



WAKE FOREST PARKS, RECREATION & CULTURAL RESOURCES DEPARTMENT 11/12 AGE GROUP YOUTH VOLLEYBALL RULES 2019

1. LEAGUE ADMINISTRATION

- A. The league shall be administered by the Athletic Coordinator of the Wake Forest Parks, Recreation & Cultural Resources Department.
- 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 September 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 and may only change teams at the discretion of the Athletic Coordinator.
- 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 Coordinator of Athletic Programs 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 two coaches on the bench during the game.
- F. To coordinate a 15 minute practice/warm-up session prior to the start of each match.
- G. To have their coaching binder with them in the gym at all times.
- H. To issue team jerseys.

4. SAFETY: Participant safety is the primary concern of the Parks & Recreation Department 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. Each age division will use normal rally scoring.
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 rotation where they are not the next player to serve. I.E. They are not allowed to enter into the right front on the court. When a sixth player enters the game the same rule applies, they are not allowed to be the next server.
 - B. Game style modifications for 11/12 Division:
 - (1) Teams are instructed to use **three** (3) contacts to get ball over net.
 - (2) Serve-Receive-when the opponent is serving, either underhand or over-hand, the athlete is encouraged to platform pass the first contact. It will also be legal to overhead pass the first contact (2 hands).
 - (3) Second ball contact [normally the 'set']-teams can opt for one of two modifications to this contact only.
 - (a) Athlete may **under-hand toss** the second contact to a hitter.
 - (b) Athlete may catch the ball, raise their hands to their forehead, and then two-handed push (set) the ball to a hitter.
 - C. Consecutive Serve limit for individual players
 - (1) Any player who successfully serves three (3) serves to the opponent and wins the rally on the third serve will rotate and the next server from the same team goes back to serve.

USAV RULES WILL BE USED, APART FROM THE ABOVE MODIFICATIONS. FOR A RULEBOOK VISIT www.teamusa.org/USA-Volleyball

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