



Elizabeth Park and Recreation Youth Volleyball: All Ages

The Elizabeth Park and Recreation Rules are intended to create a balance of play in an atmosphere that fosters sportsmanship and fair play in a fun, safe and educational environment. All games will be played according to National Federation of State High School Association rules.

Recreational Philosophy – Youth Sports:

To provide a fun, safe learning environment for participants to experience the social and physical benefits of playing sports.

Participant Information

The Recreation Staff will have complete authority to administer the program and make decisions and adjustments as they see fit for this recreational setting. Their decision is final.

Court Supervisor:

The court supervisor is on site to monitor the games and the facility, assist with injury, answer questions, assist officials with rulebook clarifications and monitor participant behavior. His/her decisions are final.

Officials:

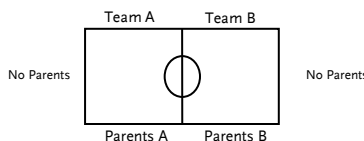
1. Executing pre and post-match rituals
2. Pregame meeting with both head coaches.
3. Inspects equipment and game ball prior to the start of the game.
4. Calling violations.
5. Calling in subs and ensuring the proper subbing procedures are being practiced.
6. Using hand signals while calling violations.
7. Educating players on the calls that were made.
8. Officiating a safe and fair game.
9. Contacting field supervisor when there are any discrepancies.
10. Administering all rules of the game.

Coaches:

All coaches are required to remain on the sidelines with their team and may not coach from *on* the court. Coaches are required to coach from their team bench only. A maximum of two (2) coaches are allowed on a team's bench at any given time. Only one (1) coach is allowed to stand.

Spectators:

Spectators are asked to sit on the opposite side of the court from the coaches. ****At no point can the coach or parent be on the end line during the game.**



We encourage family and friends to come and watch the games and show support. Positive cheering and encouragement help provide a fun atmosphere. Negative comments of any kind are not part of our



recreational program and will not be tolerated. Officials are instructed to stop the game if this becomes a problem

Players:

1. Rosters:

- a. Only players on your official team roster may practice or play in games.
 - i. **EXCEPTION:** Teams may borrow players from other teams *within the same division* to avoid a forfeit. **There no forfeits in recreational youth leagues.**
 - ii. If short on players, teams may play 4v4 as well.
- b. 4 players are required to play a match – no ghost rule

2. Participation:

- a. 6 v 6
- b. **Co-Ed Rules:**
 - i. Males and females must alternate positions on the court if there are 2 or more males.
 - ii. The males must rotate in and out to give equal playing time to all participants per team.
- c. **Substitutions:** Teams may use a continuous rotation and substitute out of Middle Back OR they may rotate player for player while still giving players equal playing time. Proper subbing procedures should be practiced (i.e. subbing from 10-foot line, calling for the sub, etc.) Officials do not have to whistle in substitutes in these divisions.
 - i. Referees are allowed to penalize a team for making incorrect substitutions after a warning is given.
 - ii. This can include: not subbing certain players in or out due to their skill level; having a certain player serve more often than every 6 rotations; or any other illegal substitutions.
 - iii. The penalty is a side out. One point and the ball will be awarded to the opponent.

3. Playing Time Requirements:

- a. Each participant will play at least half of each game. Playing time is the responsibility of the players and the coach, NOT the opposing team or sports supervisor.
- b. Officials may question rotations if they feel equal playing time is not being distributed.

Logistical Information

Player Uniform:

1. Each player must wear the assigned jersey provided by the Recreation Department.
2. Equipment required for youth volleyball.
 - a. Knee pads, Knee guards are not allowed only volleyball knee pads.
 - b. Athletic shoes
3. Jewelry
 - a. No Jewelry may be worn during sports participation. **Exception:** Medical alert jewelry



- may be worn but must be taped to the body or covered (i.e. with a sweat band).
- b. No taping of earrings. **Exception:** Jewelry Implants that have a flat back and must be surgically removed may be covered with athletic tape or BandAids. The earring back must be flat.
- c. Fitness Trackers may be worn attached to shoe laces or beneath clothing (i.e. attached to a sports bra).

Game Equipment:

1. Volleyball used: Volley-Lite

Game Locations:

1. Elizabeth Middle School Gym

Court Dimensions:

1. Court Size is 60' x 30' – green boundary lines
 - a. Any ball that hits any wall or side/behind basketball hoop “out of bounds.”
 - b. Any obstruction that is directly above the playing court (i.e. basketball hoops , lights or sound barriers) is considered “in bounds” **if** the ball lands back on your side of the court **and** is not in violation of any other VB rule (i.e. 4 hits would still be a 4-hit violation and side-out).
2. Net Height is 6'6”

Start of Play:

1. All divisions will begin each match by lining up on the end line of their side, the official will blow the whistle and each team will go to their right and follow their side line to the net. Each player and coach is required to slap hands under the net and say “good luck” to every other player and coach. At the end of each match, teams will repeat this ritual and say “good game”. Teams and players refusing to practice good sportsmanship will be reported and suspended from their next scheduled game.

