

VACAVILLE PARKS AND RECREATION DEPARTMENT
YOUTH SPORTS
"We Create Community through People, Parks and Programs"

VOLLEYBALL

-9/03/19-



RULES, REGULATIONS AND STANDARDS

**FOR MORE INFORMATION, CALL
THE YOUTH SPORTS OFFICE
707-469-4029**

Youth Sports- Recreation League Rule Book.

The main goal of our league is to have fun, and learn about the game. Standings will not be kept and there are no playoffs.

Any rules not found in these local rules will be governed by the National Federation of High School (NFHS) Association rules, or as ruled by the Vacaville Community Services Youth Sports office, the official on site, or as agreed on by the coaches.

Vacaville Community Services reserves the right to amend, add, or delete any rule for the safety of the participants and the betterment of the league.

It is the responsibility of all coaches, assistant coaches, officials and scorekeepers to know and adhere to these rules.

1. RULES OF THE GAME

1. Every player should play at least 50% of every game.
2. Each match will consist of 3 (three) sets. The team that wins 2 (two) sets wins the match. If a team wins 2 (two) straight sets and time permits, a friendly 3rd set will be played.
3. The first 2 sets are played to 25, the third set is played to 15. The first team to set points wins; you must win by at least 2 points and there is a set cap of 30 points for the first-two sets and 20 for the third set. For example, if the score is 25-20: the set is won. If the score is 25-24: the set continues until one team wins by 2 points or reaches 30 points, whichever comes first.
4. Teams will switch sides between the sets 1 (one) and 2 (two).
5. There will be a 2 (two) minute break between sets.
6. Before the third set, there will be a game of rock, paper, scissors to determine first serve. The winner of the game will either choose which side to play on, or service. During third sets that contribute to the end result of the match, teams will switch sides at 8 total points.
7. Each team will receive 2 (two) 45 second timeouts in each set. Timeouts do not carry over to the next set.
8. Each set will be rally scoring- each served ball results in a point for one of the two teams. A side-out results in a point for the non-serving team and the serve.

2. **PLAYING THE BALL**

1. Any part of the body that contacts the ball is considered one legal hit
2. Serving
 - i. Players may serve overhand or underhand.
 - ii. Jump serving is allowed, but not recommend
 - iii. Service line-
 - 3-4 Grade- Red Line
 - 5-6 Grade- Blue Line
 - 7-12 Grade- Black Line
 - iv. Players may serve from anywhere behind the service line within the sidelines extended.
 - v. A server may only serve 5 points in a row. After the 5th point the team will rotate and there will be a new server.
 - vi. A server will be allowed one bad toss. The player must let the ball hit the floor. If the player catches the ball, it will result in a side out and a point for the opposing team.
 - vii. A serve that hits the net and goes over will be counted as good. This is known as a “let serve”.
 - viii. The serve may not hit anything overhead (ceiling, lights, rafters, etc.). If this happens the serve will be called dead, resulting in a side out and a point for the opposing team.
3. Setting
 - i. Setting is hitting the ball over your head with both hands at the same time. There should be little or no spin on the ball.
 - ii. Setters may switch to the setting position (right front, or middle front) but may not do so until the server makes contact with the ball.
 - iii. It is the coach’s decision to determine the setters’ position, but the teams must still rotate the same.
4. Front Row Play
 - i. If the player is hitting/spiking the ball they may only use one hand
 - ii. No player may touch the net, or go under the net. These are violations, and will result in a point for the other team.
 - iii. If the player is blocking (jumping with hands in air to stop the other team from getting the ball over the net) they may use two hands; however they cannot touch the ball on the other side of the net (they must wait until the ball is on their side).
 - iv. Players in the front row may not attempt to block a serve.
5. Back Row Play
 - i. On any hard hit ball a player may take the ball with two hands above their head and not be called for a double hit. This is to ensure the safety of the players, so they do not take a hard hit

ball in the face. A hard hit can come on a serve or an overhand hit “spike” from the front row player.

- ii. Players in the back row may attack or spike the ball. However they have to jump *behind* the 10 foot line. They may land past the line but they have to start behind the line. Jumping in front of the 10 foot line is a violation and will result in a point for the other team.
- iii. When passing or “bumping” the players must have their arms straight and hands together. Also players should make sure their thumbs do not cross, if a hard hit ball is to hit a player thumbs when crossed it could cause an injury to the thumbs.

