



City of Cheyenne Recreation Division

Youth Volleyball Rules

GAME RULES

Only registered team members can play in a match.

A minimum of 5 players are required to start a match. On the floor, players must remain in designated positions (front and back row) and position 3 will be omitted.

All referees will provide a ball for matches. No ball may be substituted unless approved by both captains.

Each team will provide a lines person for the opposing team. Referee will provide scoreboard.

No jewelry of any type may be worn when playing, including earrings. If there is an item that cannot be removed, it should be taped in such a manner as to not create a safety hazard for other players. You can get tape from the ref if you don't have any.

A team captain will be appointed by the coach before the start of each game for the coin toss with the referee. If you have more girls than matches, appoint co-captains so everyone has a chance to participate.

Coin toss: home team will call coin toss. Winner of toss chooses to serve or will pick side. Losing team will receive remaining choice. At the end of the first game, teams will switch sides and the team that received the first game will serve the second game. Prior to the deciding game of the match, there will be a second coin toss with the same procedural guidelines.

Starting players will line up on the serve line in their designated play order before the start of each game. There are 6 players per side.

Maximum of 3 hits per side. However, a block does not count as a hit.

Each team may take 2-time outs per game lasting 30 seconds and will be called by the coach or captain of the team only. Referee will blow the whistle when timeout is over, and players must return to the court immediately.

A referee has the option at any time to call a repeat of a play in cases where her line of vision was hidden by a player, spectator etc. or in the case of line discrepancies. The following are grounds for a play-over: A) a spectator, person or object interferes with a player attempt to play the ball. B) if the ball comes

to rest on an overhead object above that team's playing area and would still have been a playable ball. C) if the ball contacts overhead objects less than 15 feet above the playing area and would have remained playable if the object had not been present.

Maximum allowed time between games is three minutes. Referee will blow the whistle to signal the start of game.

A player may not palm or double hit the ball on a set. If the referee calls the fault, your team will either receive a side out or the opposing team will receive a point depending on who has possession of the ball at the time of the fault.

Any ball that lands on a line is considered in.

PLAYER ROTATION

Will always be clockwise. Player rotation is in the #4 position only. (#5 rotates out and a new player rotates into the #4 position.) All team members must stay in their designated rotation order during the game. No exceptions. Coaches may not change this order and rotation must stay the same for each of the three games played. For example, if player X is going to be the next server when a game ends, she needs to be the next server when the new game starts. Violation of the rule will lead to disqualification of the match. An exception to this rule can be a substitution for an injured player but only the first player in the rotation order. This will now be the new rotation order for the remainder of the game.

SCORING

Games will follow rally point scoring. All matches will consist of 3 games. The first two games will run to 25 points with cap of 27 (Must win by 2 points or first team to 27). The third game has a cap of 15. (Do not need to win by 2 points)

SERVING

Referee will blow the whistle to signal player to serve. Player in serve position will toss ball to attempt to serve. If the player decides not to use the toss, she must let it drop to the ground without touching the ball. This is called a serve toss error. There is one serve toss error allowed per serve. The referee will blow the whistle to signal player to serve the ball for a second attempt. If the ball is again not served, the serve will be forfeited, and the opposing team will take possession.

Each girl will get 2 attempts at each serve with no penalty for first serve. I.E. if the serve does not make it over the net on the first serve, the player will be awarded a second serve. No point will be given on the first missed attempt.

Players must underhand, side arm, or overhand serve.

All players may serve out of the platform with no penalty.

When the receiving team has gained the right to serve, they MUST rotate before the serve.

A net serve is a served ball that hits the net and continues across the net into the opponent's court. The net serve is a playable, live ball.

There will be a 5 serve limit per player. After 5 consecutive serves that result in a point, the serving team will maintain possession but will rotate and continue with a new server. If the new server makes 5 points in a row, the team will again rotate. This rule will remain in effect until the team loses possession.

Players cannot attack the serve if the ball is in the front zone (10' back from the center line) and entirely above the top of the net.

While it is not illegal to serve with a fist, we DO NOT encourage any player to serve in this manner. With proper technique and teaching, a player can succeed with an open hand serve which the league feels will provide a player better ball control and handling.

All 4th graders will be allowed a 3' step in serve line which will be measured and marked on the floor with tape by the referee.

Center line violation rule: a player's foot can be on the line but not completely over.

OVERHEAD OBSTICLES

A ball is out, if it contacts the ceiling or overhead objects, regardless of height, over non-playing areas.

The ball is out of play if it makes it over the net to the opposing team directly after a ceiling hit. Exception: if a team causes the ball to hit the ceiling or any object above their playing court and the ball comes down on their side of the net, they may continue to play the ball, provided it was a legal hit and not the third hit which caused the ball to strike the ceiling or object AND the ball must have contacted the ceiling within the playing area.

NET HEIGHT

Seven (7) feet for all players. No player may touch the net.

SPORTSMANSHIP

Alcohol and smoking are prohibited at all volleyball functions. If it is reported that alcohol is on your breathe you will be asked to leave immediately. No exceptions.

Unsportsmanlike conduct will not be allowed in any capacity some of which are as follows: a team that is excessively screaming, yelling, etc. to distract the opposing team, excessive cheerleading, clapping etc. of their own team, any conduct that is towards a referee, coach, player or parent. First offense will be a warning by the referee. Second warning will be a team match loss. If the offense is against a parent and they have been warned twice, they will be banned from all future events.

Teams, players, spectators, coaches and parents will be quiet during a serve regardless of team possession. If the actions from the offending team do not stop, first and second offenses will be a team warning and third offense will be a team match loss.

Coaches Discretion: If both coaches agree with any amendment to the rules, they may do so. The purpose of this league is to allow the girls to learn the fundamentals of the game and to help build the program.