

# 4REC Youth Sports

## **VOLLEYBALL RULES**

The 4Rec Youth Sports program is operated for the benefit of the participants. It is intended to teach young athletes the proper way to play ball, good sportsmanship and to work with others in a cooperative and competitive effort. This program is run and administered in a collaborative effort with Airway Heights Parks & Recreation, Cheney Parks & Recreation, Medical Lake Parks & Recreation, and Fairchild Air Force Base Youth Programs.

## **TEAM / PLAYER REQUIREMENTS**

1. League directors have final authority on all decisions and rule modifications regarding the program.
2. All players must be registered participants of the fall youth sports program to be eligible to play in practice or games.
3. All players must meet age requirements of their division or get approval from the directors.
4. All players must have equal playing time.
5. Players are restricted from wearing jewelry such as bracelets, earrings, and necklaces during play and practice. NOTE: If a player prefers a necklace/bracelet because of his/her religion or for medical identification it must be inside the jersey and/or taped.
6. Shoe Requirements: Sneakers/athletic shoes with non-marking soles.
7. Shoe requirements: Tennis shoes and athletic shoes that are non-marking.
8. Players are encouraged, not required, to wear knee-pads.
9. Clothing must be free of pockets, zippers, or any other extension that could potentially cause injury. When necessary parents may sew pockets closed.
10. Hats not allowed.
11. Eyeglasses must have a safety strap. The safety strap must be snug to the head.
12. Long hair must be pulled back and/or contained. Headbands are an acceptable form of containment. Hair barrettes are not allowed.
13. A player who is bleeding, has an open wound, or has any amount of blood on his or her uniform shall be directed to leave the game.

## **COURT & NET**

1. Court size will be the standard volleyball size of 60' X 30'.
2. Net Height will vary by age division. Measurements are from the floor to the top of the net.
  - **9/10:** 6'6"
  - **11/12:** 7'

## **GAME FORMAT & RULES OF THE GAME**

1. A team will consist of six players, but if only 4 are present, the match will start. Players arriving after the start of the game must enter the game as though they were rotating in.
2. Rotation of players will occur before each service change. New player will be placed in at the serving positions and a player that is at the end of the rotation will be taken out.

3. Game balls will be provided by home team.
4. Each match will be coach officiated.
5. A match will consist of best two out of three games. The first two games are to 21 win by 2 points and the third will be played to 15 straight -up.
6. Home team will have choice of side or service for the first game. Teams will change sides and service after each game.
7. Each team will get 1 (1 minute) timeout per set.
8. SCORING: Rally scoring will be in effect. Teams can earn a point regardless as to whether they are serving or not.
9. Serves may be made as close as the 10-foot line at the coach's discretion. Once a successful serve has been made from the designated point the server will be asked to move back one full step back as designated by their coach. The steps back will continue with each successful serve until the player is successfully serving from the end line. Underhand serves may be used but players and coaches are encouraged work towards overhand serves.
10. Players serving are allowed 4 consecutive successful serves. After four successful serves a result in possession change.
11. The ball will be considered in if it touches the surface of the playing court, including the boundary lines. If the ball touches completely outside the playing court; passes completely under the net; or touches the support lines, antenna, posts, or the net outside of the antenna it will be consider out.
12. Volleyballs touching any portion of the basketball backboards or back supports will result in a replay. All 4 walls are considered out. If the ball hits the ceiling on the side it is in play on and hit over it is fair. If the ball hits the ceiling while coming over the net it is a side out.
13. Each team may touch the ball up to three times before sending it over the net. Contact is allowed with any part of the body if the hits are clean and the ball is not held, scooped or carried in any way.
14. If two or more teammates play the ball at the same moment, it counts as one touch and any player may make the next legal touch. If two players go for the same ball but only one touches it, only one touch is counted.
15. Players may not touch the net, unless the ball drives the net into them. The ball may hit the net and continue over at any time, as long as it passes fully between the antennas.

#### **CONDUCT AND SPORTSMANSHIP**

1. Any player who receives a technical foul/flagrant foul will automatically have to sit for three minutes before returning to the game. If a second technical is called, the player is out of the game.
2. Coaches who personally acquire two technical fouls during a game must leave the facility. Refusal will result in forfeiture.
3. Fighting will result in an automatic ejection from the game and an automatic one game suspension to be served the next game. When serving a suspension, the person in question may not be on the premises for any reasons, unless cleared by league staff. Upon being ejected, the person in question must leave the premises immediately and not come back on the premises while serving their suspension. Failure to abide by this will result in league staff contacting the appropriate authorities to have the person arrested for trespassing and will, in addition, run the risk of his/her team having to

forfeit the game. \*Any person involved in an altercation, guilty or not, will be ejected and subject to a potential one game suspension to be decided by league staff. NO EXCEPTIONS!

4. Unsportsmanlike conduct by a team parent or fan will not be tolerated. One warning will be assessed, before a bench technical is given. The parent or fan will be required to leave the facility upon receiving a second technical foul. Refusal will result in forfeiture.
5. The officials/gym supervisors are the sole judges on the court. They have complete authority over the game, players, coaches, and spectators. Their decisions are final and backed by the league.
6. Rough play, profanity, or abuse of officials or league staff may result in immediate ejection and/or forfeiture of the game, based on referee's judgment. Only the coach may hold discussions on calls with the referees. He/she must call a time-out.

**Questions? Please call your league administrator:**

<b>Medical Lake:</b>	Ivanna Lomas	565.5007
<b>Airway Heights:</b>	Glen Horton	244.4845
<b>Cheney:</b>	Alyssa Gonzalez	498.9251
<b>FAFB:</b>	Ryan Frost	247.9622