



# YOUTH VOLLEYBALL LEAGUE RULE BOOK

Updated: March 2, 2026

## A. General Rules

All league play will be governed by the current NFHS rules unless otherwise stated in the Leagues rules and regulations. Any rule or regulation not covered in these rules will be at the discretion of the Park District staff or referee officiating the game. The League reserves the right to change any rule or regulation, as it deems necessary.

## B. Intent and Purpose of the Rules

The purpose of the rules is to create a balance of play; provide reasonable safety and protection; and create an atmosphere of sportsmanship and fair play without unduly limiting freedom of action of individual or team play. It is important to know the intent and purpose of a rule. A team/player should not be given an advantage, not intended by a rule. Conversely, a team/player should not be placed at a disadvantage not intended by a rule

## C. Playing Court

1. The court is 60 feet long and 30 feet wide.
2. Ball hitting any part of the boundary lines is considered "in bounds."
3. Net Height
  - a. 7/8 Grade- 7 feet, 4 1/8 inches
  - b. 5/6 Grade - 7 feet

## D. Players & Substitutions

1. Games are played with each team fielding 6 on a court.
  - a. A team may start and continue play with a minimum of four (4) players. Fewer than four (4) players will constitute a forfeit.
  - b. In case of forfeiture teams will split up and have an exhibition game.
  - c. Maximum of 2 boys on one team can be on the court at the same time.
  - d. If one team has only four (4) players and the opposing team has six (6) or more players available, the team with six (6) players is not required to reduce the number of players on the court. However, coaches are encouraged to communicate and come to a mutual agreement prior to the start of the match if they wish to adjust numbers for competitive balance and sportsmanship.
2. If you have more than 6 players everyone must play. The substitute will enter the back-center position, when the server goes out.
3. All players should be familiar with the proper substitution rules at some point throughout the season, however to keep the games moving quickly, these will not be implemented in this league.
4. Rotations will be clockwise.

## E. Player Call Ups

1. 5<sup>th</sup>/6<sup>th</sup> Grade:
  - a. In the event a team knows in advance that it will be short on players for an upcoming game, the team may request to borrow a player from another team within the same age division.
    - i. The League Coordinator must be notified and must approve the request prior to that week's game.
    - ii. Borrowed players may be used only to bring the team's roster up to a level that allows for no more than two substitutes.
    - iii. Borrowed players may not receive more playing time than any regularly rostered player.
  - b. Playoffs
    - i. No player borrowing or sharing is allowed during end-of-season playoff games.
2. 7<sup>th</sup>/8<sup>th</sup> Grade:

- a. Players may be moved up one age division to play in another division ONLY when there is a shortage of players for games. A player may only play up a division if the coach knows the team will have fewer than the starting number of players. Players may only play one age division up and can never play down. All called-up players must be coordinated with and approved by the League Supervisor prior to the game. No called-up player may play more than a regularly rostered player
  - i. Playoffs: Called-up players are allowed. Coaches are permitted to use called-up players solely to bring the roster size up to a level that allows for **no more than two substitutions**. All called-up players needed in playoffs must be cleared through the League Supervisor prior to playoffs. Any violation of the above-stated rules will result in the game being forfeited

## F. Pre-Game

1. The first and third game of a match will be decided by a **coin toss** by the home team.
  - i. the choice of serve or playing the ball or side of court shall be determined
  - ii. Everything will alternate in the 2<sup>nd</sup>.
    - a. A warm up period of five minutes will be allotted before the games start.

## G. Timeouts

1. (2) one-minute time out will be allowed to each team in a game.
  - a. Coaches should make it clear whether they want a time out.

## H. Length of Game & Scoring

1. Matches will have an hour time limit.
2. 3 games are played per match, and must win by 2.
  - a. **Game 1** is played to 25 rally scoring, cap at 27.
  - b. **Game 2** is played to 25 rally scoring, cap at 27.
  - c. **Game 3** is played to 25 rally scoring, no cap.
3. Between games there will be a two-minute rest between games.

## I. Serving

1. 5/6 grade serving line is 5 feet in front of the normal serving line.
2. 7/8 grade serving line is the normal serving line.
  - a. The server will be allowed to serve anywhere behind the line.
  - b. When serving, both feet must be behind the line when contacting the ball.
3. All players, except the server, must be completely within the court as the ball is being served.
4. Players may serve underhand or overhand. Serving over hand with a fist, or closed hand, will be allowed.
5. The ball may touch the net while crossing it as long as it does not make contact with the antennae or other external object.
6. Rotation occurs after a team gains the right to serve. The team shall rotate the player's one position clockwise and the back right position serves.
7. At the beginning of the game, the second team to serve must rotate before serving.
8. A player may not block a serve.
9. No one server may serve more than five points at one time, if a player does serve five points the ball will then go over to the other team.
  - a. **TOURNAMENT: During the end of season tournament 7/8 grade will have unlimited serves.**
10. "Let serves" will be allowed. (The serve may hit the net on the way over, as long as it falls into the opponents playing court.
11. 5/6 grade: each player will have **two** attempts to get the ball over the net and in play.
12. 7/8 grade: each player will only have **one** attempt to get the ball over the net and in play.

