

2025 Volleyball Bulletin

CALENDAR OF EVENTS

Oct 13th:	Team Declaration Due
Oct 18th:	Regular Season Begins
Dec 15th – 20th:	Tournament: 11U, 13U, 15U & 18U

ROSTER SIZE

- **Roster Limit:** 12 players per team
 - Maximum of 2 non-Minneapolis residents

MPRB Volleyball Schedules:

1. Youth volleyball schedules will be viewable through our online league management software. It is a web based program and can be viewed from anywhere.
2. Park directors will be notified when they are available for viewing you will then use the following steps to get your team's schedule.
3. Website: www.teamsideline.com/sites/minneapolisparks / [Click here to view league schedules.](#)
 - a. On the top menu bar, click on **Game Schedules – Choose your Division**
 - Teams can also use the "Find Team Schedule" search bar
 - b. Teams can view the whole season schedule or they can click on "teams" and just view the schedule for their team (great tool for parents & coaches)
 - c. Special notes will be displayed above the standings (i.e. tournament information)
 - d. Teams can check scores of other games & view standings once the scores have been reported.

Game Specifications:

1. Game Balls
 - a. 11U division: Volley Lite Ball
 - b. 13U, 15U & 18U division: NFHS regulation ball - Regular SV 18L Ball or Baden Lexum
2. Net Height:
 - a. 11U, 13U, 15U and 18U Girls: Women's Height - 7' 4 1/8"
 - b. 18U Open: Co-Ed Height – 7' 11 5/8"
3. Number of Players: 6 players on court for 11U, 13U, 15U & 18U. Teams with less than 5 players will forfeit the match using the following forfeit rule: (1st set) 15 minutes after the scheduled start time of match, (2nd set) 20 minutes from start of match warm-up and (3rd set) 25 minutes from start of match warm-up.
4. Match Format: Regular Season Play
 - a. All matches will begin at scheduled time w/ a coach, captain and official mtg prior to game.
 - a. 5 minutes of warm-up

- i. 11U: 3 minutes shared court / 2 minutes serving
 - ii. 13U – 18U: 3 minutes shared court / 2 minutes hitting / serving
 - b. 55 minutes of play
 - b. Play all 3 sets unless time doesn't allow for a 3rd set
 - c. All sets to 25, win by 2, Cap at 27 OR until allotted match time has expired.
- 5. Match Format: Tournament Play
 - a. First 2 sets to 25, win by 2, Cap at 27
 - b. 3rd set is played if each team has won 1 set, play to 15, no cap

Administrative Rules:

1. **Participation Rules:** An unlimited number of substitutions will be allowed per game. ***Preferably use a set rotation, getting all youth equal playing time!***
 - a. Each participant must play a minimum of 9 points during the 3-set match.
 - b. Coaches are encouraged to provide each player with game experience in a variety of positions.
2. **Jewelry shall not be worn by players during warm-ups and/or competition.** (Medical alert bracelets are not considered jewelry and must be taped to the body and alert may be visible).
The wearing of jewelry by players is addressed in a change which now states that all jewelry must be removed, except small, secured studs or posts worn above the chin. No jewelry is permitted below the chin, including string bracelets, commemorative bracelets and body jewelry. In addition, taping over jewelry is not permitted. This rules change aligns high school rules with NCAA rules on the wearing of jewelry.
3. Referee will determine any special court considerations (i.e. baskets, ropes, or other obstacles) which may be in the space above the playing court prior to the start of the match.
4. Referee should use officiating signals during the games so players become accustomed to signals. Use verbal communication as needed (when players are learning what the various signals mean).
5. Coaches should stress to the players to roll the ball under the net to the other team after a point is scored or there is a side out. This is a safety issue for other players.
6. Each team will receive one timeout per set (1 minute per time out).
7. Please use the **Youth Sports Team Policies and Guidelines** for additional MPRB rules & guidelines.

Substitutions:

1. 11U must use Set Rotation.
2. 13U, 15U & 18U coaches may substitute at any position however; coaches are warned not to unfairly use this rule. When substituting, a player must come back in to the same position left when substituted for.
3. Refs must signal a sub in. No subs on the fly – meaning all substitutions must be made on a dead ball, side-out or timeout.

