



## COED Recreational Volleyball Rules

### **BALL SIZE**

- 9U & 11U: Volleyball Lite (Official Size, but Lighter Weight)
- 13U: Regulation size volleyball
- 15U: Regulation size volleyball

### **NET HEIGHT**

- Approximately 7'

### **NUMBER OF PLAYERS**

- NO FORFEITS.
- Only time a game can be played with fewer players is if less than six show up to participate.
- If a team shows up with less than 6 players, both teams will play with the same amount. Teams may borrow players to avoid uneven numbers.

### **PLAYERS**

- An NYS administered or approved jersey must be worn during the match.
- Players may not wear jewelry, rings, watches, pins, or other metallic objects. Players may tape new earrings. NYS does not supply tape or bandages.
- Each roster will have a minimum of 8 players and a maximum of 12 players unless previously approved by the league coordinator.
- **All players should receive 50 percent of game play.**
- Three coaches are allowed on the sideline during the game. Only one coach is allowed to stand during game play.

### **SERVICE**

- At the start of the game a coin toss will determine who serves first.
- Play/rally begins with a serve by the serving team.
- Players may serve underhand or overhand at all levels.
- In the 9U year old division:
  - Players may serve behind the 10 foot line.
  - Server gets two chances on the first serve in this division to serve in play.
  - Maximum of 3 contacts before the ball goes over the net.
- In the 11U year old division:
  - Players may serve 5 feet in front of the end line.
  - Maximum of 3 contacts before the ball goes over the net.

- In the 13U year old division:
  - Players may serve 2 feet in front of the end line.
  - Maximum of 3 contacts before the ball goes over the net.
- In the 15U year old division:
  - Players may serve 2 feet in front of the end line.
  - Maximum of 3 contacts before the ball goes over the net.
- Attacking the serve is not allowed. Contact with the ball must be made below the height of the net if it is directed to the opposing team.

### **AUTOMATIC SIDE OUTS AND SERVING LIMITS**

Ages 9U: An automatic side out occurs after a team has scored 3 straight points while serving.

Ages 11U, 13U & 15U: An automatic side out occurs after a team has scored 5 straight points while serving.

### **TIME LIMIT**

- Matches are limited to 50 minutes.
- Teams will play the 1<sup>st</sup> 2 sets to 25 points and 3<sup>rd</sup> set to 15 points or for fifty minutes whichever comes 1<sup>st</sup>.
- At the end of the fifty minutes, if in the middle of a set, the game ends as is.

### **TIMEOUTS**

- Each team will be allowed two 30-second timeouts per set. (**No timeouts during the last 2 minutes of the 3<sup>rd</sup> set**)

### **ROTATIONS: ALL DIVISIONS**

- All players present at the match are required to play in each set.
- Players should sit on the bench or sideline in rotation order when not in the match.
- Rotation occurs after a side out and only the serving team rotates.
- The team losing the serve does not rotate.
- Must occur in a clockwise direction with the server rotating out and a new player rotating into the middle/back row (non-serving) position.
- Team rotation remains the same from set to set.
- There are no direct substitutions.
- Substitutions will be allowed for injuries only.

### **NET PLAY**

- A player can never touch the net while the ball is in play
- Players may play a ball off the net. If a player's hand or foot completely crosses the plane of the centerline, it is a violation.

## **OUT OF BOUNDS**

If the ball hits the line it is in. If there are multiple games going on at once and the ball enters another court it is out of play. If the ball hits the ceiling on your side you may continue to play. If the ball hits the ceiling on the opposing team's side it is considered out of bounds. A ball that hits the net but continues to the opponent's side is permitted. These are all judgment calls and officials will have the final say on all calls.

## **SCORING**

Rally score system will be used (teams receive a point for each point won regardless of service). The Home team must provide a volunteer scorekeeper. Each team must provide a volunteer line judge.

## **VIOLATIONS**

- Net fouls will be called on all age levels.
- It is illegal for the same player to play the ball in two consecutive contacts (double-hit).
- Illegal Hits: two-hand open palm hits (underhand or overhand) or throwing hits will be called on all age levels. One hand is legal as long as the ball does not come to a rest
  - **9U: Illegal hits will be called more liberally.**
  - **11, 13U & 15U: Illegal hits will be called tighter with underhand pass (hand together) and overhand set (brief contacts with finger pads).**
- BENEFIT OF THE DOUBT- the official will interpret this: If a child is attempting to do a skill properly (i.e. setting), but fails to accomplish it totally correct, the official may allow the hit and subsequent point if won. Incidental hits will be considered legal. The official will determine if the ball is incorrectly hit by blowing the play dead and awarding a point. Play should always continue until this has occurred. Double hits will not be allowed. Screening will not be allowed.
- ONLY PLAYERS (this includes players on the bench) may yell if a ball is going to land in or out of bounds. Parents and coaches should not call their players off a ball that the player may be going for regardless of whether it is in or out. Let the children use their own judgment.

## **REMINDERS**

SPORTSMANSHIP- all coaches, players, parents, and spectators must conduct themselves in a manner that keeps to the NYS mission and the NYS philosophy. Remember that competition is fun. We are here to learn and more importantly HAVE FUN!

### **Coaches and Spectator Conduct/Responsibilities**

- Family members, parents, and spectators are required to observe the contest from designated areas. Parents are not allowed on the court at any time during the game.
- Participants, coaches, parents, and family members must conduct themselves appropriately during game play.
- Inappropriate, rude, or confrontational behavior by a coach, player or spectator may lead to disqualification from the game and possible suspension. These decisions are made at the sole discretion of the NYS League Officials.

NO FOOD OR DRINKS IN THE GYM!!! Team snacks must be given out outside of the facility. We are at the mercy of these facilities and must respect their property.