3. VIOLATIONS

1. A **double hit** will be called if a player hits the ball with one hand and then the other. Or twice with the same hand
2. A **carry** will be called if the ball rests in the player’s hands
3. A **throw** will be called if the ball is held in a player’s hand while going for an overhand hit or “kill”
4. A **net violation** will be called if a part of the uniform or body illegally contacts the net
5. A **centerline violation** will be called if a player crosses the centerline and entering the opponent’s half.
6. A **held ball** will be called if the ball rests in a player’s arms or hands

4. LINE-UPS, ROTATIONS AND STARTING THE GAME

1. Before every match the coach will create a sitting line up. This will be the order in which the players will sit and enter the game. A sitting line up will look something like this:

Lebron James
Lisa Leslie
Mia Hamm
Tim Duncan
Michael Jordan
Chris Webber
Yolanda Griffin
Allen Iverson
Logan Tom
Derek Jeter

The players will start on the floor like this:

Net		
4. Tim Duncan	3. Mia Hamm	2. Lisa Leslie
5. Michael Jordan	6. Chris Webber	1. Lebron James

The players on the bench will enter in this order:

Yolanda Griffin
 Allen Iverson
 Logan Tom
 Derek Jeter

After the first rotation the court will look like this:

Net		
4. Michael Jordan	3. Tim Duncan	2. Mia Hamm
5. Chris Webber	6. Yolanda Griffin	1. Lisa Leslie

2. Lineups must remain the same throughout the match. Players on the court and in the substitute rotation must maintain their positions between sets. The only exceptions to this are late arrivals, injuries or early departures.
3. Subs will enter the game every time a team rotates. A team rotates when they win the serve – even if it is the team’s first service possession of the game. For example, when home team serves to begin the first set and lose the rally, the away team will then rotate before they serve. The sub will enter into the middle back position or position 6. The player who was in position 1 will come out of the game.
4. Teams will always rotate clockwise.
5. If a wrong player goes in to the game the scorekeeper will stop the game until the right player is put back into the game.
6. If one team has less than six players, the opposing team will loan them enough players to make the teams have equal (or close to equal) number of players. This will allow the game to be played and maximize all players’ playing time on the court.
 TIP: Have a game plan in place for this. For example: always loan players in order of starting rotation. This will help start the game on

time, prevent you from having to “pick and choose” and ensure that the same few girls don’t always get sent to the other team.

7. To start the match, the home team (as indicated on the master schedule) will serve.

5. GENERAL RULES AND ETIQUETTE OF PLAY

1. After each rally is over the ball is to be rolled under the net to the next server. It should never be thrown or kicked. Penalty: verbal warning to the bench
2. The official can and will blow a replay if he/she feels there is not enough room for the player to contact the ball safely (i.e. the player is running out of bounds to save the ball).
3. If the ball hits anything overhead during a rally (not on a serve) it is still in play if it stays on the same side of the court, however if it goes over the net it is a dead ball. If the ball hits the wall it is dead.
4. If the ball lands on the sideline it is good. Lines are good. This is a judgment call by the official and cannot be argued.
5. Coaches and players will not be allowed to stand next to or in front of the score table. The scorekeeper needs to see what is going on. The teams will stand on the same side of the court as the score table; however they need to stay at the end line away from the score table.
6. If the ball from the other court rolls on to the game court a replay will be called. The ball will go back to the last server and no points will result from the play.
7. Sideline Behavior
 - i. Shouting or talking loudly during the opponent’s service is not allowed.
8. After the match both teams will congratulate each other on a good match.
9. The teams need to exit the court promptly so that the next two teams can start to warm up. If it is the last match of the day we will need all coaches to make sure their parents and players leave the court right after the match.

6. PLAYER ELIGIBILITY, REGISTRATION AND WAITING LISTS

1. 3-12 grade boys and girls will be eligible to register
2. Players must be registered for the specific season to be eligible to participate in any practice or game
3. Upon the close of registration, waiting lists will be established.
 - The waiting lists will be kept and maintained by the Youth Sports office.
 - Parents interested in placing children on the waiting list may call 707-469-4029 or email youthsports@cityofvacaville.com
 - Waiting list participants will be added to teams on a first-come, space available basis.

