



Youth Volleyball Rules 2019

All game schedules, standings, and rules will be located at:

www.quickscores.com/ruidoso

National Federation of High School Volleyball Rules will govern play with the exceptions listed within these rules/guidelines.

TABLE OF CONTENTS

- 1.1. Game Equipment (Page 1)
- 1.2. Match Play / Team Compositions (Pages 2 and 3)
- 1.3. Substitutions (Page 3)
- 1.4. During Play (Pages 4, 5, and 6)
- 1.5. Serving (Pages 6 and 7)
- 1.6. Code of Conduct (Pages 7 and 8)

1.1.1. Court:

- Youth volleyball employs the standard court dimensions, 60 by 30. The only adjustment comes in the height of the net and the serve line.

1.1.2. Net Heights:

- 8 year old and under: The official net height 6'6".
- *8U vs. 10U: The official net height 6'8".*
- 9 year old and 10 year old: The official net height 7'0".
- 11 year old and 12 year old: The net will be set at the standard height of 7'4".

1.1.3. Ball:

- 10 year old and under: Will use the Tachikara SVMN Volley-Lite.
- 11 year old and 12 year old: Will use the regular official size Tachikara SV5WSC.

1.1.4. Player Accessories:

- Knee pads are recommended for all players.
- No guard, cast or brace made of hard leather, plastic, pliable plastic, metal or any other hard substance, even though padded, is permitted on the finger, hand, wrist or forearm.
- Players shall not wear any exposed jewelry during play.

1.2. Match Play / Team Compositions

1.2.1. Match Play

- Each match will consist of three of games utilizing rally scoring. Rally Scoring means a point is awarded to a team on every serve.
- The first two games will be rally scored to 25 (no cap) points, and the third, will be rally scored to 15 (no cap) points. Every game must be won by a 2 point margin.
- All games (12U) will be played with rally scoring (no side outs).
- All games (8U/10U) will be played with rally scoring but will utilize side outs after 6 consecutive points.
- At the end of each set teams will switch courtsides.
- The third game of a match will be decided by the first two matches' results. If the same team has won the first two matches, there will be no third game. . If after the first two matches, each team has won one match each, the serve will be determined by a coin flip with the Home team calling the flip of the coin.

1.2.2. Composition and Positions

- Ordinary play is based on six players, but teams may start with four players.
- Rotation will occur with the serving team rotating out last server. Player rotating in will enter at front line.
- Three players or less constitutes a forfeit or you may borrow a player from the other team.
- If you have more than six players then you must play them all.
- A player arriving late may rotate in during his or her team's next rotation without penalty.
- Libero's are not utilized in youth volleyball.
- Coaches are to provide a line judge for each game.

1.2.3. Timeouts:

- Timeouts Teams will be given 1 timeout per game, 1 minute in length. Timeouts do not carry over.
- There will be 2 minutes between games.

1.2.4. Pre-Game Activities:

Pre Match warmups

- Warm up should be no longer than 6 minutes with two minutes each for passing, spiking and serving. Cooperation between teams should be emphasized to ensure a safe warmup.
- Before the start of the game each team must give their starting order to the official.
- Home and Visitor team must provide one line judges to assist the referee in each schedule match.
- Village of Ruidoso Parks and Recreation will provide a scorekeeper and referee.

1.3. Substitutions

Youth 8U, 10U, and 12U

- The substitution zone is area between the attack line (10 ft. line) and the center line.
- A substitution is the exchange of at least one player in the set by a teammate who is listed on the roster.
- A request for substitution shall **not** be recognized if made: By anyone other than a head coach or substitute entering the substitution zone; during a live ball; after the referee has signaled for serve.
- Each team is permitted only one request for substitution during the same dead ball.
- To request a substitution: the head coach may visually signal to the referees that substitution is desired, or the substitute may enter the substitution zone.
- The referee recognizes the request by whistle and signal.
- If more than one substitution is to be made, the substitutions shall be made in succession, one pair of players after another, with only one substitute in the substitution zone at a time.
- Improper substitution occurs and is corrected when a substitute and the outgoing player do not take the correct exchange positions.
- The position of the substitute shall be that of the player replaced without changing the serving order as recorded on the scoresheet.
- The re-entering player shall assume the original position in the serving order in relation to other teammates.

