



## Hagerstown Field House: Youth Volleyball League Rules and Policies

### **Player Eligibility:**

- All players must check in with the referee and coach prior to each match.
- Players must be paid, rostered players to be eligible for play.
- Guest players are not allowed in Youth Leagues.

### **Team Composition:**

- The match shall be played between two teams of six players each.
- A minimum of four players is required to prevent a forfeit.

### **Equipment:**

- Caps with bills are not allowed during intramural play.
- Athletic shoes and athletic attire are required.
- Jewelry is permitted; however, the Field House staff and referees reserve the right to require the removal of any jewelry deemed unsafe (e.g., dangly jewelry, hoop earrings, etc.).

### **Match Procedures:**

- Before the start of the match, the referee shall toss a coin in the presence of the opposing captains, after designating which captain shall call the coin toss.
- The captain of the winning toss shall choose one of the following options:
  - Team area/Side
  - Service
- If the captain chooses to serve, his/her team will serve the first set. The loser of the coin toss will serve the second set and choose which side they would like to start on. If a deciding set is to be played, a new toss will be carried out.
- Regular season: The first team to win the best 2-out-of-3 sets wins the match. Set 3 may still be played even after a winner is announced. Sets one and two will be played to 25 points. Set three will be played to 25 points and/or until time expires at 55 minutes. No game will end in a tie. The referee may allow for 1 more point to determine the winner of the set.

### **Grace Period:**

- Teams are allowed 10 minutes after the game clock starts to allow players to arrive before the first set is forfeited. After an additional 5 minutes, the entire match is considered a forfeit.

#### **Court Boundary:**

- The ball will be declared out-of-bounds if it hits the ceiling, wall, or any other object or person not part of the court. The ball is dead when it touches a net antenna or does not pass entirely between the net antennas.
- A player may play to the designated Free Zone determined by HFH (e.g., change from court to green floor area outside of courts or to either the player benches or red line inside the courts). All boundary lines are subject to change per HFH.

#### **Net Height:**

- Youth Leagues will play at the standard net height of 2.24 meters or 7' 4.5" (12.5 FH).

#### **Substitutions:**

- All substitutes will be allowed with appropriate communication with the official.
- A player arriving late will not be allowed to enter the court until the point is over and the official has checked in the player.

#### **Timeouts:**

- Each team can call two 30-second time-outs in each set.
- The clock will NOT stop for time-outs.

#### **Rotation:**

- Players are required to rotate positions and can move only after the serve and once the ball is in play.

#### **The Serve:**

- The server shall stand with both feet behind the rear boundary line (blue line) and serve from any position behind the boundary line.
- There are no restrictions as to how the ball may be served except that it must be clearly hit, not thrown or pushed (unless stated otherwise per division rules).
- The server may drop the ball and perform a redo of the serve once per point played.
- It is illegal for the receiving team to block or spike the ball directly off of a serve (e.g., jumping up and sending the ball straight back is illegal; feet must remain on the floor or it is considered an attack). Back row attacks will be called.
- If the server steps over the rear boundary line, it is considered a foot fault, resulting in the loss of serve and the point.

### **Legal Contact:**

- Legal contact is a touch of the ball by a player's body, above and below the waist. Players are not permitted to scoop, hold, or throw the ball. The ball must not visibly come to rest on the player's hands, fingers, or any other part of the body.
- A player shall not make successive contacts with the ball unless they have blocked a ball at the net.
- A ball, other than a serve, may be recovered from the net provided the player avoids contact with the net and does not catch or hold the ball.
- The ball must always be returned over the net by the third contact, unless a block is the initial contact, in which case the ball must be returned by the fourth contact.

### **Blocking:**

- Blocking is an act at the net that intercepts the ball coming from the opponent's side by making contact with the ball as it crosses the net, before it crosses the net, or immediately after it crosses the net during an attack. A block performed on a non-attack (such as a free ball) is counted as a touch.
- An attempt to block does not constitute a block unless the ball is contacted during the attempt.
- Only front row players may block.
- The team that has blocked shall have the right to three more contacts with the ball in order to return it to the opponent's side.
- When the ball, after having touched the top of the net and the opponent's block, returns to the attacker's side, the team then has the right to three more contacts in order to return the ball to the opponent's area.
- An attack or illegal block counts at all times if over the plane of the net, regardless of jumping. For example, if a player is tall enough to reach over the plane without jumping.

