



## **YOUTH VOLLEYBALL RULES AND REGULATIONS**

The current issue of the National Federation of High Schools Rule Book will prevail other than the exceptions listed in this publication. FCPR as needed may issue Addendums and Clarifications to these rules. No other local league rule exceptions will be allowed. These are the sport specific rules – you must also obtain a copy of the Basic Rules For All Youth Sports for complete information.

### **1:00 AGE GROUPS / ROSTERS**

1:01 For girls in the following age groups:

10U

12U

14U

17U

1:02 League age is the age the player will be prior to December 1.

1:03 Each team will have a minimum of 8 and a maximum of 12 players on roster.

1:04 Each team is allowed 3 coaches

### **2:00 EQUIPMENT**

2:01 Only tennis/basketball shoes will be worn on the gym floor. Knee pads are optional.

2:02 **NO JEWELRY.** Watches, rings, necklaces, earrings, hair beads, headwear of any type, etc cannot be worn during the game. Hair devices made of soft material and no more than 3 inches wide may be worn in the hair or on the head. Bobby pins, flat clips and flat barrettes, unadorned and no longer than 2 inches, are also allowed.

2:03 The net will be at height of 7 feet 4 1/8 inches measured at the center.

### **3:00 PLAYING RULES**

- 3:01 All matches will be played on a "best of 5" format. The team that wins 3 out of 5 sets shall be declared the winner of the match.
- 3:02 Each game will be played using the rally score method:
- the first team to reach 21 points by margin of 2 points wins the game **NOTE: If a 5th game is needed, it will consist of 11 points, winning by 1.**
- 3:03 There will be a 5 minute warm-up period before each match. Both teams will warm-up at the same time.
- 3:04 First serve shall be decided by a toss of the coin. Teams will switch courts after each game. If a 5th game is necessary, a coin toss will be held to determine first serve.
- 3:05 In the 9-10 and 11-12 leagues, a server may serve from the regular base line or from the special marked line (6 feet from the base line). If the server selects the special marked line and serves 3 consecutive balls in, she must move to the regulation base line.  
**NOTE: Any player substituting for the server due to injury/sickness, who has remaining times to serve (less than five) will assume that count until she (the substitute) reaches her fifth combined serve. (i.e. Player 2 is serving and becomes injured/sick. Player 8 comes from the bench to substitute for Player 2. Player 2 had three remaining serves before she was injured/sick. Player 8 will assume Player 2 count until she reaches the fifth serve).**
- 3:06 **The 14U and 17U leagues MUST serve from the regular base line.**
- 3:07 After 5 consecutive serves by the same team, the serve will be switched to the other team.
- 3:08 There will be a 2 minute interval between games.
- 3:09 A starting line-up is required 10 minutes prior to the start of the match.
- 3:10 Each team will play with 6 players on the court. Exception: a team may begin a match with 4 players; a team cannot continue a match with less than 4 players.
- \* **NOTE: No Libero position will be used.**
- IF A TEAM CANNOT FULFILL THE REQUIRED LINE-UP FOR A MATCH, THE RESULT SHALL BE A FORFEIT.**
- 3:11 After a play has ended, the ball shall be rolled back to the server under the net, **not thrown.**
- 3:12 Each team is allowed 2 time-outs per game.

3:13 **Minimum Play Requirement** – players must play, at a minimum, the following number of games.

Example 1: a team begins the match with 12 players in attendance.

Game 1 begins with 6 players, who will play the entirety of game 1. When game 2 begins, the 6 players who did not play in game 1 will enter the game and will play the entirety of game 2. When game 3 begins, 6 new players (can be a combination of any 6 players from either game 1 or 2) enter and play the entirety of game 3. If a game 4 is needed, the 6 players who did not play in game 3 will enter and play the entirety of game 4. If a game 5 is needed, 6 new players (can be a combination of any 6 players from either game 3 or 4) enter and play the entirety of game 5.

Example 2: A team begins the match with less than 12 players in attendance

Game 1 begins with 6 players, who will play the entirety of game 1. When game 2 begins, any players who did not play in game 1 will enter the game and will play the entirety of game 2, with the remainder of the lineup to include any other player from game 1. When game 3 begins, 6 new players (can be a combination of any 6 players from either game 1 or 2) enter and play the entirety of game 3. If a game 4 is needed, all players who did not play in game 3 will enter and play the entirety of game 4, with the remainder of the lineup to include any other player from game 3. If a game 5 is needed, 6 new players (can be a combination of any 6 players from either game 3 or 4) enter and play the entirety of game 5.

**Quick summary:** any 6 players can play in games 1, 3, 5. If a player does not play game 1, they must play game 2. If a player does not play game 3, they must play game 4 (if a game 4 is necessary).

- Game 1: any 6 players.
- Game 2: anyone who did not play in game 1.
- Game 3: any 6 players.
- Game 4 (if necessary): anyone who did not play in game 3.
- Game 5 (if necessary): any 6 players

**Substitution will only occur between games.** The only time a substitution would be allowed during the game would be due to injury, sickness, or ejection – the opposing coach will select the player to take the place of the injured/sick/ejected player. An injured or sick player may return to the match at a later time, if able. Please note: the intent of this rule is to insure that everyone plays the minimum amount; some players will play more than the minimum. If the winning team violates the minimum play requirement, the head coach will be suspended according to the Code of Conduct.

Coaches are not obligated to play an individual the minimum time under the following conditions:

- Player late for start of game or a no-show.
- Player with unexcused absence from practice in the week before the game.
- Player who has been a discipline problem.
- Injured player who could have played the minimum time if uninjured.

A coach who suspends a player according to this rule must notify the opposing coach, site

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supervisor, and scorekeeper immediately.

Coaches who use the exceptions to the all play rule to gain an advantage over another team will be handled with according to the FCPR Code Of Conduct