1.3.2. Injury Substitutions

The substitution will replace injured player's position on the court at time of injury.

1.4. During Play

1.4.1. Out of Bounds:

- A ball striking the ceiling and landing on the same side as the team that played it last is still in play, however if it lands on the opposite side it is considered to be a dead ball and a point is awarded to the opposing team.
- Balls which land on any boundary line is considered "in".
- Balls which touch the net antennas above or within the net or doesn't pass over the net entirely between the antennas is out of bounds.

1.4.2. Spiking

- Back row player cannot attack or spike the ball above the height of the net unless they are behind the 10 foot line.

1.4.3. Net Play:

- Reaching beyond the net: A player may reach beyond the net to play a ball provided the opposing team's 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 and/or point awarded.
- 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 opponents play.
- A player is allowed to cross under the net with any part of the body provided that the player's foot does not cross the center line completely.
- 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 that 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 / point shall be called.
- A net violation shall be called when a player contacts the net in order to: a) Take support from the net simultaneously with playing the ball, or b) Create an advantage over the opponent, or c) Make actions which hinder an opponent’s legitimate attempt to play the ball.

1.4.4. Playing a ball:

- Each team may touch the ball up to three times before sending it over the net. Contact is allowed with any part of the body if the hits are clean and the ball is not held, scooped or carried in any way.
- If two or more teammates play the ball at the same moment, it counts as one touch and any player may make the next legal touch. The ball may be played while the player is in contact with a teammate if the other player is not being used as a prop.
- If two players go for the same ball but only one touches it, only one touch is counted.
- When two opponents simultaneously commit a foul, a double fault results and the point is replayed. A hit is good if the ball touches the net between the side markers and drops in court. The ball is out of play if it touches the ground or any object outside the court. If a player intentionally grasps or uses the official’s stand or posts for support, it will result in a point.
- Any part of the hand or fist may be used to strike the ball as long as it is not HELD or DIRECTED. The ball may be hit by any part of the body above the waist.
- It is permissible to run out of bounds and play a ball.
- When ANY part of the ball touches ANY part of the boundary line it it’s considered “in.”
- A ball hit into the net by a team may be kept in play providing any player does not touch the net. Players may not touch the net for any reason.
- On the serve and first hard driven ball players may receive the ball with a bump, set, overhead double fists or any other manner that is not a lift.

1.4.5. Fouls – A team loses a point if:

- A player crosses the vertical plane of the net and touches the court or an opponent.
- A player interferes with an opponent's play.
- The ball touches the ground.
- A team plays the ball more than three times in succession.
- The ball touches a player below their waist.
- A team is out of position at the service.
- The ball is held or pushed.

- A player touches the net or vertical aerials (unless the ball knocks the net against him).
- A player crosses the center line when play is in progress.
- The ball does not pass over the net between the vertical rods (or their assumed extensions).
- The ball touches the ground outside the court.
- The ball is returned with the use of a teammate as a support.
- A player reaches under the net and touches the ball or an opponent.
- A player serves from outside the serving area or crosses the serving line on a serve.

1.5. Serving

1.5.1. Serve

- A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, while the ball is held or after it is released.
- All players must have an opportunity to serve during the match.
- A side out is declared when a served ball hits the ceiling and lands on the other side of the net.
- A reserve shall be called when the server releases the ball for service, and either catches it or if drops to the floor. All players will be permitted only one reserve attempts per rally.
- Net serves (serve which hits the net and crosses over) are legal for all divisions of play.
- In all grade divisions, players can serve with an overhand, underhand or sidearm motion.
- When serving, both feet must be behind the service line when contacting the ball. If a foot fault occurs (touching baseline during serve) a side out and point will be awarded.
- The server will have 5 seconds to serve the ball after the referee has given notice by blowing of the whistle or a side out will be called.

