



NATIONAL YOUTH SPORTS

RULES

REC VOLLEYBALL

OUR MISSION

The mission of all our programs is to strengthen the individual, the family, and the community through participation in youth sports. Each program is centered around sportsmanship and emphasizes fun and the importance of fair play.

Our goal is to offer an amateur sports program, through a volunteer base, for all participants to grow in physical, mental, and moral development through recreational competition and to promote excellent citizenship, sportsmanship, and teamwork, exemplified by our coaches and parents.

SPECTATORS

1. NO DOGS OR PETS ALLOWED AT ANY NYS GAMES.
2. NO FOOD OR DRINK (EXCEPT WATER) ALLOWED IN GYMS.
3. NO POST GAME TREATS DISTRIBUTED INSIDE THE GYMS.
4. NO TOBACCO, VAPE, ALCOHOL OR DRUGS ALLOWED AT ANY NYS EVENTS.
5. NO CHALLENGING OR ABUSING REFEREES, PARTICIPANTS OR SPECTATORS. PLEASE MODEL EXCELLENT SPORTSMANSHIP.

ATTIRE

6. The NYS provided jersey or approved custom jersey **MUST** be worn to participate.
7. Knee pads **MUST** be worn for practices and matches.
8. No jewelry, hats, open-toed shoes, or (hard) hand/arm braces may be worn. ("Soft" arm braces must be approved by the referee, pregame.)

COURT

9. The court will be approximately 30 feet wide and 60 feet long.
10. The net will be approximately 7 feet high.

TEAM

11. Players must be listed on the official season roster to be eligible to play in practices and matches.
12. All players present at the match are required to play in each match/set.
13. Every player must play at least half of every match.
14. The Head Coach has the authority to limit match playing time of any player on their team who continually misses practice without a valid excuse, or if the player has caused disciplinary problems during a prior practice or match.
15. The team listed first on the schedule is considered the home team and should provide the **scorekeeper**. The scorekeeper should be an adult only.
16. Each team will have a maximum of twelve players on their roster (Only coaches may approve a higher roster limit for their team).
17. The match will be played 6-on-6. All age levels **MUST** have six players on the court.



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MATCHPLAY

18. Each match will begin with a coin toss. The official will choose which team will call the toss.
19. The winner of the coin toss will determine which team will serve first.
20. **Rally Scoring:** the match is played with the rule of “side-out scoring”; every rally results in a point being scored, either by the team serving or the team receiving.
21. The match will consist of (the best of) 3 sets. The first team to win 2 sets wins the match.
22. The first 2 sets will be played, first to 25 points; must win by 2 points. The third set is played, first to 15 points; must win by 2 points.
23. Each team is allowed two 30-second timeouts per set.
24. Matches are limited to 50 minutes. If a match is ongoing at the 50-minute mark, the match ends as is.
25. The volleyball size is as follows:
 - **10U age division:** Volleyball Lite (official size, but lighter weight)
 - **12U, 14U age division:** Regulation size and weight
26. Players may serve underhand or overhand at all levels. Players **MUST** wait for the official’s whistle before serving and then have 5 seconds to serve (warning only).
27. A re-serve (one per service term) is awarded to the server if, after releasing the ball for an overhand serve, they then allow the ball to drop to the floor; the official will waive off the serve and whistle to begin a new 5 seconds.
28. No yelling, cheering or distracting opponents while they are serving. A point may be awarded per instance.
29. In **10U & 12U age divisions**, (to assist younger/newer players) unless both coaches agree in the pre-match meeting to enforce the service zone, the official will allow players to move up, as close as reasonable, to get the serve over the net to allow volleys to take place and enhance the enjoyment of the match. However, if the player can successfully serve behind the end line then they **MUST** serve from behind the end line or risk having a Foot Fault (violation) called.
30. During tournament play ALL players in the **12U age division** must serve from behind the end/service line (in the service zone). Coaches need to work with their team to get them prepared by end of season.
31. In the **15U age division** Foot Faults will be called. At the moment of service contact or take off, for a jump serve, the server must not touch the court or ground outside of the service zone. After contact, the server may step or land outside of the service zone or inside the court.
32. Attacking the serve is not allowed. Contact with the ball must be made below the height of the net if it is directed to the opposing team.
33. If a serve touches the net and continues over the net, it is a legal serve, and the receiving team can try to return the serve.
34. Players may play a ball off the net. If a player’s hand or foot completely crosses the plane of the centerline, it is a fault or violation.
35. A player can never touch the net while the ball is in play.
36. There is a maximum of 3 contacts before the ball must go over the net.
37. It is illegal for the same player to play the ball in two consecutive contacts (double hit).
38. Illegal Hits- two-hand, open palm hits (underhand or overhand) or throwing hits will be called on all age levels. One handed hits are legal if the ball does not come to a rest.
 - In the **10U age division** illegal hits will be called more liberally.
 - In the **12U & 15U age divisions**, illegal hits will be called tighter with bumping/underhand passing (hands together) and overhand sets (brief contact with finger pads).



