

**City of Avon Lake
Parks and Recreation
Youth Volleyball Rules**



The National Federation of State High School Associations (NFHS) Volleyball Rules apply in this league with the exceptions contained within.

OFFICIAL TEAM

- There will be a minimum of 8, maximum of 12, players per team.
- 6 players, per team, play at a time. A team must have a minimum of 5 players on the court at the start the game.

OFFICIALS

- Officials have the power to warn, declare side-out or point or disqualify from the game or match anyone who commits acts which intend to influence their decisions.

- Each team must provide a line judge to assist the officials during the match.

EQUIPMENT

- BALL – The City will provide volley-lite balls to each game site for use in season practices and matches.
- NET - The net shall be 3 feet wide and at least 32 feet in length. The height of the net measured in the center shall be 7' for all divisions. The net measurements at the ends shall not exceed this height by more than $\frac{3}{4}$ ". Net antennas shall be attached to the net in line with the outside edge of the sideline.
- KNEEPADS - All players must wear kneepads.

UNIFORMS

- Avon Lake Parks and Recreation Department will provide team t-shirts for the participants
- Kneepads are mandatory.
- Players are not to wear game shoes into the gym
- Chains, earrings and other jewelry and hair accessories may not be worn during the game.

TEAM BENCHES

- Teams shall occupy the bench located on the side of the net adjacent to their playing area throughout the match, including when teams switch sides for 2nd and 3rd games.

PARTICIPATION

- A player on a Rec. team may not participate on any other volleyball team during the Rec. season. For purposes of defining eligibility, a player may not be on another team from the published Rec. roster date and the completion of the team's final game.

- Teams with 12 or fewer players dressed for the match
 - Each player must play at least one entire game before the conclusion of the second game of the match.
 - During the first game of the match, substitutions will only be permitted for injury or ejection. The players that start the first game must play the entire game.
 - During the second game all of the athletes that did not play in the first game, must play the entire second game.
 - During the second game substitutions may be made only for players that have already met the participation requirements (i.e. those players that played the entire first game).
 - During the third game, substitutions may be made according to standard procedures. The intention is for all players to average equal playing time per match.

GAME SCORING

- Rally Scoring will be used (each serve scores a point, regardless of team serving)
- Matches shall be a three game format. Teams will have 1 hour of court time to play 3 games.
- Game 1 and 2 game shall score to 21 points with cap of 25 points (must win by 2 points or first to reach 25 points).
- The third game shall score to 15 points with cap of 25 points (must win by 2 points or first to reach 25 points).

SUBSTITUTIONS

- Only the head coach is permitted to signal for a substitution.
- A team will be allowed eighteen (18) substitutions per game.
- When substituting, both players will meet on the Side line, between the Center and Attack lines. After the Scorer has recorded the substitution, the Substituting player will take the court and the other will take the bench.
- A player who re-enters the game shall be in their original position in relation to their teammates and must retain their original serving number, except as noted below as a result of an injury.
- In an illegal substitution, the offending player must be positioned as soon as the error is discovered. If the team in error is serving when the error is discovered, all points scored by the team in error must be cancelled and a side-out shall be called. If the opponent has already served, the offending team shall incur no loss of points, but point or side-out shall be awarded in favor.
- Substitutions may be made in case of an injury. If through injury a player is unable to continue and all substitutes have entered the game, the injured player may be replaced under the following conditions:
 - The substitute was not in the game at the time of the injury.
 - The substitute has not already entered the game although they may have played in a different position in the serving order.
 - The injured player does not re-enter during the remainder of the game.

COURT PROTOCOL

- Coin-flip – The team listed first on the team schedule will be the Visiting team. The visiting team shall call the toss. The winner shall choose either to serve or receive. If necessary, Prior to the deciding game of a match, the home captain shall call the toss. The winner shall choose the serve/receive or the playing area. The loser of the toss shall be given the remaining choice.
- At the end of the timed warm-up period, the officials shall take their positions on the court. The referee blows the whistle and directs the starting players to their respective end lines. When all officials are ready, the referee blows a second whistle and signals the players onto the playing court, where they will face away from the scorer's table. Then the umpire checks the line-ups for each team.
- At the end of the game the referee shall blow the whistle and signal "end of game" directing players to their respective end lines. With the players remaining on their respective end lines, the referee visually confirms the score of the game with the umpire; then blows the whistle, directs the teams to the appropriate team benches.
- Bench Protocol
 - For game 2 in a 3-game match, teams shall immediately change playing areas and benches at the direction of the referee.
 - When directed to change courts, the non-playing team members proceed immediately to their new team bench, and the on-court players proceed counter clockwise along the sideline past the standard to their new team bench.
 - When directed to do so, the teams proceed immediately to their respective team bench.

TIME-OUTS

- Only the head coach is permitted to signal for a time out.
- Each team is limited to two (2) time-outs per game.

- Time-outs shall not exceed 60 seconds.
- In case of injury, an official's time out will be held and then a replay.

SERVICE

- The serving area will be provided beyond each end-line from sideline to sideline.
 - An exception to end-line service will be allowed for athletes who raise their hand and receive acknowledgement from the official to move to a serving area that will be 3 feet in from the end-line and extend the entire width of the court.
 - Once a server has scored five (5) continuous points, that team shall rotate to a new server for another five continuous scored points (then another rotation takes place) or a side-out is called.
 - The first server in the game is the Right Back Player. That Server continues serving until a side-out is awarded (or five points scored, as noted above). When the first side-out is awarded the Right Front Player of the opposing team (now the serving team) rotates to the serving area. The serve alternates when a side-out is awarded.
 - If a player serves out of order, side out is called as soon as possible with the necessary penalty imposed.
- At the moment of serve
 - o All players, except the server shall be within the team's playing area and may be in contact with the boundary lines or center line, but may not have any part of the body touching the floor outside those lines.
 - o All players shall be in correct serving order. Each right side player shall have at least part of one foot touching the floor closer to the right sideline than both feet of the center player in the corresponding row (except the server and the center back of the serving team). Each left side player shall have least part of one foot touching the floor closer to the left sideline than both feet of the center player in the corresponding row. Each front-row player shall have at least part of one foot touching the floor closer to the center line than both feet of the corresponding back row player
 - o After the ball is contacted for the serve, players may move to their respective positions.

CONTACT WITH THE BALL

- Legal contact is a touch of the ball by a player's body above and including the waist, which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
- Simultaneous contact is more than one contact of the ball made at the same instant.
 - o When one player contacts the ball with 2 or more parts of the body at the same instant, it is permitted and considered one hit (except a block which does not count as a hit)
 - o When teammates contact the ball at the same instant, it is permitted and considered one hit. Any player may make the next hit.
 - o When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered to have touched the ball last. The player on the side of the net which the ball falls may participate in the next play and the simultaneous contact shall not count as a hit.
 - o A "joust" occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A "joust" is not foul and play continues as if the contact was instantaneous.
- Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only; when the first ball over the net rebounds from one part of the player's body to one or more other legal parts in one attempt to block; on any first team hit, whether or not the ball is touched by the block.
- Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between two plays. A player shall not have successive contacts of the ball unless there is:
 - o Simultaneous contact by teammates
 - o Simultaneous contact by opposing players

o Successive contacts by a player whose first contact is a block; then the second contact shall count as the first hit by the player's team.

CEILING RULE

A ball striking the ceiling or an overhead obstruction shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended occupied by the team which played last and provided the ball is legally played by the same team.