



VOLLEYBALL

YOUTH CO-ED

2024-2025
RULEBOOK

Spectators' Code of Conduct:

As a spectator, we hope to provide a fun and rewarding experience for you and your child. In order to achieve our goal, we ask that you pledge to provide positive support, care, and encouragement for my child participating in youth sports by following the Spectators' Code of Conduct:

- **I will** encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports events.
- **I will** place the emotional and physical well-being of my child ahead of a personal desire to win.
- **I will** insist that my child play in a safe and healthy environment.
- **I will** support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- **I will** remember that the game is for youth - not for adults.
- **I will** do my very best to make youth sports fun for the children.
- **I will** help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, abiding by league rules, or assisting with other league activities.
- **I will** demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.
- **I will** ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

The City of Lathrop staff reserves the right and **WILL** send home anyone (this includes: coaches, players, spectators) who are in violation of the rules and regulations set by the program for the health, safety, and welfare of all participants.

PARENT INVOLVEMENT:

As a parent/guardian of players in our leagues, we want you to know we appreciate your help and leadership. We suggest you get involved on your child's team to make the experience more enjoyable for them whether it be bringing a snack, water, fruit, or giving high fives, the kids DO appreciate you being there!

City of Lathrop Youth Volleyball Rules

Players and Uniforms

- Each player must play equal time in every game; coaches must strive to provide equal time for all players present.
- A player will be allowed to participate in a game if the player has missed a practice, however all players should be encouraged to attend all practices.
- Each player must wear a team jersey and non-marking shoes.
- We recommend all participants wear knee pads.
- All jewelry must be taken off to ensure the safety of the players.

Net Height and Ball

Net Height is as the follows:

8-10 Division 6ft. 4in.

11-13 Division 7ft. 4in.

Ball Type:

8-10 Division: Volley-Lite

11-13 Division: Official

Games

- Each game must start on time.
- Games will be played 6 on 6.
- A team may start the game with 4 players, but the 5th must arrive within 10 minutes of start time to avoid a forfeit. There should be 6 players on the court for each team.
- Matches will consist of up to 3 sets.
- All games will be played with rally scoring (no side-outs)
- Coin flip will determine who will serve first.
- The first two sets are played to 25, win by two, with a cap at 27. The third set will be played to 15, win by two, with a cap at 17.
- The team to win two of the three sets is the winner.
- If one team wins the first two sets, if there is enough time, and if both coaches agree, a third set can be played.
- There will be 2 minutes between sets.

Time Outs

- Each team will be allowed (1) sixty second timeout per set.
- If coaches do not use a timeout during a set, they cannot carry their timeout over.

Serving

- Service position on the court is suggested as the following:
 - 8-10 divisions – players may serve from the ten-foot line.
 - 11-13 division – serve near normal line.
- Both feet of the serving player must be behind the designated line for each age group.

- If the server gets ready to serve and drops/bounces the ball and it touches the court, you will get one warning per 6-person rotation. If it is done twice in the same 6-person rotation, it will count as a point for the other team.
- Servers may serve either side arm, over hand or underhand.
- Servers must allow the ball too drop on a poor toss.
 - 8-10 division will be allowed 5 tosses; the ball must be hit on the 5th toss
 - 11-13 grade division will be allowed 3 tosses; the ball must be hit on the 3rd toss
 - If a server exceeds the number of tosses and does not hit the ball, a point and the ball will be given to the other team.
- If the first serve of a player is out or does not make it over the net, they are awarded a reserve.
- Let serves are allowed. A Let serve is a serve that hits the net, but still goes over the net inside the boundaries of the opponent's court
- No Jump Serves: At least one foot has to be in contact with the ground when the serve is made.
- Coaches must rotate players before each serve except the opening serve of the game. The player who had just served will be substituted for if there are players on the bench.
 - Exception: players may be substituted for at any time in case of injury.
- Server must wait for a whistle before they serve.
- If the ball hits the ceiling/beams on a serve, the point will be awarded to the other team.

Substitutions

- Substitutions may be made after play has ended before the next serve.
- All players will rotate out of the game and in the game in the same order. The coach cannot substitute one player for another. The rotation order will be established at the start of each set.
 - Exceptions will be made for injury.

Offensive Regulations

- All spiking must be done with an open hand.
- A five-serve rule will be in effect for each team. If after the 5th serve the service team gains the point, the point will be awarded to them, but the ball will be given to the other team (receiving team) to serve.
- All players will be given an opportunity to serve during the match.
- If the ball hits the ceiling and remains on the same side of the court, it is still in play. If it hits the ceiling and bounces to the other side of the court, it is considered out of bounds and a point will be awarded to the other team.
 - Lights, rafters, basketball goals and anything attached to the ceiling counts as part of the ceiling.

Defensive Regulations

- On the serve and first hard driven ball players may receive the ball with a bump, set, overhead double hits or any other manner that is not a lift. Non-purpose double hits are also allowed.
- A team may touch the ball three (3) times in a row.
- Players may not hit the ball twice in a row.
- Any underhand hit with an open palm will be considered a catch or carry.