

Bremen Parks & Recreation Department

Youth Volleyball Rules



Promoting Healthy & Enriching Lifestyles

RULE XI – YOUTH AND ADULT VOLLEYBALL

ARTICLE I – ELIGIBILITY

- Age Control Date: on September 1, current year
- There are eighteen divisions of play. Participant must be 6 years old by the age control date. The divisions are:
 - **YOUTH**
 - **10 & Under Girls/Boys/Coed**
 - **12 & Under Girls/Boys/Coed**
 - **14 & Under Girls/Boys/Coed**
- For all team sports allow within district lines for individuals to compete in the nearest or adjoin departments with the following restrictions:
 - Home County or Agency has no program.
 - Cannot cross district lines.
 - Cannot pass over a program to participate in another agency.
 - Must participate in the sport program with the host agency.
 - The host agency must endorse participants.
 - Participants must be approved by the District Athletic Chair. Once approved, they are legal throughout District and State.
 - The host agency must notify the District Athletic Chair with a list and Home County of each crossover participant. The district must forward info to the State Host and Athletic Chair.
- Youth coaches must be certified by one of the following programs: NYSCA, USAV, or GHSA.
- A participant is allowed to compete in either women's or men's divisions in addition to the co-ed division.
- Any player or coach ejected from a game for unsportsmanlike conduct will be suspended for the remainder of the current match.

ARTICLE II – REGULATIONS

SECTION A – GOVERNING RULES

- The accepted guide for adult volleyball at all levels is governed by the current rules and regulations of the USVA, authorized by the International Volleyball Federation, with the exceptions as may be found in this manual is the accepted guide.
- Per the "Return to Play Act of 2013", effective January 1, 2014, all agencies are required to provide concussion education material to all youth participants and their parents. The verification of compliance to this law is affirmed by the signature of the agency director on the GRPA roster.
- All head and assistant coaches that are coaching youth teams participating in all levels of GRPA Athletics must have undergone a criminal background check through their department. By signing the teams GRPA roster, the Department Director, or their designee attests that this has taken place.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. The use of audio or visual recording devices is not allowed in resolution of protested matters.

SECTION B – LENGTH OF GAMES

- A regulation game will be twenty-five points; the final regulation game will be played to fifteen points, although a team must win by two in any set.
 - **YOUTH**
 - A youth match will consist of the best two out of three sets. The first two games are played to 25 with the third game being played to 15. Teams must win each game by two. If teams

are tied after two games at 1-1 then a third game is played to 15; teams must still win the third game by two points.

- Scores of forfeits will be records as 25-0 each game of match: Matches 2-0; Sets 25-0, 25-0
- Warm-Up Session: Teams receive separate warm up play on the court for either 3 minutes or 5 minutes each. Team that has first service takes first turn on court.
- ADULT
 - An adult match will consist of the best three out of five sets. The first four games are played to 25 with the fifth game being played to 15. Teams must win each game by two. If teams are tied after four games at 2-2 then a fifth game is played to 15; teams must still win the fifth game by two points.
 - Scores of forfeits will be records as 25-0 each game of match: Matches 3-0; Sets 25-0, 25-0, 25-0
 - Warm-Up Session: Teams receive separate warm up play on the court for 5 minutes each. Team that has first service takes first turn on court.

