



Youth Sports Rulebook



2025

YOUTH VOLLEYBALL LEAGUE

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CSD GENERAL RULES FOR ALL LEAGUES:

- Players must be registered in the current season to participate in any league activities. This includes the completion of waiver release forms and code of ethics signed by the player's parent(s) or guardian(s).
- Participants are not allowed to wear jewelry (with the exception of medical bracelets and stud earrings that must be fully covered), casts or any other items deemed dangerous by the official(s). Any medical protective devices (i.e., knee braces) made of plastic or including metal parts (hinges, etc.) must be completely covered by at least a ½ inch thick neoprene sleeve.
- Any player with a bleeding wound and/or blood stained clothing must leave the match until all bleeding is stopped, all wounds are properly covered, and all blood and blood stained clothing is removed. Failure to comply with this policy may result in ejection from the match.
- Metal cleats are not allowed in any CSD leagues. Rubber cleats are not required but recommended. No open toed shoes or sandals are allowed.
- Players must wear their league issued uniform in order to participate in league activities.
- Parents are not allowed to be on the field of play with the exception of a player being injured. Parents also may not be on the team's bench unless they are a certified coach and cleared through CSD.

VOLLEYBALL LEAGUE SPECIFIC RULES:

All CSD Youth Volleyball League matches will be governed by Cosumnes Community Services District volleyball rules except as specified herein. All rules, changes, or exceptions to rules are subject to CSD Sports Staff's final decision.

1. GENERAL

- a) The CSD Youth Volleyball League's objective *is to be a fun, recreational activity that is designed to teach young children the fundamentals of volleyball.*
- b) All children who show up on match day will play at least half of the match. No one sits out.
- c) If a team is short players, coaches should work together and with CSD Staff, to figure out a fair way to play the match.
- d) Closed toes shoes are required to participate. Bare feet or open-toed shoes are not allowed under any circumstances. No Crocs.
- e) All participants will be required to wear appropriate knee pads to participate.
- f) Players are required to wear their CSD provided uniform. If a child is missing any of these, they will not be allowed to participate.
- g) Parents/Guardians are not allowed in specified "Coaches and Players Only" areas.
- h) Parents/Guardians are not allowed on the court during the match, except in case of an injury to a player.

2. PLAYING TIME

- a) All divisions will use a continuous rotation of all players entering in the position closest to the bench. This rotation will be utilized for the duration of the match.

3. MATCH GUIDELINES

- a) Roster Size: 12 players max
- b) Team Size: 6 players, 3 back row and 3 front row.
- c) Team Minimum to play: 4 players
- d) The home team will always serve first.
- e) A team has three attempts or touches on the ball before it must cross the net.
- f) A player is not permitted to make contact with the net, make consecutive contact (double hit) or play it twice in succession (not alternating).
- g) Out of Bounds plays – Any ball that strikes an overhead object (lights, beams, roof etc.) that remains on the side of the court with possession will be considered in play. A ball striking any side wall is immediately considered out of play.

4. MATCH PLAY

- a) Practice and match durations will proceed as follows:
 - i) Week 1, 2 – 90 minute practices
 - ii) Week 3, 4, 5 – 60 minute practice, 30 minute match
 - iii) Week 6, 7, 8 – 45 minute practice, 45 minute match
- b) All matches will utilize a rally scoring format.
- c) Score will not be kept during the regular season, except for the last game. During tournament play, rally scoring will be utilized the entire duration of the match, with a possession given to the team winning point.

5. TIMEOUTS

- a) Each team is allowed one timeout per game. Timeouts may be taken consecutively. Timeouts shall not exceed 60 seconds. Requests for a timeout shall be made by the coach during dead balls, but not after the referee has signaled for the next serve.

6. SERVING

- a) All divisions will be allowed to serve either under or overhand from the service line. All overhand serves must be open fist.
 - i) 10-11 y/o division: Service line @10 foot line
 - ii) 12-14 y/o division: Service line @half-court

(1) Service line will be reassessed during the season depending on participant needs.
- b) Teams are allowed a max of 5 service points before a side out.
- c) All divisions are allowed one drop serve as long as they do not touch the ball.
- d) The server must wait for the official's whistle before serving the ball. Only one team warning will be given. The second violation will result in a change of possession and point for the opponent. After side-out, each player rotates one position clockwise. If there are more than 6 players, the front right player exits the game and the new player enters the game at the serving position.
- e) An attack on a serve is illegal in our league.

7. VIOLATIONS

- a) Illegal substitution (during play or into an illegal position) will result in a side-out and/or point.
- b) Closed fist serve is illegal.
- c) Crossing the serving line during a serve is illegal.

- d) Closed, double fisted hits are illegal.
- e) Any contact with the net during play is prohibited and will result in a side-out or point. In the judgment of the official, a foul will not be called if a player's hair or the force of the ball by the opponent pushes the net into a player.
- f) Double hits, consecutive hits, kicking the ball, throwing and/or catching the ball are all violations.
- g) A player making contact with the centerline will be assessed a violation. No part of the foot can make contact with the center line or and other part of the body.

8. Court Layout

- a) Position 1 is the serving position.
- b) Position 4 is where the "4" is hit.
- c) Position 6 is where the "2" is hit.
- d) Position 5 is where our setter plays.
- e) All players will play each position.
- f) Every side-out, players will rotate clockwise.

