



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 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 *All jewelry shall be removed, except small, secured jewelry (stud or post). No jewelry shall be permitted below the chin. String bracelets, commemorative bracelets and body jewelry are considered jewelry and are not permitted. Taping over jewelry is not permitted. Medical-alert medals are not considered jewelry and shall be taped to the body and the alert may be visible. Religious medals are not considered jewelry and shall be worn under the uniform and taped to the body.*

2:03 *Hair adornments must be securely fastened close to the head and not increase risk to the athletes, teammates or opponents.*

2:04 The net will be at height of 7 feet 4 1/8 inches measured at the center.

2:05 Artificial noisemakers are not permitted.

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. (Visiting team makes the call)
Teams will switch courts after each game.
If a 5th game is necessary, a coin toss will be held to determine first serve. (Home team makes the call)
- 3:05 In the 9-10 and 11-12 leagues, a server may serve from the regular base line or from the modified serve line (6 feet from the base line). **Player or coach is responsible for notifying the official if they are serving from the modified serve 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.

This applies to all age groups.

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

BASIC RULES FOR YOUTH TEAM SPORTS

EFFECTIVE 10/01/2021

REGISTRATION GUIDELINES – YOUTH TEAM SPORTS

FCPR offers Traditional and Non-Traditional sports. TRADITIONAL team sports (winter basketball, spring baseball, spring softball, fall soccer, football, and volleyball) use player drafts to assign players to teams. NON-TRADITIONAL sports (indoor soccer, summer basketball, summer volleyball, fall baseball, fall softball, lacrosse, rugby) are instructional based, scores and won-loss records are not kept, player drafts are not held, and pre-formed teams are allowed. These guidelines apply to both unless otherwise denoted

1:00 PLAYER ELIGIBILITY/REGISTRATION.

1. Parents can register their child at any recreation center – online or in person.
2. The registration period will be held for 2 months for each sport.
3. Residents will be given a 2 week advance registration period.
4. Non-resident registration will begin after the 2 week advance registration period for residents.
5. For all recreation programs, the Non-Resident fee will be double the Resident fee.
6. For registration purposes, those individuals or families that contribute to the tax base which supports Fayetteville-Cumberland Parks and Recreation programming are considered “Residents.” (Participants from Hope Mills, Spring Lake, Hoke Co., Robeson Co., Bladen Co., Sampson Co., & Harnett Co. are “Non-Residents”)
7. One (1) proof of residence will be required at the time of initial registration. Proof of residence will be required the first time a child is registered, every 2 years as the child ages and when there is a change of address. Copies of the proof of residence will be kept in the recreation center. See below for acceptable proofs of residence.
School records, Drivers license, Voters registration, Welfare/childcare records, Federal records, State records, Municipal records, Support payment records, Homeowner or tenant records, Utility bills (gas, electric, water/sewer, phone, heating, waste disposal), Financial (loan, credit, investments) records, Insurance documents, Medical records, Military records

1:02 No player will be allowed to play on more than 1 team per sport. PENALTY: upon discovery the player will be removed and returned to the proper program.

- 1:03 If, during the season, a team becomes unable to field the required number of properly registered players to legally play a game or continue the season, that team will be allowed to add enough players to finish the season. These games will be played as official games; however, all games from that point will be considered forfeits. The opposing team must have enough players present to

play the forfeited games or the game will be considered a double forfeit. If a team chooses this option, it will be enforced for the remainder of the season. EXCEPTION: Indoor soccer, fall baseball, fall softball, summer basketball, summer volleyball, lacrosse, do not keep scores or won-loss records.

2:00 COACH ELIGIBILITY

2:01 Prospective coaches must complete a Volunteer Application/Release of Information Authorization for Background Check form. Coaches must have an acceptable background check in order to be approved. Coaching privileges are reviewed on a seasonal basis. All coaches are required to wear the FCPR volunteer coaches ID badge during all practices and games.

2:02 All coaches must understand and agree to carry out the duties, responsibilities, and policies as established by FCPR.

2:03 Coaches are expected to closely observe their players at all times to be certain that the players do not become overly fatigued.

2:04 Coaches must set good examples of sportsmanship. Failure to demonstrate good sportsmanship will lead to a loss of coaching privileges.

2:05 Coaches should make every effort to prevent injuries to players by insisting that everyone stretches and warms-up adequately. Coaches should refrain from using exercises that may be dangerous to a player's well being, such as duck walks, deep knee bends, etc. Coaches should also use discretion in teaching difficult and dangerous maneuvers such as slide tackling from the rear.

2:06 Coaches will not use profane language or use tobacco products on the field during practice or games.

2:07 Coaches and players must stay within the designated bench area. Unauthorized persons will not be allowed in the bench area.