- Coaches and/or parents cannot bypass the waiting list through special request.
- Coaches will be notified of waiting list roster additions via the “WL” listed on their printed roster, or via phone or email from the Youth Sports office.
- Coaches may contact WL participants to give them team information, but cannot allow them to participate until they are registered.
- Coaches will receive notification from the Youth Sports office when WL participants have completed registration and are eligible to play.

7. LEAGUE AND TEAM ROSTER FORMATION

1. Three Leagues will be established:
 - 3-4 grade
 - 5-6 grade
 - 7-12 grade

*divisions may combined based on registration numbers
2. All leagues will be co-ed.
3. Team Rosters will be established by the Youth Sports Office based on the following criteria:
 - i. Friend Requests: requests must be one-to-one, and must be reciprocal.
 - ii. School of Attendance
 - iii. Other criteria as needed
4. Players cannot request specific coaches. Coaches cannot request specific players.
5. Changes to team rosters will be made by the Youth Sports office only.
6. Coaches cannot add or delete players at any time. Coaches cannot make cuts of any kind.
7. Children will remain on the team roster unless they have requested a refund.
8. If you have a child who quits, contact the Youth Sports office.
9. League schedules will be created by the Youth Sports office.
10. Coaches cannot make changes to the league schedules.

8. FACILITIES, EQUIPMENT AND UNIFORMS

1. All games and practices will be scheduled by the Youth Sports office and will be held at the Vacaville Recreation Center, 551 Davis St.
2. NO FOOD, DRINKS, OR GUM ALLOWED IN ANY GYM
3. Vacaville Community Services Department staff will be on site for all scheduled games and practices. If a staff member is not present 10 minutes after your scheduled start time, please call: 761-0654.

4. One scorekeeper will be scheduled for all games. If your scorekeeper does not arrive, please ask a volunteer parent to keep score and notify the Youth Sports Office.
5. The Vacaville Parks and Recreation Department will provide balls and ball carts for all games and practices. Ball carts may have to be shared between teams.
6. Nets will be set up and taken down by staff members ONLY.
7. The height of the net will be as followed:
 - i. 3-4grade: 6ft, 4in
 - ii. 5-6 grade: 7ft, 1in
 - iii. 7-12 grade: 7ft, 4in
8. Volleyballs
 - i. 3-12 grade: Official Size balls
9. Court boundaries are indicated by the white markings on the court. Please ask staff or officials for clarification if needed.
10. We highly recommend the use of knee pads for all players. We also advise the use of mouth guards, especially if the player wears braces.
11. Non marking basketball/tennis shoes that tie and athletic pants or shorts are required.
12. Vacaville Community Services Department reversible jerseys are required for all players during games. No other shirts/jerseys are allowed. Home team wears blue, visiting team wears white. Jerseys can be purchased at Three Oaks or Ulatis Community Centers and will NOT be sold at games and/or practices. Jerseys can be used for future seasons and other sports played within the Vacaville Community Services Department

9. PRACTICE, COMMITMENT, & DISCIPLINE PROCEDURES

1. Scheduled indoor practices are limited to one (1) hour in length. However, coach scheduled supplemental practices outdoor can exceed this time, as long as total practice time does not exceed three (3) hours in a week.
2. Coaches and/or parents should not approach any school or facility to obtain practice locations.
3. Our youth players are at the mercy of their parents/ guardians to get them to practices and games on time, so parents are asked to communicate with the coach if they will not be attending practices and/or games. Coaches that run into chronic tardiness or absence of a player should inform the Youth Sports office.
4. Uncooperative and distracting players' parents should be informed of their behavior as soon as it arises. Coaches have the right to remove players from games and/or practices due to behavioral issues and sit the player one whole rotation. In this event the staff on site should be informed immediately of the situation and will document the incident.

It is the coach's responsibility to inform the parents at the beginning of the season of their expectations of players and disciplinary actions.

10. INJURIES

1. All injuries at practices or games must be reported to a staff member. There will be ice packs and band-aids on site.
2. Players will not be allowed to play in a game if they are bleeding. Once bleeding is stopped, the player may re-enter the game.
3. Players with casts will not be allowed to play