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MATCHPLAY CONTINUED

39. Out of bounds- These are all judgment calls and the official will have the final say on all calls.
- If the ball hits the line, it is in.
 - If there are multiple matches being played and the ball enters another court, it is out of bounds.
 - If the ball hits a wall next to the court, it is out of bounds.
 - If the ball hits the ceiling on your side, you may continue to play. (If less than 3 hits)
 - If the ball hits the ceiling on the opposing team's side, it is considered out of bounds.
40. Automatic side-outs and serving limits-
- **10U age division-** an automatic side-out occurs after a team has scored 3 straight points while serving.
 - **12U age division-** an automatic side-out occurs after a team has scored 5 straight points while serving.
 - **15U age division.** No serve limit. The server will continue to serve until their serve is broken.
41. Rotation of Players
- Players should sit or stand along the sideline in rotation order when not in the match. (Between courts; not along the wall.)
 - Rotation occurs after a side-out and then only the serving team rotates.
 - Serving team rotates on every side-out; including the first one of each match.
 - The team losing the serve does not rotate.
 - Must occur in a clockwise direction with the server rotating out and a new player rotating into the middle/back row (non-serving) position.
 - Team rotation remains the same from set to set. (i.e., match 2 lineup starts just as match 1 finished, etc.)
 - Substitutions will be allowed for injuries only.
42. BENEFIT OF THE DOUBT- the official will interpret if a player is attempting to do a skill properly (i.e., setting), but fails to accomplish it totally correctly, the official may allow the hit and subsequent point if won. Incidental hits will be considered legal. The official will determine if the ball is incorrectly hit by blowing the play dead and awarding a point. Play should always continue until this has occurred.
43. ONLY PLAYERS (this includes players on the bench) may yell if a ball is going to land in or out of bounds. Parents and coaches should not call their players off a ball that the player may be going for regardless of whether it is in or out. Let the children use their own judgment.



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CONCUSSION RECOGNITION - SIGNS AND SYMPTOMS

Concussions are a serious injury. One misconception is that concussions are a football or contact sport related injury. Concussions can occur in any sport or recreational activity.

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Cannot recall events prior to hit or fall
- Cannot recall events after hit or fall

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right” or is “feeling down”

You cannot see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. Most people with a concussion will recover quickly and fully. But for some people, signs and symptoms of concussion can last for days, weeks, or longer.



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SPORTSMANSHIP/CODE OF CONDUCT

- Shouting of negative comments by any coach or spectator to any opposing player, official, staff member or to the opponent's sideline is strictly prohibited. Any violation will result in a sideline infraction.
- If any person not included in the team roster (coach or player) enters the field/court of play. The referees and/or site supervisor have the discretion to end the game immediately.

Player Code of Conduct

- I will remember that games are played for fun!
- I will display good sportsmanship ahead of my own personal desire to win.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents, and coaches.
- I will show respect to all game officials, coaches, players, and parents and never act in a manner that would be disrespectful toward them.
- I will not use drugs, tobacco or alcohol at any National Youth Sports practice or game and will remind others on my team not to do so.
- I will shake hands with the other team at the conclusion of all games.
- I will shake hands with the officials at the conclusion of all games.
- I will remember that youth sports are played for fun!
- I will be a role model for my team demonstrating how to treat other players, parents, officials, and coaches with respect always.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents, and coaches.
- I will show respect to all referees, officials or umpires and never act in a manner that would be disrespectful toward them.
- I will be an encouragement to all players on all teams regardless of the score.
- I will place my child's emotional and physical well being ahead of my own personal desire to win.
- I will volunteer to help my child's team by coaching, officiating, planning team parties, team pictures, and team trophy orders, phone calls and/or other needs.
- I will not use drugs, tobacco or alcohol at any National Youth Sports practices or games and will remind other parents not to do so.
- I will remember that the game is played for the youth and not for the adults.
- I will encourage my child to shake hands with the officials and the other team at the conclusion of all games.
- **I understand that I and possibly my child will be suspended without warning from the league for any violation of this Parent's Code of Conduct.**

Parent Code of Conduct