



Denton Parks and Rec

CITY OF DENTON PARKS & RECREATION  
Youth Coed Volleyball Rules

Updated: 1/7/2026  
Effective Date: 8/5/2025



All league games will be played in accordance with the current National Federation of High School (NFHS) Official guide, & the Texas Amateur Athletic Federation (TAAF) rules, with the following modifications. The City of Denton Parks & Recreation department reserves the right to add, delete, or amend the rules and regulations or policies for the betterment of the program.

Schedules and results may be found on our website at [www.teamsideline.com/denton](http://www.teamsideline.com/denton)

Once Registration has ended no refunds will be given unless the program is cancelled.

**I. Roster**

- i. A minimum of 6 and a maximum of 12 players may be carried on a roster. **Rosters must be turned in to the Athletics Office two weeks prior to the advertised season game start date. Failure to provide by the requested date will result in forfeit for the first game and each game after until a roster is turned in and verified.**
  - i. **Verification includes birth certificates turned into Athletics office with team roster to ensure the age matches what is on the roster.**
- ii. No player may play on more than (1) team per season. A player may choose to play up one age division, but cannot play down an age division.
- iii. Rosters are final the Friday at 3pm before the first weekend of games. No roster edits may be made after this time.

**II. Player Eligibility, Divisions, Waivers, and Coaching**

- i. **Player Eligibility**
  - a. Age is determined by the participant's age as of September 1 of the current school year.
  - b. **Birth Certificates:** Coaches must provide a birth certificate or birth facts form for each player on their roster to ensure ages match the roster birth date. Individual players will be checked by athletics team staff.
- ii. **Divisions**
  - a. Denton Parks and Recreation has the decision to divide age groups into the following divisions: D1(Competitive) Intermediate, and D2(Recreation) Leagues.
  - b. All top two placing teams from previous seasons in each age group will automatically be in the next division the following season. Exceptions will be made for age groups with not enough registered teams to have two divisions.
  - c. Denton Parks and Recreation will make the decision on team division sorting with final say.
- iii. **Coaches**
  - a. All coaches, including assistant coaches, must complete a background check with the City of Denton. **Coaches**
  - b. Coaches are allowed a fill in coach/parent to step in for emergencies.
  - c. Each team is allowed no more than two coaches per team on the court for game day. No one is allowed on bench except for approved coaches, line judges, and players.

**III. Equipment**

- i. All players shall have a 4" number on the front AND a 6" number on the back of their uniforms. All teams must be in matching color shirts.
- ii. Shoes must be athletic style designed for use on indoor wood floors. No black soles or "turf shoes" may be worn at any time.
- iii. **No jewelry may be worn at any time during the game, including hard headbands.** Officials may ban any equipment that they deem as unsafe or illegal.
- iv. **Kneepads are recommended but are not required for play.**

**IV. Court Regulations**

- i. 7U: Net Height – 6' 1" / Serve Line – 10 ft line / Ball-Volley Lite
- ii. 9U: Net Height – 7' / Serve Line – 15 ft line / Ball-Volley Lite
- iii. 11U: Net Height – 7' 4" / Serve Line – 23 ft line / Ball – Volley lite
- iv. 13U-15U: Net Height – 7ft 4in / Serve Line- regulation / Ball – Official Size Ball
- v. 17U: Net Height – 7ft 4in / Serve Line- Regulation / Ball- Official Size Ball

**V. Regular Season Matches**

- i. Each match will consist of 3 Sets, rally scoring. Games 1 and 2 will be played to 25 points/capped at 30 points. Game 3 will be played to 15 points/capped at 20 points. You must win by 2 points, unless the cap is reached.
- ii. All 3 games, (not the best 2 out of 3), will be played during the regular season.
- iii. All 3 sets will count towards the team record (If you win 2 out of 3 sets your record will be recorded as 2 wins and 1 Loss)
- iv. Each regular season match will be allotted at 50 minutes. At time expiration the game will be called, no more time will be played, and the score will stay as is at the time the clock expires. Playoff games will go past time ending to ensure the game is finished.
- v. **1 round of rock/paper/scissors will be conducted between a representative from each team and the official to determine serve/receive for the first game.** Winner of round will serve first. Loser will receive. The second game is the opposite of the first. For the third game another round will be held.

## VI. Playoff Season Matches

- i. Playoff matches will be the best 2 out of 3.
- ii. Time limit will not be used all sets will conclude to determine the winner

## VII. Game Rules

- i. Teams should be present at least 15 minutes prior to match time.
- ii. **Forfeit Policy:** At Game time if you do not have at least 4 players you will forfeit set 1. After 5 minutes if you still do not have enough players you will forfeit game 2. After 10 minutes from game time if you still do not have enough players you will forfeit all 3 sets. Sets will be scored as 25-0 / 25-0 / 15-0
- iii. Each team must have at least 4 players on the court in order to play, maximum of 6 players.
- iv. If you are playing with less than 6 players, a ghost player will be used for each player not present. The ghost player will carry a side-out and point awarded to opposite team.
- v. **Each Team will have (1) 30 Second time out per set. These do not carry to the next set if they are not used.**
- vi. **D2 Specific Rules:** 7U, 9U and D2 (Recreation Teams) will follow these specific rules
  - a. After 5 consecutive points scored by the offensive team (team serving), the referee will whistle for an automatic side out and the opposing team will be awarded the serve.
  - b. Substitutions will only be made on side-outs when it is your team's turn to rotate and serve. Teams will use a middle back substitution.
    1. Middle-Back Substitutions. When a team rotates to serve, the player who served the previous turn must come out of the game, and a sub will enter the middle position of the back row. A team has unlimited substitutions. Once a player is substituted off the floor, coaches must use all players on the bench before that player is allowed to go back into the game.
- vii. **D1 Specific Rules:** All D1 (Competitive) Teams, Intermediate Teams and 17U will follow these specific rules
  - a. Substitutions being made will be using the one-for-one substitution.
    1. Substitutions can be made at any dead ball situation. The coach will signal for a sub and the players will enter the substitution zone. Players will remain in the zone until the scorekeeper signals for them to go into the game.
    2. Players will replace in the correct order of rotation and serving order.
    3. Teams will be allowed **18 substitutions** per set. If all 18 are exhausted a substitution can be made for an injured player.
    4. A player will not be allowed to reenter a set on the same dead ball they were substituted out.
    5. Penalties: A Warning will be issued for the first illegal Substitution. On the Second offense a team will be deducted a point and loss of serve.
- viii. **COED Rules**
  - a. Coed teams may not exceed 3 boys on the court at one time. If you only have 2 girls present the team will have to play with 5 on the court (3 boys/2 girls)
  - b. boys and girls must be in alternating positions on the court
  - c. If there is more than one hit, one of the hits must be by girl.