2:08 Coaches are expected to have team meeting prior to the first practice with the parents to discuss team rules and the expectations that he/she expects the players and parents to follow. These rules should cover items such as the practice schedule, attendance policy, disciplinary actions, providing refreshments, whom to call in case of rain, etc. These guidelines must meet the approval of, and a copy on file with, the recreation center/local youth association before they will be considered valid. Coaches must use discretion and good judgment if they feel it is necessary to suspend a player for violation of team policy.

3:00 CODE OF CONDUCT / COACH ELIGIBILITY / SPORTSMANSHIP

3:01 Alcoholic beverages are not allowed on recreation or school property. Tobacco products are not allowed on any practice or game field, dugout, or sideline.

Smoking is not allowed on Cumberland County School owned property. Smoking is allowed on parks and recreation owned property.

3:02 A coach, player, or spectator with the presence of alcohol on their breath will be asked to leave the school or recreation area.

3:03 Any coach or player who is ejected from a game will be suspended and subject to Code of Conduct penalties. A coach who is ejected from a game must leave the recreation property immediately.

Failure to comply will result in a longer suspension. Ejected players will be allowed to remain on the bench if their parent is not in attendance.

3:04 Suspended coaches and players will not be allowed on recreation premises until the suspension is completed.

3:05 Fighting and/or unsportsmanlike conduct WILL NOT be tolerated before, during, or after the game. If a player or coach pushes, shoves, or strikes a member of the other team, he/she shall be suspended from play immediately and subject to the Code of Conduct penalties.

3:06 Spectators must display good sportsmanship. Unruly spectators will be asked to leave the recreation premises.

- Please do not argue with the officials.
- Please do not communicate threats to the officials.
- Please do not use profanity towards the officials.
- Please do not display unsportsmanlike conduct.
- Please do not enter the playing area in a hostile manner.
- Please do not consume alcoholic beverages at recreation sites.
- Please do not bring any weapons to recreation sites.
- Please do not create a hostile environment.
- Please do not generate ill will amongst the spectators.
- Please do not forget this is an amateur program.
- Officials will make mistakes as they learn and grow.
- Officials are not expected to and will not make every call correctly.
- Officials are an extension of FCPR staff are the only impartial participant in a game.
- Only head coaches may address the officials.
- Applications to become an official are available.

4:00 EQUIPMENT

4:01 In order to be considered for future coaching positions, all FCPR issued equipment must be returned within 30 days of the teams last game.

4:02 FCPR issued equipment cannot be used for any other game, practice, or event.

4:03 A PLAYER WHO IS BLEEDING, OR HAS AN OPEN WOUND, OR HAS AN EXCESSIVE AMOUNT OF BLOOD ON HIS OR HER UNIFORM, MUST LEAVE THE GAME AND MAY NOT RETURN PRIOR TO THE FIRST OPPORTUNITY FOR SUCH PLAYER TO RE-ENTER. IF THERE IS AN EXCESSIVE AMOUNT OF BLOOD ON THE UNIFORM, IT MUST BE CHANGED BEFORE THE PLAYER CAN RE-ENTER.

4:04 Corrective Lenses - FCPR recognizes the need for corrective lenses. However, the potential hazard they propose during sports participation is also recognized. For that reason, FCPR strongly recommends polycarbonate lenses and eyewear including safety strap designed specifically for use in sporting activities (i.e. - sport goggles, rec specs). FCPR also strongly recommends parents/guardians consult their child's optometrist/optician, prior to participation, as to the appropriateness of their eye wear for the designated activity. Additionally, due to the variance of needs of participants, the use of eyewear will be up to the sole discretion of the parent/guardian.

4:05 Shirts with numbers are mandatory.

4:06 Jewelry will not be allowed. (See sport specific rules for hair beads.) Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.

5:00 POSTPONED GAMES/INCLEMENT WEATHER

5:01 In case of inclement weather, cancellations will be announced using the following media:

- a. Inclement weather hotline: 910-306-7325
- b. Facebook ([facebook.com/fcpr.us](https://www.facebook.com/fcpr.us))
- c. Twitter (twitter.com/parksrecreation)

If no cancellation is listed, teams should report to the field.

5:02 Prior to the start of the game, the field supervisor or FCPR staff on duty will have sole authority to postpone or play the game. After the game begins, the referee in consultation with staff on duty will have authority to postpone or play the game.

5:03 Suspended games, if rescheduled, will be resumed from the point of interruption.

LIGHTNING & THUNDER POLICY

All athletic activities conducted on Fayetteville – Cumberland Parks and Recreation facilities or any of its affiliated facilities or programs will follow the lightning policy as written below.

