

WAKE FOREST PARKS, RECREATION & CULTURAL RESOURCES DEPARTMENT

2014 YOUTH VOLLEYBALL RULES

1. LEAGUE ADMINISTRATION

- A. The league shall be administered by the Athletics Division of the Wake Forest Parks, Recreation & Cultural Resources Department (WFPRCR).
- B. The Town of Wake Forest and its authorized staff reserve the right to make any changes that they deem necessary.

2. ELIGIBILITY

- A. Leagues will be formed based on the player's age as of January 1st of the registration year.
- B. A player must play on the team to which they are assigned by the Parks, Recreation & Cultural Resources Department's contractor (Triangle Volleyball Club, Inc.).
- C. Wake Forest Parks, Recreation & Cultural Resources places no restrictions on the eligibility of school athletes to participate.

3. COACHES' GENERAL DUTIES

- A. To make certain the WFPRCR Athletics Division has approved eligibility of all players before they participate.
- B. To model and uphold good sportsmanship and maintain a positive, recreational prospective on competition.
- C. To control an orderly bench and keep all bench personnel seated during games.
- D. To see that all players carry gym shoes to the gym and put them on after arrival.
- E. To have only three coaches (including the scorekeeper) on the bench during the game.
- F. To provide one line judge for each match.
- G. To provide an official scorekeeper for the match, when the home team.
- G. To issue team jerseys.

4. SAFETY: Participant safety is the primary concern of WFPRCR and all involved individuals must abide by all safety rules.

- A. Jewelry (including earrings, bracelets, rings, watches, etc.) may **not** be worn during practices or games. (Exception: Medical Alert bracelets)
- B. All warm-ups, coats, etc., must be placed under or behind team benches and not scattered around gym floor during games or practices.
- C. No type of hard cast may be worn during any practice or game situation.

5. PLAYING RULES

- A. Teams must have at least four players to start game. A fifth or sixth player arriving late may enter the game upon arrival.
- B. To begin the match, a coin toss will be used to determine who serves first in the first game and another coin flip, if necessary, will be used to determine who serves first in the third game.
- C. Equipment:
 - i) 9/10 and 11/12 Divisions will use the a U12 ball and lower net height [7'].
 - ii) 13-16 Division will use a standard ball and net height [7' 4 1/8"].
- D. The ball may touch the net while crossing it (including on a serve). The service becomes a fault if the ball touches the antenna or other external object(s).
- E. You may **NOT** spike or block the ball on an opponent's serve.
- F. Reaching over the net is permitted during:
 - (1) A follow through of a hit.
 - (2) A block.

However, you may not take a play away from your opponent. EXAMPLE: When an opponent is setting the ball.
- G. Teams are allowed two time-outs per game at 30 seconds per time-out. It is the players option to leave the court during time-outs.
- H. If the rotation substitution pattern is used, a player must be rotated out and another rotated in at the same point in the rotation **each** rotation. The position on the floor where the substitution is made must remain the same for the entire game.
- I. Substitutions will be unlimited to the number of times a player may enter a game. All substitutions must be made before the ball is blown into play.
- J. The ball must be clearly a legal hit. Illegal hits occur:
 - (1) When the ball rests in the arms or hands of a player.
 - (2) When a ball is hit below the waist with an upward swing with **hands apart**.
- K. The gym ceiling is considered playable if the ball contacts it above the playing area and stays on the same side. Cranked up basketball goals are considered playable if the ball doesn't cross the net before or after contact. (exception: backboards).

- L. Backboard Play - If the ball is bumped up and touches the backboard which takes away the second and/or third hit, and a legal player is in position to play the ball, a replay will be called.
 - M. Insignificant contact with the net by a player not involved in the action of playing the ball is allowed.
 - N. The ball may touch any part of the body.
6. SCORING
- A. Best two of three games.
 - B. First two games are rally scoring to 25 points, with a 27 point cap.
 - C. Third game, if necessary, is rally scoring to 15 points with a 17 point cap.
 - D. There will not be a court switch in the middle of the third game.
 - E. Modified scoring will be used in the 9/10 and 11/12 Divisions-for the first ½ of the season successful Pass-Set-Hit combinations that have the third contact crossing the plane of the net will score a point. Each team can earn points in this manner on each rally. Depending on coach feedback this rule can revert to standard scoring mid-season. The Athletic coordinator will make the following determination of any scoring changes for these divisions.
7. MISCELLANEOUS MODIFICATIONS AND CLARIFICATIONS
- A. When a team starting with four players adds a fifth during the game, that fifth player must enter in the #5 position, between the person who started the game in the service position (#1) and the person who started the game in the front left position (#4). When a team playing with five adds a sixth, that sixth player must go in the #6 position, between the person who started the game in the service position (#1), and the person that started the game in the back left (#5).
 - B. Game style modifications for 9/10 Division:
 - (1) Teams are instructed to use three (3) contacts to get ball over net.
 - (2) Serve-Receive-when the opponent is **servng, either underhand or over-hand, the receiving team has two options. Both options require the athlete to catch the ball low and out in front of their bodies with two hands; mimicking the idea of a platform pass. Option one: automatic catch, low and out in front of body. Option two: When receiving the serve, the ball can bounce one time before being caught as described above. The idea is to get the athlete to move towards the ball to be able to catch.**
 - (3) Second ball contact [normally the 'set']-teams can opt for one of two modifications to this contact only.
 - (a) Use an adult or older player to take the second contact
 - (b) Using players on the teams roster where the second ball contact is executed as a catch/throw motion [vs. setting directly from a pass].
 - C. Consecutive Serve limit for individual players
 - (1) 9/10 and 11/12 Divisions-any player who successfully serves three (3) serves to the opponent and wins the rally on the third serve will relinquish the serve to the next player on their team in the rotation.
 - (2) 13-16 Division- any player who successfully serves five (5) serves to the opponent and wins the rally on the third serve will relinquish the serve to the next player on their team in the rotation
 - D. Serving Modification for 9/10 and 11/12 Divisions
 - (1) Two service lines will be assigned inside of the normal service line.
 - (2) Players are allowed the OPTION to serve from the most interior line on their first serve during each term of service.
 - (a) If the team wins the point, they must move back to the next most interior line.
 - (b) If they win that point, they must serve from normal service line for the remainder of that term of service.
 - E. Grace Periods:
 - (1) First match of the night: A five minute grace period is in effect for the first game. If a team is not able to play after five minutes, they forfeit the first game. An additional fifteen minutes are allowed before the second game (and therefore the match) is forfeited.
 - (2) There is no grace period for the second match of the night.
 - (3) Teams must fill out a lineup card each match with a list of all players attending that night's play. Only those players attending that night should be on the list.

**USAV RULES WILL BE USED, APART FROM THE ABOVE
INTERPRETATIONS AND/OR MODIFICATIONS.**

FOR A RULEBOOK VISIT www.teamusa.org/USA-Volleyball

Triangle Volleyball Club League Coordinators:

Stefanie Holler, 919-601-8067, holler@trianglevolleyball.org

Colby Mangum, 910-297-5224, mangum@trianglevolleyball.org