SECTION C – SPECIAL PROVISIONS

- **There is no mandatory participation requirement for any GRPA sport.**
 - No game in State Tournament can start before 7:00 PM on weeknights.
 - A team must have six (6) players to start a game. They may continue with (5) as long as the player leaves for any other reason than ejection.
 - A coin toss will determine the choice of team area or the service. The winner of the toss chooses either the playing area or the right to serve. If a deciding set is to be played, a new toss will be carried out.
 - In a coed tournament, play a minimum of three (3) females must be in the game at all times.
 - The maximum roster size is 12 players per team.
 - All protests will be settled before the next live ball.
 - If a team does not have sufficient players to start a game after the first referee requests play to begin, that team loses the game by default, the score shall be recorded as 25-0. An interval of up to 10 minutes shall be allowed for the team to have sufficient players to play the next game. If the team has six (6) players prior to the expiration of this interval, play shall begin immediately. After the 10-minute interval, if the team still does not have six players present and ready to play, the match shall be declared a default.
- **8U Specifics**
 - Player Rotation: snake rotation
 - Definition of snake rotation: Standard clockwise rotation. Player from position 2 moves out to bench and player from bench enters position 1 to serve.
 - When the receiving team gains service, they must rotate their first server in from the bench. If a player is not being played in a set, they must sit in the stands with their parent/guardian. They cannot sit on the bench unless they are in the lineup for that set. NOTE: If a player gets injured on the court, the player comes out of the game, and they rotate one player in from bench. The player rotated in will lose their service position, but no points are lost. Once the injured player is replaced the team who has service keeps service.
- **10U and Older Specifics**
 - Substitution – refer to USAV Official Rules for more detail.
 - Player Substitutions
 - Must be carried out within substitution zone; between the 10-foot line and the net on the team's side.
 - Max substitutions per set per team is eighteen (18). Players may only substitute for one player per set.
 - Libero Replacements
 - Libero replacements are not counted as substitutions. They are unlimited but there must be a completed rally between the two replacements.
 - A libero may ONLY replace a back-row player.

- Only takes place while the ball is out of play and before the whistle of service.
- All replacements must be recorded by the Libero Tracker on the Libero Control Sheet.
- Player Rotation: GHSA rotation
 - When a receiving team gains service, they must rotate to their first server. A team cannot start a service without rotating, unless they are the first serving team of the set.

ARTICLE III – EQUIPMENT

SECTION A – APPROVED EQUIPMENT

- The game ball will be a USAV approved ball and shoes are mandatory.

SECTION B – UNIFORM REQUIREMENTS

- A uniform for volleyball is defined as a team shirt or jersey with numbers on the front and back identical in style and color with players on the same team. The basic body color determines matching jerseys. The logos, numbers, trim, etc, do not have to match if the basic color is the same. If players have illegal jerseys, teams will forfeit until they meet the standards for game play.
 - Approved uniform: (1) plain shirts with numbers, (2) agency name or agency abbreviation, or (3) agency logo with department/school mascot name. (EFFECTIVE January 2025)
- If a libero is used, that player must have a team shirt or jersey different in color from the rest of the team with a number on the front and back.
- Coaches and non-player personnel must be attired in a manner that puts GRPA and its member agencies in a positive light. Tournament Directors, Officials, and GRPA State Athletic Committee members reserve the right to remove those from the contest who do not adhere to the standards set forth by the GRPA State Athletic Committee.
 - Managers, coaches, or team scorers who coach the bases must be attired in staff shirts or jerseys that are identical in style and color with each other.
- No other youth sports organization patches will be allowed on uniforms in GRPA tournaments. Penalty-- Illegal Equipment

SECTION C – COURT REQUIREMENTS

- The court will be set to regulation USAV official dimensions. Any changes must be approved by the State Athletic Chair.

The net height will be:

Youth

| Division | Height |
|----------------------------|---------------|
| 10U Girls/Boys/Coed | 7'5" |
| 12U Girls/Boys/Coed | 7'5" |
| 14U Girls/Boys/Coed | 7'5" |
| 17U Girls/Boys/Coed | 8' |

Court Size & Serving:

Youth

| Division | Size | Service |
|----------------------------|------------------|-------------------|
| 10U Girls/Boys/Coed | 60' x 30' | Regulation |
| 12U Girls/Boys/Coed | 60' x 30' | Regulation |
| 14U Girls/Boys/Coed | 60' x 30' | Regulation |
| 17U Girls/Boys/Coed | 60' x 30' | Regulation |

Amendments for WGYSL play

Teams

- If a department has more than one team, then each participant must be evaluated and a “player selection/draft” process must occur. Participant talent levels must be split evenly amongst teams to ensure fairness.
- Age groups consist of: 10U, 12U, 14U.