1. It shall be the responsibility of the umpire to suspend the game once lightning or thunder is noticed.
2. However, if in the opinion of the field supervisor and/or center staff the umpire is not using good judgment they have the authority and the responsibility to suspend the game and clear the area.
3. Once lightning or thunder is noticed the game shall stop immediately and the area cleared.
4. The activity shall be suspended immediately for 30 minutes.
5. This delay will only be allowed if safe cover for all of the participants and players is available
6. Once the game has reached the 30 minute delay time limit the field supervisor and the umpires shall confer to make a decision to continue the game or to cancel the remainder of the game. If the 1st game of the day is cancelled, all remaining games for that site will also be cancelled.
7. Under no circumstances will players be allowed to remain in the dugout during this delay.
8. All participants must have a safe and protected area available for their use.
9. Examples of safe and protected areas include permanent enclosed structures and automobiles.
10. If one participant does not have a safe and protected area available for their use the event is to be cancelled.
11. If a permanent site does not exist automobiles may be used.
12. Do not let pressure from the coaches influence your judgment.
13. Remember, Safety First. A game can always be rescheduled.

6:00 PRACTICE

6:01 Practices should not exceed 3 hours per week.

6:02 Practices must be over by 9:00 p.m.

7:00 COMPLAINTS/INELIGIBLE PLAYERS/FORFEIT TIME

7:01 Complaints concerning officials, supervisors, and other aspects of the program can be made in writing at anytime after a game has been completed.

7:02 Requests for determining the eligibility of a player (1. Improper age OR 2. Not registered) can be made at any point during the season by head coaches. When requesting the inquiry, coaches must give the players known name, jersey number, and team for which he/she participated. Teams will forfeit all games in which an ineligible player participates.

7:03 A team will forfeit their game if not ready to play within 10 minutes after the scheduled starting time for the first game of the day at that site. All other games will begin at scheduled game time. A team will forfeit if not ready to play at that time

7:04 No protest based upon an officials judgment will be allowed.

8:00 END OF SEASON TOURNAMENTS

8:01 End of season tournaments are not conducted in any 6U or 8U age group. Scores and won loss records are not maintained for 6U sports.

8:02 End of season tournaments are not conducted for Indoor soccer, fall baseball, fall softball, summer basketball, summer volleyball, lacrosse, rugby. Scores and won-loss records are not maintained in these sports.

8:03 In the traditional sports 10U, 12U, 14U, 17U age groups, all regular season teams will play in the end of season single elimination tournament unless the coach opts out. Exception: Baseball and Softball will play an all-star tournament in place of the end of season single elimination tournament. The all-star team will be selected from all the teams in a regular season league.

9:00 REGULAR SEASON CHAMPION / TIE-BREAKERS / TOURNAMENTS

9:01 Regular season champion will be determined by won/loss records.

9:02 Tie-Breaker Procedure – 2 teams tied.

1. If there are 2 teams tied for first, the tie is broken using head to head during the regular season.
2. If still tied, the team that gave up the fewest runs/points during their head to head games will be the league winner.
3. If still tied, the team that gave up the fewest runs/points in all games during the regular season will be the league winner.
4. If still tied, a draw will be held.

9:03 Tie-Breaker Procedure - 3 or more teams tied.

1. If there are more than 2 teams tied for first, the tie is broken using head to head during the regular season.
2. If still tied, the team that gave up the fewest runs/points during their head to head games will be the league winner.
3. If still tied, the team that gave up the fewest runs/points in all games during the regular season will be the league winner.
4. If still tied, a draw will be held.

9:04 Play-off games will not be played to decide a tie-breaker.

10:00 PLAYER DRAFTS

10:01 To insure equitable distribution of players and promote fair play, drafts will be held for each sport in which scores and won-loss records are maintained.

11:00 PETS IN THE PARKS

11:01 FCPR acknowledges the enjoyment of pets for citizens. However, the potential hazard they propose during sports events is also recognized. For that reason, FCPR strongly recommends that no pets should be allowed during programmed sporting events. FCPR also strongly recommends parents/guardians consult their veterinarian as to the appropriateness of their pet's presence at the designated activity. Additionally, due to the variety and nature of pets, the allowed presence of pets will be up to the discretion of FCPR staff.

11:02 Service animals as defined by the Americans With Disabilities Act will be allowed.

11:03 Reference county code "Sec. 3-17. Dogs prohibited from park trails" and "Animals running at large."

Facts about kids and sports

- Sports can build character in kids if their social environment encourages moral and ethical behavior.
- The most common reasons kids play sports are to have fun and hang out with friends.
- NCAA fact: 3-5% of high school athletes will play college sports (3-5 per 100).
- NCAA fact: .02%-.09% of college athletes will be drafted by a professional team (2-9 per 1000).
- 70% of kids drop out of sports by the age of 13.
- 15-20% of youth sporting events involve some kind of behavior that requires a written notice (National Alliance of Youth Sports).
- The least favorite aspect of the game for kids is the ride home with parents.
- A child's behavior is a reflection of what they have seen an adult do before. Please be a positive example to your children and players.

