

## **Youth Volleyball League Rules**

**The focus of the City of Longmont youth volleyball program is to teach the basic skills, techniques and rules of volleyball. Teamwork is also emphasized as well as making sure the participants have a positive experience, enjoy the sport and want to continue their development in volleyball.**

The rules governing the City of Longmont Youth Volleyball league shall be the CHSAA (Colorado High School Activities Association) rules with the following supplements. The City of Longmont reserves the right to adjust the rules as needed for the benefit of the program at any time.

### **Player Equipment and Uniform**

**NO JEWELRY** – *absolutely no earrings, facial jewelry, bracelets, necklaces, pins, watches, rings or other exposed items (including hair jewelry) that are judged to be hazardous or potentially dangerous by the game officials or supervisors can be worn during practices or games.*

**Medical alert medals are not considered jewelry and must be taped to the body – the alert may be visible. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.**

- Hard or unyielding items (guards, casts, braces, etc.) on the elbow, upper arm or shoulder must be padded with a closed-cell, slow-recovery foam padding no less than ½ inch thick. An elbow brace shall not extend more than halfway down the forearm. A guard, cast or brace made of unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance shall not be worn on the hand, finger, wrist or forearm, even though covered with soft padding. Knee and ankle braces, which are unaltered from the manufacturer's design, do not require any additional padding. Any equipment that in the judgment of the referee increases a player's advantage or presents a safety concern is prohibited.
- Hair devices made of soft material and no more than 2 inches wide may be worn. Bobby pins, flat clips and flat barrettes, unadorned and no longer than 2 inches, are also allowed.
- Players shall not wear body paint or glitter on their hair, face, uniform or body.

**Legal Uniform:** All teammates shall wear like colored shirts with the following restrictions:

- The uniform top must hang below or be tucked into the waistband of the uniform bottom when the player is standing upright.
- **Players may use a soft hairtie to shorten their uniform.**
- Players must wear athletic shoes.

### **Court of Play and game balls**

- Court dimensions are 30 x 60 feet (court size may vary with facilities used).
- Net Height –
  - grades 3&4 – 6 feet 6 inches (6'6")
  - grades 5&6 – 7 feet 0 inches (7")
  - grades 7&8 – 7 feet 4 inches (7'4").
- Game Balls –
  - grades 3&4 will use a trainer ball
  - grades 5&6 will use a volleylite ball
  - grades 7&8 will use a regulation volleyball.

### Teams and Practice

- Youth volleyball will be offered for 3<sup>rd</sup> – 8<sup>th</sup> grades, to be split into three divisions: Grades 3&4, Grades 5&6 and Grades 7&8. Players must play in their appropriate grade level.
- Teams may be coed. Boys can be in the continuous rotation – they do not have to rotate in for another boy. Girls and boys should alternate in the rotation.
- Teams may practice 2 hours per week. Times/days and location will depend on the coach's availability.

### Start of Game

- A team must have at least four (4) eligible players to start a game.
- The official will conduct a pre-game conference with a coach and/or representative player prior to the start of the match. The official will go over ground rules and conduct a coin toss to determine first serve and/or side.
- No conference or coin toss will be conducted between the 2<sup>nd</sup> and 3<sup>rd</sup> games. The team serving first will serve first in the 3<sup>rd</sup> game.

### Rotation/Line-up

- Continuous rotation is required for each team. The player rotating into the game must enter in the same position throughout the game. Boys can be in the continuous rotation – they do not have to rotate in for another boy. Girls and boys should alternate in the rotation.
- Players rotate after each side-out.
- Coaches are required to play all players equally. Players must start in the same position they were in when the prior game finished.
- A team will rotate into its first service. The non-serving team at the beginning of the game should place their first server in the right front position or on the sidelines depending on their rotating position.

### Duration of Match

- Each match will consist of three games.
- Scoring –
  - 3&4 grade games will be sideout scoring to 15 points, with points earned only on the serve.
  - 5&6 and 7&8 grade games will be rally scoring to 25 points. **The 3<sup>rd</sup> game shall be to 15 points.** There is a 45 minute maximum per match in all grade divisions
- A team must win by a minimum of two (2) points with a 27 point cap.
- Time Outs – Teams are allowed two (2), 30-second time-outs per game and two (2) minutes between games.
- Teams will switch sides after each game.

