

Smithfield City Recreation
Youth Volleyball Rules & Regulations

General Rules

NFHS rules will govern play with the following exceptions:

1. **Timeouts:** Three timeouts per match, per team. Each timeout will be 30 seconds long.
2. **Matches:** A team must win by two points with a cap of 27 points.
 - **3rd-4th Grades:** The best two out of three games to 25 using rally scoring. If the first two games are completed within 45 minutes of the starting time, a third game will be played regardless of the outcome in the first two games. If there is a split in the first two games and more than 45 minutes have elapsed since the match began, the total points required to win the third game may be adjusted by the referee. An example of this might be playing the 3rd game to 11 instead of 25. This will help to keep all matches on schedule.
 - **5th – 6th Grades:** The first five weeks will be considered pool play with each team playing 2 matches per week. The best two out of three games to 25 using rally scoring determines the winner of the match. If a third game is necessary, the total points required to win the third game may be adjusted by the referee. An example of this might include playing the third game to 11 instead of 25. Each game will be recorded as a win/loss; the team with the best record will be seeded first and so on for tournament play.
 - **7th – 8th Grades:** The first five weeks will be considered pool play with each team playing 2 matches per week. The best two out of three games to 25 using rally scoring determines the winner of the match. If a third game is necessary, the total points required to win the third game may be adjusted by the referee. An example of this might include playing the third game to 11 instead of 25. Each game will be recorded as a win/loss; the team with the best record will be seeded first and so on for tournament play.
3. **Serving:** In the 3rd-4th grade division, the server will serve from a taped line that is 10' in front of the regular service line. In the 5th-6th grade division, the server will serve from a taped line that is 5' in front of the regular service line. In the 7th-8th grade division, the server will serve from the regular service line.

***Exception:** For the first two weeks, the server in the 3-4 & 5-6 grade divisions will be allowed to take one step, as they serve, past the service line, and at least one foot must remain behind the service line. Beginning week 3, the server will not be allowed to step past the service line. In the 7-8 grade division, the server will be allowed to step on, but not past, the service line for the first week.

In the 3rd-4th grade division, if the ball fails to make it over the net between the antenna on the first attempt, the server may have another attempt. If the second attempt also fails, a point will automatically be awarded to the other team, but the serving team's coach may serve the ball once before siding out to give the receiving team the opportunity to return the ball. No points awarded for volleys initiated by a coach's serve. This rule only applies to the first serve of each player in rotation.

For all grade divisions, one server cannot serve more than 10 consecutive times per rotation. If a team reaches the 10-point threshold, the ball will go to the other team with no additional point being awarded for the side out.

4. **Free Substitution:** All players **must** receive equal playing time and must play in each position in each game as time allows. Substitutions are left up to the coach's discretion as long as all players receive equal playing time and are given the chance to play all positions. A re-entering player shall assume the original position in the serving order in relation to the other teammates. Tournament play will also follow this ruling.
5. **Equipment:** Smithfield City Recreation will provide a game ball, scorekeeper, and a referee for each of the matches.

Kneepads are optional.

Each league will use a lighter weight volleyball designed to aid in the development of young players.

The net height for the 3rd-4th and 5th-6th grade divisions will be set at 6' feet 6" inches. The net for the 7th-8th grade divisions will be set at 7' feet.

6. All judgment calls by the referee will stand!
7. Each team must have a minimum of 4 players to start any game. Teams are allowed 5 minutes after the scheduled start time to field at least 4 players. Otherwise, they forfeit the match.

The purpose of this league is to provide a positive, fun experience for the players, and to help them learn the fundamentals of volleyball while developing and enhancing their skills at the same time.