Code of Conduct

Fayetteville-Cumberland Parks & Recreation activities are made available to youth and adults to enjoy fun and wholesome recreational programming that teaches character and sportsmanship. FCPR supports the belief that all recreational programming and experiences should be positive and safe with sportsmanship and enjoyment the primary goal. To achieve this goal, FCPR strives to provide a safe environment for participants of these programs and to protect them from harm to the best of our abilities. To that end, all participants and spectators must be held accountable for their behavior and zero tolerance given for intentional violation of this Code of Conduct.

EXPECTATIONS

- Treat all parties involved with dignity and respect.
- Use appropriate language, tones and volume when communicating. When in doubt, remain silent.
- Become knowledgeable, understanding and supportive of all established guidelines, rules, policies and procedures applicable to related programming.
- Recognize/acknowledge FCPR programming as a privilege that can be rescinded for the greater good.

Unfortunately, aggressive behavior is on the rise in recreational programming. Negative attitudes, verbal abuse of officials, poor sportsmanship, profanity, child predators and violence are casting a negative light in our arena. It is for that reason penalties have been assessed and will be enforced for acts perceived by FCPR as intentional violations.

PROCEDURES

- When an incident occurs at an FCPR activity/event, FCPR officials have the authority to institute immediate suspensions. FCPR officials will offer to escort the offending individual(s) from the facility. If the offending individual(s) refuses to leave the premises, local authorities will be contacted immediately and asked to enforce the ruling.
- Individual(s) removed from the facility in this manner will be sent a registered letter stating the violation of policy and the penalty in effect. The individual(s) will then have forty-eight (48) hours from receipt of the letter to respond to FCPR with a written appeal.
- After the written appeal is received, an investigation will be conducted and FCPR will render a final decision within ten (10) working days from receipt of the appeal.
- A panel consisting of the facility supervisor, program supervisor, immediate supervisory staff and a department superintendent will conduct the investigation. During the investigation, the individual(s) will be suspended from all FCPR activities/events/facilities. Individual(s) requesting the appeal may be asked to appear before an appeal review committee led by the FCPR Director. This decision will be final.
- Suspensions of less than ten (10) days cannot be appealed.

It is FCPR's sincere desire that situations never warrant the removal of an individual from any activity, event or facility. However, it is our obligation to maintain a controlled, safe and healthy atmosphere for everyone. Recreational activities are designed to foster qualities such as character building, social interaction, enjoyment and relaxation while educating the general public and promoting healthy lifestyles. These activities are not designed to be overly competitive and FCPR does not promote this contention.

OFFENSE & PENALTY (to include but not limited to:)

Level 1 - Standard

- **Offense:** Failure to follow departmental established guidelines, rules, policies and procedures as applicable to related programming; failure to comply with an FCPR official's decision; taunting/mock/harassment of players; disgruntled expressions such as rude gestures or comments, screaming and loudly disagreeing with others or obscene/profane/vulgar language; throwing/kicking/striking of bats, balls and other miscellaneous equipment; unnecessary roughness among participants.
- **Penalty:** Not necessarily preceded by a warning...immediate ejection and removal from the premises and a minimum ten (10) day suspension.

Level 2 - Verbal

- Offense: Malicious obscene/profane/vulgar verbal abuse directed towards another individual; verbal epithets related to race, color, religion, creed, gender or sexual orientation; verbal communication of threats, physical violence or acts of insulting another with intention to offend, defame or embarrass.
- Penalty: Not necessarily preceded by a warning...immediate ejection and removal from the premises and a minimum thirty (30) day suspension.

Level 3 - Physical

- Offense: Physical aggression towards another; pushing, shoving, striking or touching another individual with the perceived intent to incite, inflict or cause harm; invading another individual's personal space during a dispute.
- Penalty: Not necessarily preceded by a warning...immediate ejection and removal from the premises and a minimum one hundred eighty day (180) day suspension.

Level 4 - Unlawful

- Offense: Any violation of North Carolina law; possession of firearms, knives, explosive devices weapons or under the influence of alcohol, narcotics, controlled substances, chemical or drug paraphernalia; assault with or without a weapon.
- Penalty: Not necessarily preceded by a warning...immediate ejection and removal from the premises and a minimum one (1) year suspension.

*** PLEASE NOTE: Suspensions will be tracked and monitored. Individuals who have been suspended will be immediately placed on probationary status for a period of one (1) year from the date of the offense. A second offense by the same individual within one (1) year, regardless of nature, will result in double the term of the penalty and an extension of probationary period from the date of the second offense. A third violation by the same individual within one (1) year, regardless of nature, will void all FCPR privileges indefinitely. Failure to comply with these guidelines will result in legal action. ***

Effective Implementation - January 2007 FCPR Advisory Board