### Match Regulations

- All teams will play with 6 players on the court when enough players are present.
- The ball is “out” when it contacts an object outside of the court – the ceiling, overhead objects, antenna, rope, or post within playing or non-playing areas. Exception: If the ball hits the ceiling or upraised basketball hoop and comes down on the same side it was hit from, the ball is playable by the hitting team, providing it was not the third hit. The ball is “out” if it comes down on the other side of the net.

- If bleachers are less than 6'6" from the court and interfere with play of the ball, the ball becomes out of play and a play over may be directed at the referee's discretion.
- Blocking and attacking the serve is illegal.
- An automatic "side-out" will be awarded to the receiving team when the serving team has scored five (5) consecutive points in one term of service.
- If a team is behind by more than ten (10) points, they will continue to serve until the score is tied or there is a side-out. No player may serve more than five (5) times in a row.
- No person shall hit the ball two (2) times in a row while the ball is on his or her side.

**The official will have sole discretion when determining the legality of hand sets, attacks, lifts and any other plays on the ball.**

### Service

- Release of the serve is not required.
- Short service lines will be placed on the court. The lines will be 3 feet and 10 feet from the regulation service line.
  - 3<sup>rd</sup>/4<sup>th</sup> grade players may serve from anywhere behind the shortened 10 foot line.
  - 5<sup>th</sup>/6<sup>th</sup> grade players can serve from anywhere behind the shortened 3 foot line.
  - 7<sup>th</sup>/8<sup>th</sup> grade program, underhand serves must be from behind the regulation service line. To encourage overhand serves, they may be served from behind the shortened 3 foot line. **If a player can successfully serve from behind the regulation service line, they MUST. Once a player is consistently serving overhand behind the shortened service line, they should be encouraged to step back to the regulation service line.**
- All grades – if during an overhand serve at the shortened line (10 foot for 3<sup>rd</sup>/4<sup>th</sup> grade and 3 foot for 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> grade), the ball does not go over the net, the server is allowed a second service try.
- In the 3<sup>rd</sup>/4<sup>th</sup> grade division all servers get two tries (underhand and overhand) if the ball does not go over the net the first try.
- Players may not touch or cross the end line or shortened line before or during contact of the ball for service on any serve. **EFFECT: Side Out**
- The server must contact the ball within five (5) seconds after the official authorizes service.
- A re-serve will be called when the server releases the ball for service, then catches it or drops it to the floor. The official shall cancel the serve and direct a second serve and last attempt. The server is allowed a new five (5) seconds to re-serve.
- One service tossing error is permitted for each server (per service).
- During service, the ball may touch the net while crossing it. The ball will remain in play.
- **Because this league is a recreation league, jump serving is NOT allowed in any grade level.**

### Miscellaneous

**Conduct** – Any player or coach displaying unsportsmanlike conduct shall be removed from the game immediately for five (5) minutes for the first offense. A team may play with less than four players in the instance. A second display of unsportsmanlike conduct from the same player or coach in the same match will result in an ejection from the match. Spectators, fans and parents are subject to removal from playing facilities because of unsportsmanlike conduct. The official, site supervisor, facility supervisor and/or Recreation Services representative will have the authority to ask any player, coach or spectator to leave the playing area because of unsportsmanlike behavior.

### Sportsmanship

There will be zero tolerance for players, coaches or spectators who argue with officials, game supervisors, facility supervisors or anyone else associated with the league. City Staff have the authority to penalize a player, coach or team if City Staff is sworn at, argued with or insulted. Officials and league officials (including coaches) also reserve the right to remove players, coaches, parents or spectators who use foul language or act in a disruptive manner during a City of Longmont game or practice.

### **Blood Rule**

Any player who has an open wound must:

- Be removed from the game/practice and any blood flow must be stopped.
- Have the open wound covered.
- Change any clothing that has blood on it before re-entering the game/practice.

Recreation Services will have bandages and ice on site on game days. Coaches should have a first aid kit and a clean shirt/jersey on hand at games as well as at practices.

### **Game Officials**

Game officials are provided by Longmont Recreation & Golf Services, may be paid or volunteer, and are selected for the knowledge of the game and ability to control game situations. Officials have final authority over all games. Coaches, players and parents/spectators must honor the official's authority at all times. Respect for the officials by coaches, players and parents/spectators promote good sportsmanship. Foul language or any threatening actions against the officials, opposing coaches, parents, participants, or any City of Longmont employee will not be tolerated.

### **Protests**

Protests are not allowed under any circumstances.

### **Cancellations/Postponements**

All matches should be played according to the league schedule. If a team/coach cannot make a scheduled match or practice, the canceling team should call Longmont Recreation Services in advance so that all appropriate people can be notified.