

SPRING VOLLEYBALL LEAGUE RULES 2025

In general, Minnesota State High School League Rules should be followed. Below are some important highlights from these rules and some league modifications.

MODIFIED RULES FOR 10s and 12s

- Net at 6'6" height for 10s and 7' for 12s.
- Servers can serve where they are comfortable. The goal of this league is to develop players. There will be no foot faults called at the 10-12s level nor a tape line on the floor. It is the coach's honor to have players serve as far back as they are able
- Serving team rotates after their server has scored 5 consecutive points and will retain the serve
- Must use a volleylite or U12 ball

PREGAME

- The officiating team must provide 1 referee with whistle (R2 is optional), two line judges and two score keepers.
- An athlete is encouraged to be the R1 with a coach standing beside/below them to assist
- **A COACH OR KNOWLEDGEABLE ADULT MUST BE COURT SIDE TO ASSIST THEIR OFFICIATING PLAYERS**
- 10s and 12s must use a volleylite ball. 14s must use a regulation ball.
- All teams are considered co-ed. Boy or girl athletes are allowed at all age levels.
- First team listed is considered the home team and will serve first. For the second game the other team will serve. Pools of 3 teams, for the 3rd set the officials will have a coin toss. Visitor will call toss. Winner of the toss can choose serve or receive.
- 10 minute warm up before first and second matches of the day
 - 2 mins: shared net
 - 4 mins: serving team on the net (team listed first)
 - 4 mins: receiving team on the net (team listed second)
 - Teams must serve during their net time
- **Warm ups for all other matches should be four minutes only**
 - 2 mins: shared court –teams must remain on their side of the court
 - 2 mins: shared serving
 - **NO HITTING ALLOWED**
- Two 30 second time outs allowed per game
- Less than five players constitutes a forfeit. Teams may choose to play for fun anyway

OUT OF BOUNDS

- Players may play a ball that comes into contact with any item on the ceiling if it comes back on their side.
- A ball is considered dead if it hits the wall or a basketball hoop or item mounted to a side wall
- If the ball hits the ceiling or anything mounted on the ceiling and then crosses the net without a teammate touching it, it is a dead ball
- Players may cross into another court to play a ball however it is the ref's judgement call for all safety or if it interfered with the other game.

SERVE

- There are no foot faults called at the 10-12s level
- At the 10-12s level the serving team rotates after their server has scored 5 consecutive points and retains the serve
- 14s division must start behind the end line for all serves but no foot faults will be called
- After the first toss, the server may catch the ball or drop the toss and toss again. There is an additional 5 seconds to serve

NET PLAY

- Blocking a served ball is illegal
- Attacking a served ball while it is still above the net is illegal, but only if the ball crosses the net on that contact or is blocked (i.e., if a teammate contacts the ball after a failed attack, it is not a dead ball)
- It is a foul if the player contacts the net, cable, antennae or standard. But it is not a foul if a player's hair touches the net or the force of a ball hit by an opponent pushes the net into a player
- Net calls will only be made at the 10s & 12s level if there is a safety concern or flagrant foul. Goal is to let them play!
- It is a foul if a player makes contact with the opponent under the net that interferes with the play

REPLAYS

A replay is called when:

- The official has made a mistake or there are conflicting calls. The reffing coach can override line judges at any time
- There is double foul (both teams fouled at the same instant)
- **A ball from another game rolls onto the court or a player from another game enters the court and IT IS THE OFFICIAL'S OPINION THAT IT INTERFERED WITH PLAY.** (i.e. If team A, on their third contact, hits the ball into the net while simultaneously a stray ball rolls onto team B's side of the court, this is **NOT** a replay. However, when in doubt, call a replay)

SUBSTITUTIONS

- Although score books with service orders are not kept in this league, substitutions should follow legal service orders. In other words, **players may only go in the game in position in the serving order within the same game. Coaches are on their honor to follow that rule at the 12s and 14s divisions.** It is allowed for teams at the 10s level to rotate a new person in each rotation if they choose but highly encouraged to teach correct substitutions and rotations.
- There are unlimited substitutions
- Substitutions must be called during dead balls and officials must signal permission before substitutions can be made
- Liberos are allowed

SCORING

- Pools with 3 teams will play 3 sets (games) to 25 points each.
- Pools with 4 teams will play 2 sets (games) to 25 points each.
- There is no cap on score. You must win by two points.
- All play date schedules are predetermined. **ANY CHANGES THAT NEED TO BE MADE TO THESE SCHEDULES WILL BE COMMUNICATED TO CLUB DIRECTORS.**
- The final league date will be a bracket tournament play based on results from the first four play dates. That schedule will be available by the Wednesday before the tournament.

UNSPORTSMANLIKE CONDUCT

- **DELAY OF GAME:** A coach may not enter the court during play to instruct his/her players or stop or delay play to instruct his/her players unless a time out is called. The adult official should give one warning for delay of game. For any additional violations a point should be awarded to the opponent
- To deal with unsportsmanlike conduct from a player, coach or fan - the coach in charge of the officiating team has the right to:
 - give one warning for first offense
 - award point to opponent for second offense
 - eject offender from gym for the third offense
- Any poor sportsmanship from a player, coach or spectators should be reported to League Director, Sarah Kirby, immediately after the tournament. All concerns should be emailed to sarahkirby2@yahoo.com