## J. Playing the Ball

1. Each team may touch the ball up to 3 times before sending it over the net.
2. Contact is allowed with any part of the body, as long as the hits are clean and the ball is not held, scooped or carried in any way.

3. Simultaneous contacts by teammates count as one team contact and either may make the next play on the ball.
4. A ball hit into the net by a team may be kept in play providing any player does not touch the net.
5. The boundary lines are in bounds.

#### **K. Dead Ball Fouls**

1. If the ball hits any part of a basketball net or rim, or the ceiling, and remains on that side of the net, the ball will be considered in play and play will be continued.
2. Contacting the net or any part of it while the ball is in play is prohibited, unless the force of the ball by an opponent pushed the net into a player. Incidental contact with the net by a player not making a play at the ball is permitted.
3. The ball is dead anytime it hits the antenna.
4. A ball is dead if it:
  - b. Crosses the net entirely outside the vertical playing area
  - c. Lands out of bounds
  - d. Touches the floor within the playing area.

#### **L. League Standings**

1. Each regular season match will consist of 3 games. Each game will count as a win or loss for each team.
2. Standings will reflect the total number of game wins and losses.
3. Tie Breakers are as followed below:
  - a. Head to Head Record
  - b. Total Points allowed
  - c. Total Points Differential
  - d. Total Points For
4. A cumulative total of wins and losses and team standings for each session will be kept by the Park District staff.

#### **M. League Format**

1. 6-game season followed by a season ending single elimination tournament.
2. T-shirts will be given to all participants.

#### **N. Playoffs**

1. Regular season rules apply unless noted otherwise
2. Single elimination tournament
3. Playoff games will take place during the week and/or on the weekend after the end of the regular season. Divisions with 7 or fewer teams will compete in a single playoff bracket. Divisions with 8 or more teams will be broken into two separate playoff brackets: Gold Bracket for teams in the top half of the standings; Silver Bracket for teams in the bottom half of the standings.
4. Trophies will be awarded to 1<sup>st</sup> and 2<sup>nd</sup> place tournament teams.

#### **O. Unsportsmanlike Conduct**

1. Unsportsmanlike conduct may include, but is not limited to:
  - a. Foul Language
  - b. Hits above the shoulders with intent to harm
  - c. Unnecessary roughness
  - d. Arguing with officials, volunteers, staff, participants, or fans
  - e. Abuse of the "Honor System"
  - f. Exhibiting extreme anger (throwing balls after getting out, etc.)
2. Players are expected to show good sportsmanship whether they are playing or observing other teams play.

#### **P. Technical Fouls**

1. Technical Fouls can be called for unsportsmanlike conduct

2. A player may be warned before being given a technical foul, but warnings are not necessary.
3. All technical fouls will be given by Park District staff. Staff will then determine appropriate action to be taken.
4. Technical fouls may be given to any registered player at any time they are present at volleyball events, whether they are playing or observing.
5. The penalty for a first technical foul will consist of the following:
  - a. The offending player may not play in the next game of the match
  - b. The offending player's team must start the next game with 5 players (or one player less than they are able if not all players are present)
  - c. Any player receiving TWO technical fouls in one day will be suspended for the rest of that day's games and also will not be allowed to play the next time s/he is scheduled to play. A second technical foul will be discussed with the player and his/her parents before issued.

## Q. Player Equipment & Jewelry Rule

1. For the safety and protection of all participants, all players are required to wear properly fitted knee pads during games. Due to the nature of volleyball and the hard surface of the gym floor, knee pads are mandatory to help prevent injuries caused by diving, sliding, or incidental contact with the hardwood. Players who are not wearing knee pads will not be permitted to participate in the game until proper equipment is worn.
2. For the safety of all participants, players are not permitted to wear bracelets, wrist accessories, necklaces, rings, earrings, or any form of jewelry during games or practices. All jewelry must be removed prior to play.
  - d. If a player is unable to remove a bracelet for any reason, athletic tape may be used to fully cover and secure the bracelet so it does not pose a safety risk.
3. The final decision on whether the accessory is safely covered rests with the officials and coaches

## R. Recreation Center Rules

1. **No** Food or gum allowed in the gym
2. Black rubber sole shoes are not allowed in the gym. "Non-marking" shoes are allowed
3. Do **not** spit on the gym floor
4. The league appreciates your cooperation in helping to maintain the facility

## S. Volleyball Program Staff

The Recreation/Athletic Supervisors responsible for managing this program are always open and willing to hear feedback about the league so please feel free to contact us with your thoughts and suggestions for continuing future improvements. Please report any concerns to your district representative first.

- Bartlett Park District - Andy Dunfee - [adunfee@bartlettparks.org](mailto:adunfee@bartlettparks.org) - (815)-985-8768
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