Receiving serve:

- A player receiving the opposing teams serve may either pass the serve underhand or overhand, however no player may block or attack the serve at the net.
- 8 year old and under: Side out will occur if a server scores 5 consecutive points.
- 9 year old and 10 year old: Side out will occur if a server scores 8 consecutive points.

1.5.2. Serving Line

- 8 year old and under: Each player will be allowed to serve 10foot from the net. It is the referee's discretion whether player serving overhand should back up from 10 foot, serving line.
- 9 year old and 10 year old: Each player will be allowed to serve 20 foot from the net for underhand serving. It is the referee's discretion whether player serving overhand should back up from 20 foot, serving line
- 11 year old and 12 year old: Will serve from the baseline only.
- In the case of an 8U vs. 10U game each team will serve from their designated serve lines. (ex. 8U from 10ft, 10U from 20ft.)

1.6. Code of Conduct

1.6.1. Conduct Pertaining to Coaches and Players

The following acts committed by coaches, players or team members are subject to a warning and/or penalty by the officials:

- Addressing of officials concerning their decision.
 - Making profane or vulgar remarks or acts to officials, players or spectators.
 - Committing actions tending to influence decisions of officials.
 - Disruptive coaching during the game by any team member from outside the court.
 - Crossing the vertical plane of the net with any part of the body with the purpose of distracting an opponent while the ball is in play.
 - Shouting, yelling or stamping feet in a way that distracts an opponent who is playing, or attempting to play a ball.
 - Leaving the court during an interruption of play in the game without the permission of the first referee.
 - Clapping hands at the instant of contact with the ball by a player.
 - Shouting or taking any action conducive to distracting the first referee's judgment.
 - Offenses committed by coaches, players and/or other team members may result in the following warning, penalty or expulsion.
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- WARNING: For minor unsportsmanlike offenses, such as talking to opponents, or officials, shouting or unintentional acts that cause a delay in the game, a warning (yellow card) is issued and is recorded on the score sheet. A second minor offense must result in a penalty.

- PENALTY: For rude behavior or a second minor offense, a penalty (red card) is issued by the first referee and is recorded on the score sheet. A penalty automatically entails the loss of a point by the offending team (This does not change the server nor does it take any serves away from the server's remaining three). A second act warranting the issue of a penalty by the first referee results in the expulsion of player(s) or team member(s).
- EXPULSION: Extremely offensive conduct (such as obscene or insulting words or gestures) toward officials, spectators or opponents, results in expulsion of a player from the match (red and yellow cards together).
- Players ejected from a match anytime for unsportsmanlike conduct will be suspended for at least one game (the team's next assigned match).
- Decisions based on the referee's and/or other official's judgments are not protestable.
- Disagreements with interpretation of the rules must be brought to the officials prior to the first service following the play in which the question occurred. The captain or coach may be the only one to report the question to the official. The official will then note the facts on the score sheet concerning the question so it can be submitted to the coordinator

1.6.2. Conduct Pertaining to Parents

Any unsportsmanlike conduct on the part of the parents will be handled in the following manner.

- Any parent who behaves in an unsportsmanlike manner will be subject to suspension by the Village of Ruidoso's Park and Recreation Department for a length of time deemed necessary.
- Any additional unsportsmanlike behavior on their part could result in their permanent suspension from the program.
- Taunting will not be tolerated. Please remember to treat all participants and spectators in a courteous manner.

1.6.3. Team Officials

- Team coaches are responsible for team discipline and they may ask for a timeout.
- Coaches are the only ones allowed to speak to the officials.
- Any dispute over the interpretation of rules is to be noted by the referee and disputing coach on the score sheet. The game will then continue.