



# Volleyball: Youth League Rules

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## Administration:

The Liberty Parks and Recreation Department supervises the Youth Volleyball program. Decisions that are rendered by the Parks and Recreation Department are final. United States Volleyball Association will be the governing body for rules unless stated in the specific youth volleyball rule book as set forth by this league.

## Objective and Goals:

The Liberty Parks and Recreation's, youth volleyball program is designed to give all participants, through participation in practices and games, the opportunity to learn and improve the fundamentals of the game of volleyball as well as increase and improve socialization opportunities among players.

## Rules and Regulations:

### General Rules

1. The game official and employees of Liberty Parks and Recreation have the right to eject any player, coach or spectator acting in an unsportsmanlike way or not following Liberty Parks and Recreation or Liberty School District Facility rules.
2. Participants must accept referees' decisions with sportsmanlike conduct and without dispute. In case of doubt, clarification may be requested through the coach only.
3. No food or drink is allowed in the gymnasium. Coaches, please express this Liberty School District policy to the parents to help us keep their facility in good shape and to not jeopardize our partnership and use of their facilities.
4. 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.
  - a. Exception: players may be substituted for at any time in case of injury.
5. There should be 6 players on the court for each team but, a team may start or end a game with 4 players.
6. Teams may use players from another team if they have less than 6 players (on the teams' roster) present at game time. This does have to be approved by the opposing team's coach.
  - a. Note: If 6 players from the team's roster are present, the team may not pick up a player from a different team unless there is an injury.
  - b. Any player used from another team must be in the same age division and registered in the league.
7. Time Outs – Each team will have the option of one 30-second time out per game.
8. Ceiling – 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.
  - a. Lights, rafters, basketball goals and anything attached to the ceiling counts as part of the ceiling.
9. Dividers, Bleachers and Walls – All dividers, bleachers and walls are considered out of play. If a player hits a ball that then hits any of these objects, it will be a side out and a point will be awarded to the other team.

## Serving

1. 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.
2. First serve of the first and third games will be decided by a coin toss. One captain from each team will meet the referee prior to the first game to do the coin toss. The team winning the coin toss will be awarded first serve; the losing team will choose which side they want to defend.
3. Both feet of the serving player must be behind the designated line for each age group. The designated line will be marked with floor tape approximately:
  - a. 3<sup>rd</sup>/4<sup>th</sup> - 10 feet in front of the baseline boundaries
  - b. 5<sup>th</sup>/6<sup>th</sup> - 5 feet in front of the baseline boundaries
  - c. 7<sup>th</sup>/8<sup>th</sup> - the serving line is the baseline boundary
4. Players must wait for the whistle from the referee to serve.
5. Players may not block or attack the serve.
6. The server may move freely with the service zone.
7. No Jump Serves: At least one foot has to be in contact with the ground when the serve is made.
8. In the case of a bad toss during service, the serving player may not touch the ball before it hits the ground.
  - a. If the ball is touched before hitting the ground, it will result in a side out and point for the other team.
  - b. After a service tossing error, the referee must authorize the service again.
  - c. One service tossing error is permitted for each service.

## Playing Court and Equipment

1. The net height will be:
  - 6'6" for 3<sup>rd</sup>/4<sup>th</sup> graders
  - 7' for 5<sup>th</sup>/6<sup>th</sup> graders
  - 7' 4 1/4" for 7<sup>th</sup>/8<sup>th</sup> graders
2. All age groups play with the full-sized boundaries of 60' x 30'.
3. Coaches and players on the bench must stay at least 5 feet back from the court boundaries.
4. Volleyball size is as follows:
  - a. 3<sup>rd</sup>/4<sup>th</sup> and 5<sup>th</sup>/6<sup>th</sup> graders will use a "Volley-Lite" ball.
  - b. 7<sup>th</sup>/8<sup>th</sup> graders will use a regulation size ball.
5. Players are required to wear kneepads. Light and pliable shoes with rubber soles and laces tied are required.
6. No hard head bands or barrettes allowed. Hats may not be worn.
  - a. Please inform the parents and players before the games of this rule.

## Game Play

1. All games will be rally-scored, meaning a point will be awarded to one team after each play. The first two games will be played to 21, win by 2 with a cap of 25. The last game will be played to 15, win by 2 with a cap of 17.
2. The teams will play all three games of a match during league games no matter what the outcome of the first two.
3. A single player will only be allowed to serve up to 5 consecutive points. It will be side out after that. No point will be awarded to the other team but they will rotate and be allowed to serve. **Players will have 7 seconds to serve the ball after the whistle is blown.**
4. Each team is entitled to a maximum of 3 hits to return the ball to the opponents. Hits include intentional hits by a player as well as unintentional contact with the ball.



5. A player may reach into the opponent's court and/or space under the net, provided this does not interfere with the opponent's play. This rule is at the referee's discretion.
6. It is a fault to touch any part of the net except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball.

## Practices

1. Practice times will be provided at the local schools. Coaches will schedule their practice with the league coordinator.
2. It is our goal to provide at least 1 hour of practice per week. If time and space permit, more practice time will be issued during the coaches meeting.
3. Teams will share practice times in locations where two courts are available.
4. While practicing in Liberty School District facilities, please abide by their policies and procedures. The Parks and Recreation Department would like to maintain a good relationship with the District.
5. Be courteous to other players and coaches in the gym, especially people who are practicing before and after you.
6. Coaches will be issued 2 volleyballs upon request, to use for practices. The coaches are responsible for replacing any balls not returned to Liberty Parks and Recreation.

## Game Schedule

1. Schedules will be posted online at [www.teamsideline.com/liberty](http://www.teamsideline.com/liberty)
2. Games will be played on Saturdays.
3. The league will consist of 8 games.
4. Once the schedule is posted, it is final.
5. Post-season awards – Participation awards will be given to coaches for distribution to their players prior to their final match.

## Officials and Line Judges

1. League officials will be provided by the Parks and Recreation Department.
2. Line Judges will be provided by parents of the participating teams.

## Sportsmanship:

Team members, coaches, and spectators shall exhibit appropriate behavior towards other players, officials, and spectators. Unsportsmanlike conduct from team members and/or associates including spectators will result in being carded accordingly and action taken such as:

1. Player or coach ejection from the game.
2. Player or coach ejection from the league.
3. Player or coach suspension.
4. Forfeit of game.

\* An official should not directly interact with a fan that is being unsportsmanlike. Every effort to control the fan should go through that team's head coach. If cooperation does not take place from that head coach, then the official may take action such as a head coach ejection. If the fan continues, a forfeit of the game is well within the rules. During the game, the officials do have the authority to eject players or coaches. The LPR department has the final authority on determining the duration of the suspension or other penalty. Any player or coach ejected from the game must leave the playing area. Failure to do so may result in forfeiture of the game.



### **Weather Policy:**

In case of inclement weather, please check our weather hotline. Games will be rescheduled at the discretion of the league coordinator.

**Weather Line:** 816-735-4700 or [www.rainoutline.com](http://www.rainoutline.com)

**Schedules:** [www.teamsideline.com/liberty](http://www.teamsideline.com/liberty)