**Line Judges:** Line Judges are recommended for all games. This will be 1 volunteer from each team. Line Judges must be at least 16 years old. You will stand in the opposite corner of the service area.

**D1: Line Judges are required for all competitive divisions.** Line judges will switch sides after each set. Line judges must be 16+ in age.

**Player Participation Rule: 7U,9U and D2 divisions. All players must participate in at least 2 sets.**

**D1 Divisions: there is no player participation requirement**

**Protests:** Protest will consist of a possible illegal player. In order to protest you must report this to the scorekeeper and they will inform the League directors of the Protest. The roster will then be verified for that team. If the team is deemed to have a ineligible player The game will result in a forfeit. The coach will also serve a 1 game suspension following this.

Visit the league website for game results, standings, registration information, and schedules. [www.teamsideline.com/denton](http://www.teamsideline.com/denton)

# Denton Parks and Recreation Concussion Policy

## **PURPOSE**

The following policy and procedures are being implemented by the Denton Parks and Recreation Department, with the intent to reduce the potentially serious health risks associated with sports related concussions and head injuries.

## **POLICY**

It is policy of the Denton Parks and Recreation Department to educate coaches, referees, staff, parents, and participants of the signs, symptoms or behaviors consistent with sports induced concussions. Participants suspected of a concussion or head injury, are required to be removed from the activity, must seek medical attention, and then follow the proper procedure for return to play. "When in doubt, sit them out!"

## **DEFINITION**

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body that jars or shakes the brain inside the skull. It is important to note that an athlete does not have to lose consciousness to have suffered a concussion. Symptoms include but are not limited to the following below.

### **SIGNS OBSERVED BY OTHERS**

- Appears dazed or stunned
- Is confused about assignment
- Forgets an instruction
- Persistent vomiting
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Increasing sleepiness
- Shows mood, behavior, personality changes
- Can't recall events prior to hit or fall

### **SYMPTOMS REPORTED BY ATHLETE**

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

### **ROLE OF COACHES AND STAFF**

Coaches and staff will NOT be expected, nor will they be trained to "diagnose" a concussion. Diagnosis is the job of a qualified health care provider. Coaches and staff are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions. If coaches or staff observes questionable signs, symptoms, or behavior, he/she must remove the player from the sporting event for further evaluation and notify the player's parent/guardian and fill out the appropriate accident form. Coaches and staff are not permitted to allow a player to resume activity until the Denton Parks and Recreation receives a written statement from a qualified health care provider indicating that the player is cleared to resume participation in the sporting event.

## **ROLE OF PARENTS/GUARDIANS**

Like coaches, staff and officials, parents/guardians will NOT be expected to “diagnose” a concussion. However, parents/guardians are being asked to become familiar with the signs, symptoms, and behaviors associated with concussions. Parents/guardians will be expected to comply with this Policy and support the determination made by staff to remove a player from a sporting event.

It is the parent/guardian’s obligation to have the player evaluated by a qualified health care provider and to obtain from that provider a written statement that clears the player to resume participation in the sporting event.

## **MANDATED COURSE OF ACTION**

1. Remove player from the sporting event.
2. Notify parent/guardian.
3. Any player suspected of having a concussion should be evaluated by a qualified health care provider as soon as practicable.
4. Before a player will be allowed to resume participation in a sporting event, the parent/guardian of the player must obtain a written statement from a qualified health provider and return to the Denton Parks and Recreation Department indicating that the player is cleared to resume participation in the sporting event.

The signs, symptoms and behaviors associated with a concussion are not always apparent immediately after a bump, blow or jolt to the head or body and may develop over a few hours or longer. An athlete should be closely watched following a suspected concussion and should never be left alone.

Athletes should never try to “tough out” a concussion. Teammates, parents/guardians and coaches should never encourage an athlete to “play through” the symptoms of a concussion. In addition, there should never be an attribution of bravery or courage to athletes who play despite having concussion signs and/or symptoms. The risks of such behavior must be emphasized to all members of the team, as well as coaches and parents.

If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at greater risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long-term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal.

## **Return to Play**

After suffering a concussion, no athlete should return to play or practice on that same day. An athlete should never be allowed to resume play following a concussion until symptom free and given the approval to resume physical activity by an appropriate health-care professional. Documentation must be provided to the Denton Parks and Recreation athletic supervisor.

Once an athlete no longer has signs or symptoms of a concussion and is cleared to return to activity by an appropriate health-care professional, he/she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete should progress no more than one step each day, and at times each step may take more than one day.

If symptoms of a concussion recur, or if concussion signs and/or behaviors are observed at any time during the return-to-activity program, the athlete must discontinue all activity immediately. Depending on previous instructions, the athlete may need to be re-evaluated by the health-care provider.