served. (E.G. Player A is ejected from the Saturday Girl's Volleyball League That were coaching. Player A also plays in the Tuesday night Men's Competitive league. The suspension for Saturday would result in Player A missing the next game on Tuesday night and Saturday.) A player ejected for the second time from any game during a season will be suspended for the remainder of that season.
- 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.

## **12. 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 5<sup>th</sup> or 6<sup>th</sup> 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. 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.