Duration of Games:

1. **Length of Game**
 - a. 50-minute time limit.
 - b. Each match will consist of 3 games.
 - c. All games will be played to 25-points/cap 27.
 - d. Each game will use **RALLY** scoring.
2. **Time-outs**
 - a. Each team is allowed one-30 second time-out per game.

Score and Standings:

1. No standings are kept.
 - a. In keeping with the philosophy of the youth sports program, we do not keep track of wins and losses. Everyone will receive an award at the end of the season
2. Scoring information: The score is kept only as a reference for starting and ending a game/ match. (Volleyball)
 - a. One team will be required to supply an ADULT to keep score. Line judges are optional.



- b. The score is kept only as a reference for starting and ending a set/match.

General Rules

Service Line:

1. The Service Line for overhand **and** underhand serves is established at the 10-foot line.
2. The ball must be served within 5 seconds of the referees whistle for serve
3. Players may toss the ball and drop it **one time per serve**. If they toss and drop a second time, it will result in a side out.
4. If a player's serve does not go over the net, players will receive one re-serve per rotation **for the first two weeks**. After the first two weeks, the child will get **one** re-serve *per game* before the ball is considered a sideout.
 - a. Any serve that goes over the net, whether in or out of bounds, may **NOT** receive a re-serve.
5. It is the coaches' responsibility to move players back as their serving progresses. Move players back to appropriate service lines when the ball hits **ONE** time at the middle and/or back of the opposing sides court. It is the goal to have the players serving as close to the end line (regulation serving line) as possible. Officials reserve the right to ask coaches to move a player back if necessary.

Re-Serve:

1. A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The referee shall cancel the serve and direct a second and last attempt at serve. The server is allowed a new five seconds for the re-serve. One re-toss is allowed for each service attempt.

5 Point Service Run Rule:

1. A server may serve only 5 points in a row during each service rotation. Once a server scores 5 points it is a side-out to the other team.

Foot Faults:

1. A foot that completely crosses over any of the two established lines prior to ball contact **will** constitute a serving foul.
2. Teams will be given a warning first, and then they will be called for the foot fault
3. When a jump serve is executed, the player must TAKE OFF from behind the serving boundary; ball may be contacted **INSIDE** the boundaries of the playing area

Let Serve:

1. Let serve **is** allowed. This is a serve where the ball hits the net as it crosses over.
2. Players may not block or attack any serve.



Passing:

1. A serve may be received with a forearm pass or overhead pass. Although double contact on **any** first ball over is legal, the ball may never be held or lifted.
2. Double Contact is penalized when a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.
3. The ball may touch any part of the body. Provided that the contacts take place simultaneously.

Setting:

1. All divisions are encouraged to set the ball. When judging a legal or illegal set the division should be taken into consideration:
2. All divisions through 10 & under divisions should only be called for an illegal set when the player contacts the ball in one body quadrant and release the ball into a different body quadrant.

Blocking:

1. Blocking is encouraged for all age groups/divisions.
2. A block must be contacted **no further than a foot and a half from the net.**
3. A block is not considered to be one of the three touches allowed on each side, unless contact is made below the tape.
4. A serve may not be blocked or attacked.
5. No backrow player may participate in a block.

Player Contact of Net:

1. It is illegal for players to touch the net.

Centerline violations:

1. If any part of the body completely crosses the center line and contacts the floor it is illegal. ***IF*** the body part in question is still touching any part of the center line, there is no violation.

2 Hit Rule:

1. The 2 Hit Rule will NOT be enforced at this age level. All coaches should work on correct passing technique and teach multi hits.

Sportsmanship:

1. Unsportsmanlike conduct will NOT be tolerated. Players, parents and coaches may receive one warning.
 - a. A second offense will result in then removal from the game.
 - b. Anyone who is ejected from a game must also leave the park for the day and may be subject to further suspension.
2. We encourage coaches and players to shake the opponents' and officials' hands after each game to emphasize positive teamwork and sportsmanship.

Elastic Power:

The Elizabeth Recreation Sports staff reserves the right to establish guidelines for any and all rules or infractions not covered in the league rules and to refuse participation to any individual or coach if they do not obey the rules and regulations and keep within the spirit of sportsmanship.