Uniforms

- Teams are required to have matching jerseys with numbers on the front and back.
- Participants are required to have knee pads to be able to play.
- Participants are not allowed to wear anything on their wrists.
- Participants are required to wear athletic shoes.
- **Participants may not play with a cast of any type.**

Games

- The team that starts each set-in serve receive will rotate after the first side out of each set before their first serve of each set.
- Teams will not switch sides of the court for any part of the match.
- If the match goes to a third set, the official will re-flip and it will be called by the coach who didn't call the flip for the opening of the match. The winner of the flip will only determine if they want to start service or not.
- Teams will be given an appropriate amount of time to warm up on their respective sides. Teams shall not work on serving until the official deems the “free serve” portion of the warm-up.
- There will be no mercy rule.
- Each team will be given 2-time outs for the first and second sets and only one time out for the third set. Un-used time outs do not roll over to next set(s).
- Each team will be allowed only 2 coaches. Coaches must stay on their bench sideline and may not go past the end line.

Service

- **10U age group**
 - players will have 2 options for service before their first serve attempt, either from the back line or the marked 20ft. line. Once the choice has been made, back line or marked 20ft. line, they must remain at that service line for the remainder of that service rotation.
 - Any player serving from the 20ft. line must serve the ball under-hand.
 - A server can only score 5 consecutive points in a service. After 5 points have been scored by a server the team will rotate to the next server in the rotation and will keep service.

- Players will get 2 attempts to get the ball over the net **and in bounds, to be a successful serve.**
- If a player is unsuccessful on their two attempts the other team will be given a point and will receive serve.
- **12U & 14U age groups**
 - **Players will serve front the back line only.**
 - Players will get 2 attempts to get the ball over the net **and in bounds, to be a successful serve.**
 - If a player is unsuccessful on their two attempts the other team will be given a point and will receive serve.
- Any player serving from the back line has the option to serve either over or under-handed.
- An overhand serve can either be with an opened or closed hand.
- If a server tosses a ball up to hit an overhand serve and doesn't like their toss, they must let the ball hit the ground to re-set. **The server may only re-set once and must serve on their second toss.** If the player catches the ball, then it will be deemed an attempt.
- Any server stepping on or crossing the line before their serve will be deemed an attempt.

Substitutions—for all age groups (10U, 12u, and 14U. (See below).

- Substitution – A substitution is the act by which a player, after being recorded by the scorer enters the game to occupy the position of another player, who must leave the court at that moment.
 - A substitute player may enter the game in place of a player in the starting line-up, and she can only be substituted by the same starting player. **It is a link system. (#2 for #6 and #6 for #2 only).**
- In the event of an injury a substitution will be allowed. If an injured player can resume playing, they will go to the back of the rotation.
- **RULES FOR PLAYING TIME/SERVING WITH SUB ROTATION--** Each player must play the equivalent of one set (25 points) and each player must have one serve attempt in a match.
- **The number of substitutions per set is unlimited.**
 - **Max substitutions per set per team is eighteen (18). Players may only substitute for one player per set. (GRPA events only).**

Common Rules

- Judges will be issuing team warnings for service/net violations. After a team warning is given, all service/net violations will result in a point and service to opposing team.
- Any ball landing on the line is considered in.
- Any player running into, touching, or crossing over the centerline will be called for a foul and the opposing team will be awarded a point.
- A ball hitting the ceiling, lights, rafters, etc. is playable (up to three hits) when it remains on the courtside of the team in play of the ball. A ball that contacts the same objects and proceeds to the opposing team's side of the court is rendered a point.
- Each team will need to supply one line judge at each home and away game. (Parent or assistant coach)

