

Whitfield County Parks & Recreation Department

Youth Volleyball Rules & Regulations

Fall 2025

a. **PURPOSE**

The purpose of the program is to provide a recreational setting with a major emphasis on enjoyment, teamwork, and fundamentals for girls with interest in learning and competing in the sport of Volleyball while attaining the aspects of sportsmanship and fair play. This program is meant to serve the community in a positive light through athletics.

b. **ELIGIBILITY**

The age control date for youth volleyball will be September 1, 2025.

- a. Teams are formed by age in 10U, 12U and 14U
- b. Players will NOT be allowed to change age groups once being drafted on a team.

c. **ROSTERS**

- a. All rosters will be built through a draft by volunteered coaches with a maximum of 10 players to a roster. Coaches will be allowed to freeze 3 players on their team prior to the draft. These 3 players will include the head coaches' child and his/her assistants child.

d. **UNIFORMS**

Whitfield County Parks and Recreation department will provide every player with a game jersey.

- a. Players must wear the game jersey provided by WCRD for all league and post season games
- b. **Knee pads are MANDATORY for each player in order to participate and are NOT provided by WCRD.**
- c. Mouth pieces are optional for players.

e. **COACHES**

- a. Any coach or assistant that who interacts with the team in an official or unofficial capacity must consent to undergo a background check.
- b. Coaches are held responsible for conducting himself/herself in a sportsmanlike manner and be a role model to the players. Head Coach & Assistant Coaches must stay on their bench sideline and may not go past the end line during matches.
- c. Any complaints must be reported to the league coordinator in writing or email. It will then be investigated to be assessed and reviewed to see if the rules of the league have been violated.

f. **SEASON FORMAT**

- a. Regular season matches will begin September 8th. *Mondays and Thursdays*
- b. The regular season will consist of 8 matches, plus a 2 Match Guarantee Tournament
- c. Post season tournament is scheduled to start TBD.
- d. Teams may be asked to play more than one match in a day during the post season tournament.
- e. Seeding format for the post season tournament will be based on Standings.
- f. The Recreation department will supply each team with volleyballs to use during practice and matches.
- g. The official height of the net is 7'5" for all divisions.

g. SCOREKEEPING

Rally scoring will be used where every rally results in a team scoring either by the team serving or receiving.

- a. Before the match, a coin flip between the two coaches will determine service or side of the court. The winner of the flip will get the option to serve first or pick which side of the court to play on. Service for the second set will be given to the team who did not start service in the first set.
- b. If the match goes to a third set, the official will re-flip and it will be called by the coach who didn't call the flip for the opening of the match. The winner of the flip will only determine if they want to start service or not.
- c. The first two sets will be to 25 points. The last set will be played to 15 if needed.
 - a. Win by Two will be in effect.
- d. Teams will not swap sides after each set.
- e. Only WCRD staff will be allowed at the scorer's table during matches.

h. GAME PLAY

a. HITTING THE BALL

The ball may touch any part of the body above the waist only.

b. LEGAL SERVE

A serve is legal when it is hit over the net within the boundaries of the antennae and the opponent's court. It may touch the net on a serve (let serve), but must fall in bounds of the opponent's court.

c. SERVING

- The first service of the game is by the team that won the coin toss. The first serve in second set will be by the team that did not start service in the previous game. A coin flip will determine the third set.
- The players must follow the service order based on their positions and rotation order. There is no team rotation only prior to the first serve of the game.
- When the serving team wins the rally, the player who served the ball serves again. The number of points that can be scored by an individual server at one time is limited to 5 points. After a server has scored 5 consecutive points, there will be a side-out without giving the opposite team a point and that team will take the serve.
- When the serving team loses the rally, the receiving team rotates and the right back row player after the rotation will serve. There is always a rotation by the team that gets possession of the ball after a side-out.
- The server can serve the ball from anywhere behind the back line between the two side-lines (as if extended back). A server cannot enter the court until after they have contacted the ball. (They must not cross the serving line until after contact with the ball) All team members, except the server, should be inside of the court lines at the time of the serve.
- Players in 9-10 can serve up to the 10' line and 12U and Middle School will serve from the regulation line.

d. RECEIVING A SERVE

First ball contact can be an overhand pass, forearm pass (bump) or set on the first hit after the ball crosses the net. However, an attack is not allowed on a serve. Clarification regarding an attack hit on the serve to help understand what attack hits are faults and which are not:

(A) Player jumps and spikes (one handed) the serve – FAULT

e. CENTER LINE RULES

A player may cross the center line as long as the player:

1. Has one foot on their side of the net in contact with the floor
2. Does not contact or interfere with a player on the opposing team
3. Does not contact the net, standard, referee, or referee stand while the ball is in play

f. CEILING HIT RULE

The ball can be played off the ceiling on your own team's side provided the hit's the ceiling only once directly over the playing area. When the ball crosses the opponent's side of the net, it must not touch the ceiling.

