



Revised 8-23-21

SOUTH METRO RECREATION LEAGUES **YOUTH VOLLEYBALL RULES**

3rd – 9th Grades

Rules and Guidelines (Revised August 23, 2021)
Rule Changes Highlighted in Yellow

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Coaches and players are responsible for knowing and following the game rules.

A) General Rules

1. The game official, employees of South Metro Recreation Departments, and the area School Districts have the right to eject any player, coach, or spectator acting in an unsportsmanlike way or not following South Metro Recreation League rules and policies.
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 drinks are allowed in the gymnasiums. Please express this school district policy to the parents to help us keep the facilities clean 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 substitute players available on the bench.
 - a. Exception: players may be substituted for at any time in case of injury.
5. 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.
6. Teams may use players from another team if they have less than 6 players (from the team 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 unless approval is granted by the opposing team's coach.
 - c. Players used from another team must be placed in the last serving position at the start of each match.
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 the ball 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.

B) 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. A let serve is still considered to be in play.
2. First serve of the first (1) and third (3) 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 serving line will be marked with floor tape. For the 3rd and 4th graders this will be 7 feet in, 5th and 6th graders will be 4 feet in. For the 7th and 9th graders, the serving line is the baseline boundary.
4. Players must wait for the whistle from the referee to serve. (10 second time limit)
5. Players may not block or attack the serve.
6. The server may move freely within the service zone.
7. 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.
8. Re-serves will be permitted only for the first week of the season and the first set.
 - a. Re-serves will only be eligible for the first serve of that server's rotation.

C) Playing Court and Equipment

1. The net height will be 6'6" for 3rd- 6th grade divisions and 7' for the 7th & 9th grade division.
2. All age groups play with the full-sized boundaries.
3. Coaches and players on the bench must stay at least 5 feet back from the court boundaries.
4. **Volleyballs** — 3rd through 6th grade players will use a "Volley-Lite" ball. It is the same size as regulation, but lighter and softer. 7th- 9th grade players will use a "SV-5WS Tachikara Ball" or an equivalent ball of same size & regulation.
5. Players are required to wear kneepads.
6. All jewelry must be taken off to ensure the safety of the players. (exception: medical bracelet or necklace, if worn must be taped to the body to prevent flopping around on the body). No earrings may be taped!! They must be removed!!

D) Game Play

1. All regular season games will consist of playing three (3) sets.
 2. All regular season games will be rally-scoring, meaning a point will be awarded to one team after each play. All three (3) sets will be played to 21, with no two-point difference being required.
1. 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.
 2. Each team is entitled to a maximum of 3 hits to return the ball to the opponents.
 - a. Hits include intentional hits by a player as well as unintentional contact with the ball
 3. 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.
 4. 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.
 5. Enforcement of two-handed lifts will be a point of emphasis for officials.
 6. Enforcement of "Hitting" or "Attacking" a serve will be a point of emphasis for officials.

E) Game Schedules

1. Schedules will be posted on each community's teamsideline.com webpage.
2. Games will be played on Saturday's
3. The league consists of 7 games of league play.
4. **Post-season awards** — Participation awards will be given to coaches for distribution to their players. Tournament winners will receive League Trophies and will be given to the team after the "End of Season Tournament" by the tournament Director.

F) Officials & Line Judges

1. League officials/referees will be provided by the South Metro Parks & Recreation Departments. 2. Line Judges will be volunteers from each team. The referee will ask you to provide line judges prior to each game. Occasionally line judges will be volunteers from area school districts.

G) League Contact Information

1. If you have any problems or issues you would like to discuss, please contact the parks & recreation department that you registered with.
2. If there is inclement weather on the day of your games, please contact the inclement weather lines for the community that your game is scheduled. All inclement weather lines are posted on the teamsideline.com websites.

H) South Metro Sportsmanship Policy

As a league, we encourage positive reinforcement from coaches, officials, parents and teammates for every player. Harassing, shouting or engaging in any sort of emotional or physical harm to an opposing coach, league official/referee, or any player will not be permitted. Individuals who fail to comply with this policy will be asked to leave the game or, at the discretion of the league manager, will be removed from the league. We thank you for your cooperation with this matter as we strive to provide a safe and fun environment for the children in our communities to learn the fundamentals of youth sports.