

Town of Parker Youth Volleyball: Ages 12 to 14

The Town of Parker 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.

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 decisions are final.

Players:

- Players must be 12 to 14 years of age.

Playing Time Requirements:

- 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 gym supervisor.

Teams/Rosters:

- Minimum 5 players/Maximum 11 players on roster
- 4 players are required to play a match – no ghost rule

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.
 - Referees are allowed to penalize a team for making incorrect substitutions after a warning is given.
 - 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.
 - The penalty is a side out. One point and the ball will be awarded to the opponent.
- Although we encourage equal playing time for all players, it is the responsibility of the coaches to monitor playing time. Officials may question rotations if they feel equal playing time is not being distributed.

Uniform:

- Each player will receive a team jersey. Players must wear proper athletic attire to all practices and matches.
- No jeans are allowed.
- Tennis shoes must be worn; any other type of shoe will not be allowed.
- No jewelry, with the exception of a medical alert tag may be worn. Hair accessories are allowed only in accordance with high school rules.
- Knees pads are *highly* recommended.

Playing Rules

Playing Time:

- Each match will consist of 3 games.
- All games will be played to 25-points/cap 27-rally scoring.
- Each game will use **RALLY** scoring.
- 50-minute time limit.

Time-outs:

- Each team is allowed one-30 second time out per game.

Score and Standings:

- No standings are kept.
- One team will be required to supply an ADULT to keep score. Line judges are optional.
- In keeping with the philosophy of the youth sports program, we do not keep track of wins and losses nor do we give out end of season awards. The score is kept only as a reference for starting and ending a set/match.

Catch-up Rule:

- There is no catch-up rule in the 12 to 14 division.

Court Dimensions: 60' x 30'- green boundary lines

- Any ball that hits any wall, walking track OR curtain is considered “out of bounds”.
- Any obstruction that is directly above the playing court (i.e. basketball hoops) is considered “in bounds” **if** the ball lands back on your own 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).

Ball: Standard Size

Net Height: 7'4 1/8

Pre and Post-Match Ritual:

- 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.

Service Line:

- There will be two service lines:
 - Overhand Serves up to 25-foot line
 - Underhand Serve: Regulation Line
- The ball must be served within 5 seconds of the referees whistle for serve.
- 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.

- 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:

- 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:

- 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

- A foot that completely crosses over any of the two established lines prior to ball contact **will** constitute a serving foul.
- Teams will be given a warning first, and then they will be called for the foot fault
- 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:

- Let serve **is** allowed. This is a serve where the ball hits the net but still crosses over.
- Players may not block or attack any serve.

Passing:

- 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.
- 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.
- The ball may touch any part of the body. Provided that the contacts take place simultaneously.

Setting:

- All divisions are encouraged to set the ball. When judging a legal or illegal set the division should be taken into consideration:
- 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

- Blocking is encouraged for all age groups/divisions.
- A block must be contacted **no further than a foot and a half from the net.**
- A block is **not** considered to be one of the three touches allowed on each side, unless contact is made below the tape.

- A serve may not be blocked or attacked.
- No backrow player may participate in a block.

Player Contact of Net:

- It is illegal for players to touch the net.

Centerline violations:

- 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:

- There is no 2 Hit Rule in 12 to 14 divisions within Parker Recreation.
 - It is strongly encouraged that teams use a 2-hit rule and striving for 3 hits each volley.
- Any team participating in CARA volleyball *will be* required to abide by the following rule at all CARA tournaments.

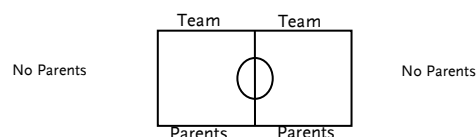
The 2-Hit Rule as defined in the Colorado Association of Recreational Athletics Volleyball Rulebook:

- The 2 hit rule requires a team to hit the ball 2 times before returning it to the opponent, regardless of where the ball is hit or where the player is when they hit the ball.
- The 2 hit rule is NOT in effect in the following situations:
 - The ball is successfully blocked. The player needs to be at the net when they leave the ground or contact the ball.
 - The ball is successfully attacked **at the net**. Player must contact the ball as close to the net as possible. The ball must be contacted above the player's head, with one hand.
 - The ball is a hard driven when: On a serve or attack the ball is below the height of the antenna **AND** there is some power behind it.
 - The amount of "power" is at the discretion of the referee.
 - The ball must be contacted with one hand.
 - The ball has very little arch on it and if it is passed by the defending team there is a good chance the player will not have enough control on the ball to keep it on their side.

Coaches and Parents:

All coaches are required to remain on the sidelines with their team and may not coach from on the court. 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 by the game officials.

Coaches: You should not tolerate negative comments either. Officials are instructed to stop the game if this becomes a problem.



ELASTIC POWER:



The Parker Sport 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.