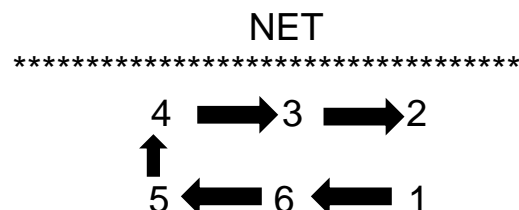
g. SCORING/SIDE-OUTS

If the serving team wins the rally, they score a point and the serving team continues to serve. If the serving team loses the rally, then the opposing team scores a point and gains the right to serve and its players rotate one position clockwise (side-out).

h. SUBSTITUTIONS (ROTATIONS)

All teams must use the following rotation system during each game. Players must rotate in the same order, in a clockwise direction. The serve is made by the player in the #1 position. After each side-out a new server comes in to the #1 position and #2 goes out.

In the event of an injury a substitution will be allowed.



In the scenario that a team has a player serve out of turn, the team will be forced to forfeit all points won by the illegal player serving and the serve will automatically be given to the opposite team and they will receive one point (the point does not count towards the server's five point max).

i. TIMEOUTS

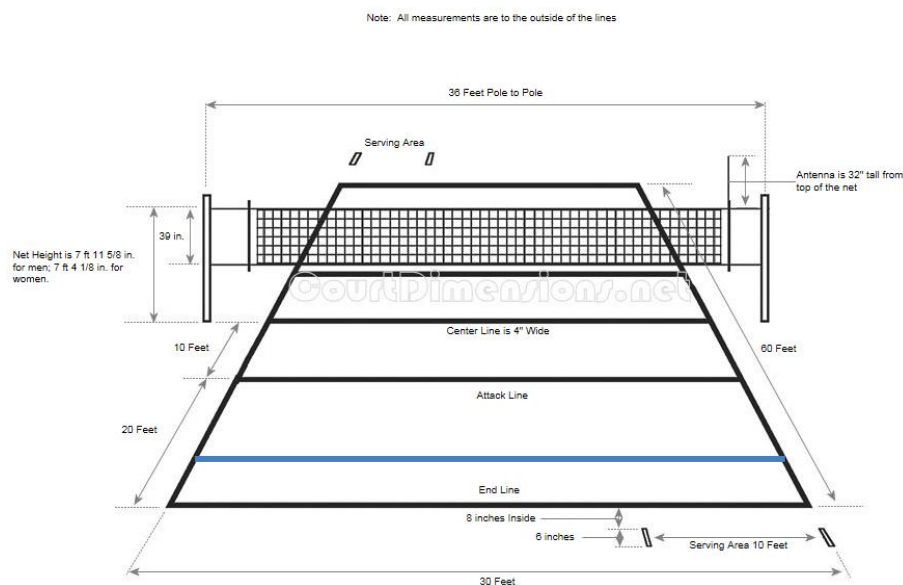
Each team gets one (1) 30 second time-out per set. Time-outs can be called only by the referee on request of a team captain or coach when the ball is dead. Time between sets will be 2 minutes.

j. FORFEITS

- a. There will be a 10-minute grace period from the start of the game before a match is ruled a forfeit. A team may begin and/or continue a match with fewer than six players but not fewer than four players. If a team cannot fulfill the required line-up for a game, the result shall be a FORFEIT.
- b. Starting the first game with less than 6 players: If a team has to start the first game with less than 6 players and the 5th and 6th players arrive during play, they may enter the game at the first dead ball situation. They will enter the game as the 5th and 6th players in the serving order

k. CONDUCT

- c. Coaches should always conduct themselves as mature adults and remember that they are setting examples for not only their players, but the spectators as well.
- d. As administrators of the league, it is the responsibility of the Recreation Department to handle all disciplinary action, involving coaches, players and parents.
- e. Any coach or player that is ejected from a game must go to the parking lot
 - Any coach/player/spectator who fails to go to the parking lot immediately upon being ejected, will risk being expelled from the league!
 - Any coach or player who has been ejected for a game will be suspended one match.
 - The serving of suspended games will be the next scheduled match.
(This could be a regular scheduled game, a make-up game, or Tournament Game from an earlier scheduled game)
- f. Any player or coach that is ejected from a second game in the same season will be suspended for the league for the remainder of the season.
- g. Profanity will not be tolerated!
 - i. Any coach or player guilty of using profanity for any reason will result in a game ejection and a one game suspension.
- h. Alcohol
 - i. Whitfield County owned parks, are alcohol free, violators will be prosecuted.
 - ii. Anyone found guilty of being under influence of alcohol or illegal drug will be permanently removed from the league.



WHITFIELD COUNTY PARKS AND RECREATION DEPARTMENT HAS THE RIGHT TO CHANGE/ADD/TAKEOUT ANY RULES AT ANY TIME THEY DEEM NECESSARY FOR THE BETTERMENT AND SAFETY OF THE GAME.