



Youth Sports Volleyball Rules

Feather River Recreation and Park District offers recreational leagues where emphasis is on gaining a positive team experience and not winning or losing. We strive to provide a safe, healthy and enriching environment for our young athletes where they can become better athletes and most importantly better people. There is a **zero tolerance policy** for all unsportsmanlike behavior from all coaches, parents, players and spectators. We reserve the right to ask anyone to leave at any time if they are showing poor sportsmanship.

General Information:

1. All players must turn in a FRRPD Youth Sports Registration form and be on the Roster in order to be eligible to play. A roster must be filled out by coaches or school administrator and submitted by email to nina@frprd.com, dropped off directly the FRRPD office or turned in onsite to the official on the day of your first scheduled game.
2. Persons or players participating in the activities sponsored by FRRPD are not covered in any way for personal liability, property damage, medical injuries, etc.
3. A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered or the uniform is changed.

League:

1. The league will be composed of 5/6 & 7/8th CO-ED volleyball teams. School in which combine 5-8th grades will play in the 7/8th & 5/6th leagues.
2. The season will be 7 weeks long. The “regular season” will conclude after 6 weeks and an optional tournament will take place during the 7th week (and weekend if necessary) of the season.
3. No league standing will be kept, due to the nature of this being a “Recreation” league.
4. A \$30 per game fee applies.

Game Rules:

One official will be provided. FRRPD will provide a game ball. We play by NFHS high school rules, below are additional FRRPD rules based on sportsmanship and recreational play.

1. Each team is allowed at least five minutes to warm up. Game time is fifty-five minutes unless otherwise noted on your schedule. Teams may use the court for the 55 minutes if their match ends early.
2. A match shall consist of three sets. All 3 sets will be played regardless of who won the first two sets. The first two sets will be played to 25 with no cap, win by two. The third set will be played to 15 with no cap, win by two. Rally scoring will be used. If games are taking longer than the allotted amount of time it is up to the official to put a cap on the game. Officials will communicate with the coaches prior to that set starting if they feel a cap needs to be set.



3. Rock-Paper-Scissors will decide which team wants to serve or receive/side. If the first two games are split, captains will be called and the winner will get to choose side, serve or receive.
4. Maximum number of players on the court is six. Teams must start with a minimum of 4 players for it to count as a legal game; if someone gets hurt teams may finish with as few as 3 people.
5. The number of boys on the court cannot exceed the number of girls. Alteration of boy, girl, boy, girl, when possible. Two boys cannot be lined up next to each other on the court.
6. Substitutions: Teams are allowed to substitute on any dead ball or when a player is removed due to injury. Players will line up in-between the net and 10ft. line to substitute. Substitution will take place when players are signaled by official.
7. Time out requests: While the ball is dead, a time out may be requested. Each team is allowed two 30 second time-outs per set, injuries not included.
8. Out-of-bounds: Any ball hitting any portion of the line is good. The backboards are out of play and count as a side out and point for the opposing team. The ceiling and lights are playable, as long as it doesn't hit the ceiling and go over to the other side.

Scoring/Serving:

1. Point: Rally scoring is in order. The team that won the rally will receive the point. With rally scoring: a ball contacting and crossing the net shall remain in play provided that the ball is entirely within the net antennas.
2. The server is located in the right back position. Server must wait for the official's whistle before each serve. Each server continues serving until his/her team makes an error, has served 6 consecutive serves (please see below), commits a foul, loss of rally, or the game ends.
3. A player may only serve **6 times consecutively, and then the team must rotate servers.** The official/scorekeeper will keep track of the number of consecutive serves for a player and let the coach know when it is his or her last serve.
4. A server must serve from anywhere behind the back boundary line and not touch the line until after the ball is hit; otherwise, it is a violation and a side out. In 5/6th leagues players will be allowed to take one step over the service line.
5. Each player gets two tosses total per point earned; one attempt and then they must attempt to make contact on the next toss, if they don't a side out will be awarded to the opposing team. A re-serve shall be called when the server releases the ball for service, then **catches or drops it** to the floor.



6. A served ball that hits the net and goes over is a “Let serve” it is legal to do in recreational and competitive volleyball. It has to contact and cross over the net between the net antenna.
7. A player **may not** block or attack/hit a served ball.
8. Re-Play: A “play over” is the act of putting the ball in play again without awarding a point or side out. Play over should be called on official’s mistakes, foreign object entering the court, injured player, unsure line call, double fouls and trap ball. All replay calls are at the discretion of the official.

Violations:

1. A team shall not have more than three hits before the ball crosses the net into the opponents playing area or is touched by the opponent. When the team’s first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team’s first hit.
2. On any driven ball (serve, digging, passing) a double hit will not be called if it is the first ball over.
3. The ball may be hit with any part of the body so long as there is no prolonged contact. Contact may be made in a kicking motion and players can kick the ball over the net.
4. A lift violation is defined as a ball that has prolonged contact on any part of a player’s body.
7. Touching the net during the game is a violation. When the ball is driven into the net causing it to touch an opposing player no violation has occurred.
8. Reaching over net to block a ball that is completely on the opposing team’s side is a violation. However, if any part of the ball has crossed the centerline or if the opposing team has no chance of playing the ball it is considered a legal action. You **may not** reach over the net if the ball is being set or about to be set, this is a violation.
9. Players may touch the centerline under the net but may not go over it completely (entire foot is required to be over the centerline in order for it to be a violation).
10. A player may go outside her/his court to play a ball if they do not cross the centerline or its assumed extension or cross the sideline in the adjacent court.