

YOUTH VOLLEYBALL RULES 14 & above LEAGUES

City of Aurora, Parks Recreation and Open Space

Current National Federation of High School Volleyball Rules shall govern all occurrences not listed in the City of Aurora Recreation Youth Volleyball Rules.

The City of Aurora Recreation Department offers programs that are designed to give all youth an opportunity to participate, have fun while learning the proper skills and fundamentals of their chosen sport. Our programs encourage sportsmanship and camaraderie.

PLAYING TIME REQUIREMENTS

Players should have as equal playing time as possible. Playing time is the responsibility of the players and the coach, NOT the opposing team or gym supervisor.

TEAMS/ROSTERS

Maximum 10 players on a roster. 4 players required to play a match, no ghost rule.

SCORING / AWARDS

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.

SCOREKEEPING

One team will be required to supply an ADULT to keep score. Line judges are optional.

UNIFORMS

Each participant is required to wear the T-shirt provided by the Youth Sports Department.

- NO JEWELRY, BEADS OR HARD HAIR ORNAMENTS OF ANY KIND. HEAD BANDS MUST BE 2" OR LESS IN WIDTH AND WITHOUT SEQUINS OR GLITTER. Bobbie pins are ok.
- Each player must have the current league t-shirt to participate in a game.
- SWITCHING SHIRTS FROM ONE PLAYER TO ANOTHER IS NOT ALLOWED.
- T-shirts are not to be altered in any way (i.e. cut sleeves or shortened.)

COURT: 30'X60'

NET HEIGHT: 7'4 1/8"

GAME BALL: Regulation (standard) volleyball (issued by the Sports Office)

GAME:

- Games will begin by the toss of a coin to determine the service and sides.
- Rally Scoring, 3 games to 21 points with a 25 point cap. There is a 50 min time limit for each match.
- 1 time out per **set** is allowed (30 seconds).
- 1 minute break between each game. Teams will switch sides between the first and second game and be determined by a coin toss for the third game. COURT ETIQUETTE: when possible, players should run on the outside of the court to switch sides (not under the net).

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.

SERVE

- 1 service lines, underhand from behind the end line and overhand serve can come into the court 5ft from end line **only if necessary**. (Officials have the right to ask player to move back if appropriate.)
- The ball must be served within 5 seconds of the referees whistle for serve.
- **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.
- **THERE IS NO 5 POINT RUN RULE in 14 and 18's.**

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:
 - o 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.
 - o 12 & Under should be called illegal when an obvious lift or double contact is present.
 - o 14 & Up: all lifts, carries or obvious double contacts called. This division should have relatively clean sets.

BLOCKING

- Blocking is encouraged for 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. **A serve may not be blocked or attacked. No backrow player may participate in a block.**

CATCH UP RULE

If a team is behind by more than 5 points, they will not be subject to the mandatory side out rule until the score is tied or they lose the ball due to a side-out. The server may only continue to serve if their attempts are

successful and their team is awarded a point. If the team loses the serve, it is still a side-out and the other team receives the ball.

TWO HIT RULE

12 & 14 & under will have the two hit rule. (18 & under will NOT be having the 2 hit rule.)

- 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. 12 & under do not have to leave the ground but it is encouraged. 14 & up must jump. Players must contact the ball above their head, with 2 hands.
 - 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 players head, with one hand. 14 & up must jump.
 - 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.

SUBSTITUTIONS

- All Divisions **MUST** rotate EVERY side out.
- Player for player substitutions. If a team needs a sub they must notify the official after play is dead.
- Officials can monitor playing time and hold coaches to the expectation that every player plays the same amount.
- All players **MUST** receive equal playing time in every match and cannot serve more often than once every 6 rotations. Officials can monitor playing time to make sure teams stay in rotation, and every player is receiving equal playing time.
- If applicable, CO-ED teams (having more than one male) must rotate boy – girl OR make sure males and females alternate positions on the court.
- 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.

CO-ED RULES

- Males and females must alternate positions on the court if there are 2 or more males.
- The males must rotate in and out to give equal playing time to all participants per team.

SPORTSMANSHIP

Poor sportsmanship will not be tolerated. This includes, but is not limited to the following:

- Yelling at, or negatively addressing (cursing, name calling, etc) any Referee, Line Judge, Coach or player for ANY reason.
- Only coaches and captains are allowed to communicate with Referees, Line Judges, and Score Keepers.

- If spectators, parents or players have an issue they need to address it after the match is completed and with their own coach first. If necessary, the problem will escalate to our gym supervisor.
- Disrespecting the facilities. This includes vandalism of any kind and not picking up your trash.
- Rude gestures towards any Referee, Line Judge, Coach or Player. This includes things like “giving the finger”, not shaking an opponent’s hand after a match, spitting in your hands prior to shaking an opponent’s hand, and any other inappropriate hand signs.
- Physical contact with any Referee, Line Judge, Coach or Player such as shoving, hitting, kicking or throwing things. This will result in immediate removal from the facility.

Any participant, coach or spectator that is unable to follow these rules *may* be warned once and then ejected from the facility. Coaches demonstrating poor sportsmanship will be reported to program coordinator. If the situation calls for the coach to be ejected from the match at no fault of the players on the team, a parent may continue as “coach” for the tournament as to allow the team to finish without forfeit.

Players and/or spectators will be reported first to their coach. If the behavior continues, the players or spectator will be reported to the site supervisor and the program coordinator. Site supervisor will give one warning on the issue at hand followed with immediate dismissal from facility, if necessary. If the coach, player, or spectator is dismissed from the facility they will also receive a suspension from the next scheduled game.

It is each individual’s responsibility to uphold themselves and their opponents with the highest respect possible. This is lesson that should be learned not just for the sake of volleyball, but for life.

**PLEASE NO FOOD OR DRINKS IN ANY PRACTICE/GAME GYM. (WATER ONLY).
TEAM SNACKS WILL NEED TO STAY IN THE HALLWAY.**