### **Net Play:**

- A player may:
  - Reach under the net as long as it does not interfere with an opponent's attempt to play the ball. If more than half of the body is under the net and close to a player, that will be called a safety issue.
  - Reach over the net to complete a spike that was begun on the player's own side of the net.
  - Reach over the net to block, but not interfere with the opposing team's play.
  - Have his or her foot touching the opponent's court as long as some part of the foot is on the sideline.
  - NOT touch the net at any time during the play.
  - Retrieve a ball off the net as long as it is not on the serve.

### **Back-Row Play:**

- A back-row player is allowed freedom in moving about the court but may not jump and attack ("spike" or "kill") the ball in front of the 10-foot line.

- A player may jump from behind the 10-foot line and land in front of the line as part of a play.
- A back-row player may never block the ball.
- Players must be in legal positions until the ball is served.
- When playing with only four or five players, two players will be considered back-row players, with the latest server being one.

#### **Doubles:**

- Occurs when a player touches the ball twice in a row, or if the ball touches two parts of the player's body in succession.

#### **Sportsmanship and Penalties**

The official(s) shall have the authority to warn, penalize, or disqualify any player(s), substitute, or spectator(s) for violations of sportsmanship, including but not limited to the following:

- Disrespectfully addressing an official or staff member.
- Questioning the official's judgment or decisions.
- Use of disconcerting acts or words when an opponent is about to play the ball.
- Showing disgust with an official's decisions.
- Using profane or insulting language or gestures toward an official or other player.
- Baiting players of the opposing team.
- Disrupting the game so that it may not be continued in an orderly fashion.

Players and spectators conducting themselves in an unsportsmanlike manner shall be assessed penalties in the following manner:

- A **yellow card** will be issued as a warning.
- A second yellow card will result in a **point/loss of rally** awarded to the opponent. This is equivalent to a **red card**. If one player receives two yellow cards, it will result in an **ejection**.
- A **red card** issued alone for a single offense will result in a **point/loss of rally** to the opponent. A red card will also result in an **ejection** for the offending player from the remainder of the match.

The official shall have the power to:

- Declare side out.
- Award points.
- Enforce substitution procedures.
- Determine rule infractions.

#### **Co-Rec Volleyball Rules**

- All participants must alternate male-female throughout the rotation. You may have two males next to each other, but you cannot have three males in a row (coed).

- In a set of three plays of the ball, a female player must touch the ball once before sending it over the net, unless the ball is sent over the first time upon receiving it.

### **Officiating by Level/Division**

- **Recreational:** Referees will officiate according to the rules and exceptions as stated, but with a focus on assisting and teaching players. There will be leniency in the interpretation of rules to support the development of each player.
- **Competitive:** Referees will officiate strictly according to the rules, with exceptions and clarifications as necessary. All rules will be enforced as written.

### **Rules Summary:**

**Team Composition:** A match is played between two teams of six players each. A minimum of four players is required to avoid a forfeit.

**Scoring:** Teams score a point when the ball lands on the opponent's side. A match is typically played to the best of 3 sets, with each set played to 25 points (win by 2).

**Serve:** The server must stand behind the end line and serve the ball over the net. If the server steps on or over the line, it's a foot fault. The receiving team cannot block or spike the serve directly.

**Rotation:** Players must rotate positions each time their team wins the serve. Players must be in legal positions at the time of service.

**Legal Contact:** A player may only touch the ball once per play (except for a block). The ball must not be held, carried, or thrown. A team can touch the ball up to three times per play, including a block.

**Blocking:** Only front-row players can block. A block counts as one of the three touches per team, and players must avoid interfering with the opposing team's play when reaching over or under the net.

**Back-Row Play:** Back-row players may not jump to attack (spike) the ball in front of the 10-foot line. They are also not allowed to block.

**Timeouts:** Each team is allowed two 30-second timeouts per set. Timeouts are not allowed in the third set after the three-minute mark.

**Fouls and Violations:** Common fouls include stepping over the service line, illegal hits (like double hits or carrying the ball), net violations, and over-the-line violations.

**Sportsmanship:** Players, coaches, and spectators must display respectful behavior. Unsportsmanlike conduct may result in yellow or red cards, penalties, or ejections.