Playing Rules:

The MPRB plays by rules published by the National Federation of High School Association (NFHS)
The following modifications will apply:

SERVICE RULES

1. Servers may serve from a designated line inside of the regulation service line to allow the youth to have more success with their serves.
 - a. The "host/home" site is responsible for putting tape down prior to the start of the match.
 - b. Coaches will determine which of their players will need to move up to the designated line to get the serve in. *Coaches should encourage players who can serve from the regular service line to do so.*
 - c. It is legal to serve from any spot behind the end line (between the sidelines). Note: If a player is serving from behind the designated line at a spot other than the right side of the court the other back row players must still be in correct positions. Screening is not allowed and will result in the loss of rally. (Screening: further explained under clarifications).
2. Service foot faults will be called from behind all serving lines (regular and alternate).
 - a. 11U 10 Feet inside service line
 - b. 13U 5 Feet inside service line
 - c. 15U & 18U Regular Service line
3. 11U & 13U: No server may serve more than 3 straight points. If there is no "side out" after 3 straight points, the serving team rotates and continues serving, using a normal service rotation.
4. 15U: No server may serve more than 5 straight points. If there is no "side out" after 5 straight points, the serving team rotates and continues serving, using a normal service rotation.
5. Second Attempt Serve: 11U & 13U Divisions:
This one attempt serve will count for all three attempts to serve. Each player will receive the maximum of 4 attempts per serving rotation and a minimum of 2 attempts per serving rotation.
 - a. 11U & 13U Divisions: One second attempt with either over or underhand per serving rotation.
6. 15U & 18U Divisions: No second attempt serves for these age divisions. *Focus and use the re-toss if necessary (NFHS rule).
 - a. No second serve will be granted when a screen violation is called.
 - b. No time-out or substitution is allowed, as a *Serve Attempt* is part of a single attempt to serve.
7. Player must wait for official to signal the serve.

- a. If a player serves prior to the official's signal; first offense (per server) will be a second serve attempt (11U & 13U) after that it is a "side out" (15U & 18U).

Rule Violations:

1. DOUBLE HITS will be called. * Exception serve receive and/or any teams first hit. We will be following the MN State High School League Rule 9-4-8.
2. CARRY - a prolonged contact w/ a player's body. No underhand hits with the open palm.
3. LINE VIOLATIONS including "under the net" will be called. MN State High School League rule will be followed.

Clarifications:

1. Rally Score – Scoring Points “Art 1 ... A point shall be scored by the opponent each time a team commits a fault.” “Art 2 ... If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve. Each time a team gains the serve, it must rotate one position clockwise before serving.” *NFHS Volleyball Rules*
2. CLEAN SETS are legal on the serve.
3. If a ball hits the ceiling and comes back down on your own side (before the third hit) it can remain in play. If a ball hits the ceiling after or while the ball is traveling to the opponent's side of the court, it is a side out.
4. Screening – “Art.1...Players on the serving team shall not take action to prevent receivers from seeing the contact of the serve or the path of the served ball. Potential screens exist, but are not limited to: a. when a player(s) on the serving team waves arms, jumps, moves sideways or stands close to the server and the ball is served over the player(s). b. When a group of two or more teammates stand close together and the ball is served directly over them.

In consideration of my (and/or my child's) participation in this activity, I hereby release and discharge Minneapolis Parks, and its representatives, successors, and assigns, from all liability arising from accident, injury, and illness that I (he/she) may suffer as a result of my (our) participation in this activity, including any transportation required for this activity. I (we) also will follow the rules and regulations set by Minneapolis Parks and above-named parties. Parent or guardian must sign for anyone age 18 and under.

You are joining the MPRB Kids Zone

By registering your child in MPRB Youth Athletic leagues you are joining the *MPRB Kids Zone* and agree to the following:

- Kids are #1
- FUN is more important than winning
- Let the coaches do the coaching
- Fans cheer positively (no public displays of anger)
- Respect the officials
- Inappropriate language will not be tolerated
- Keep the facility & grounds clean
- All parks and schools are tobacco & alcohol free
- Be a positive role model

Thank you for supporting MPRB athletics!

The Minneapolis Park & Recreation Board will provide all participating youth with a positive and safe environment. We welcome your ongoing support of our program.