



**City of Stockton Youth Sports**  
**Volleyball Rules**  
Updated November 30, 2022



## **I. Eligibility and Divisions**

- Every participant must be enrolled and have submitted a completed Youth Sports Registration Form. This form must be signed by a parent or guardian for the registration to be valid.
- The divisions are broken down by grades.
  - 3<sup>rd</sup>/4<sup>th</sup> Grade
  - 5<sup>th</sup>/6<sup>th</sup> Grade
  - 7<sup>th</sup>/8<sup>th</sup> Grade
- Players may play up ONE grade level but are not allowed to play down.
  - Example: a 6<sup>th</sup> grader can play up with a 7/8 grade team but a 5<sup>th</sup> grader cannot.
  - Example: a 7<sup>th</sup>/8<sup>th</sup> Grader may not play down in the 5<sup>th</sup>/6<sup>th</sup> grade division.

## **II. Game Format and Court Dimensions**

- This is a purely recreational league. No player stats will be kept.
- **Game Length**
  - Sets do not have a specific time length, however there will be an hour total time slated for each game.
  - Each game will consist of 3 sets (best of 3). The first two sets will be to 25, winning by 2 or first team to 30. The third game will be to 15 straight-up.
- **Court Players**
  - There must be a minimum of 4 players on each team in order to start the game as an official game.
  - 3<sup>rd</sup>/4<sup>th</sup> Grade: 6v6
  - 5<sup>th</sup>/6<sup>th</sup> Grade: 6v6
  - 7<sup>th</sup>/8<sup>th</sup> Grade: 6v6
- **Ball Size**
  - 3<sup>rd</sup>/4<sup>th</sup> Grade: Standard Padded Ball
  - 5<sup>th</sup>/6<sup>th</sup> Grade: Standard Padded Ball
  - 7<sup>th</sup>/8<sup>th</sup> Grade: Standard Non-Padded Ball
- **Court Size**
  - Full size court
  - Net height: 7-feet 4-inches

## **III. Required Equipment**

- Each player must wear their team shirt and their required equipment in order to participate in a game. There may be no alterations to the size of the game shirts
- All players are required to wear their team shirt for each game.
- Closed toe athletic shoes are required.
- Absolutely no jewelry is allowed. This includes earrings, rings, bracelets, wristbands, barrettes, necklaces, or any other items the referee or coaches feel could cause injury to the player or other players.
- No hats are permitted during play.

- Glasses can be worn if necessary, but they will be worn at players own risk.
- Knee pads are not required but are **highly** recommended.

#### IV. General Rules & Guidelines for all Levels

- **Fair Play Rule:** All players must play a minimum of half the game and need to be substituted in at least 3 different times (depending on number of players). The games manager and official/score table will let the coach know if they need to sub players in. In the event a coach does not sub kids in who need to play, the games manager or official/score table may stop the game and make the substitution. If a coach refuses to make the substitution, or argues with the official, a point will be given to the opposing team for coach misconduct.
- **Substitutions:** Substitutions will only be permitted before the serve and can only be waved in by the official. A player can be substituted in at any position, however, a single player cannot serve twice in a game unless all other players on that team have served in the same match. Every player must serve at least once.
- **Fist on Ball/Illegal Ball Handling:**
  - Using a closed fist to hit the ball will result in a foul, which will give a point and possession to the opposing team.
  - It is illegal to catch, hold or throw the ball. Doing so will result in a point and possession to the opposing team.
- **Double Hits/3 Total Hits:**
  - No player can hit the ball twice in a row. Doing so will result in a point and possession to the opposing team. A block is **NOT** considered a hit.
  - There can be no more than 3 total hits on each side. Doing so will result in a point and possession to the opposing team.
  - No spectators or any non-authorized personnel will be allowed on the bench.
- **Net/Out of Bounds:**
  - The ball may be played off the net during a volley and on a serve that makes it over the net.
  - A ball hitting a boundary line is in.
  - A ball is out if it hits an antenna, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, or the ceiling above the opposing teams side of the net. Ball is still in play if after hitting an obstacle it stays on your team's side of the net.
- **Rule Violations That Result in a Point for the Opponent:**
  - When serving, the player steps on or across the service line while contacting the ball
  - Failure to serve the ball over the net successfully
  - Ball-handling errors. Contacting the ball illegally (double touching, lifting, carrying, throwing, etc.)
  - Touching the net with any part of the body while the ball is in play.

- When blocking a ball coming from the opponent's court, it's illegal to contact the ball when reaching over the net if both your opponent has not used 3 contacts AND they have a player there to make a play on the ball.
  - When attacking a ball coming from the opponent's court, contacting the ball when reaching over the net is a violation if the ball has not yet broken the vertical plane of the net.
  - Crossing the court centerline with any part of your body is a violation. Exception: if it is the hand or foot. In this case, the entire hand or entire foot must cross for it to be a violation.
  - Serving out of rotation/order.
  - Back-row player blocking (deflecting a ball coming from the opponent) when at the moment of contact, the back-row player is near the net and has part of his/her body above the top of the net. This is an illegal block.
  - Blocking or attacking a serve.
- **Bench Area:** Only the players and cleared City of Stockton coaches are allowed in the bench area. There may be a maximum of 2 coaches in the bench area

## V. Sportsmanship and Foul Language

- All players, coaches, and spectators will be expected to maintain a high level of sportsmanship and respect towards one another.
- Trash talking and verbal abuse towards officials, staff, players, or coaches will be subject to a warning, ejection from the game, and/or possible ejection from the league. The coach will be responsible for the actions of their teams' spectators. A foul and a point may be given to the bench or coach due to actions from the spectators.
- All players and spectators will be on opposite sides from each other. Any spectator that enters the court of play will be asked to leave, if they do not then the game will be forfeited.
- Any foul language will **not be tolerated**. Violation of this by players, coaches, or spectators will result in ejection from the game.
- Fighting of any kind by players, coaches, or spectators is not tolerated and will result in the ejection from the game/gym and possible expulsion from the program.
- Handshakes to display good sportsmanship after the game will be expected from every participant. It is the coach's responsibility to make sure their team complies with the handshake after the games. If any player refuses to shake hands, spits on their hand, or uses unnecessary force in the handshake may face a suspension of the next game. Multiple offenses may result in the expulsion from the program.

## VI. Official/Unofficial Games

- The clock will start at Game Time. If a team does not have enough players to field a complete team by game time the clock will start, and teams will have 5 minutes to completely field a team.

- If they do not have enough to complete the team, the game will be considered an unofficial game.
- After the game is considered an unofficial game, players can be loaned to the other team so a game can be played with the remaining time. The time will not reset if a game is played as unofficial or if the team gets enough players to complete the team.
- An unofficial game will still be fully officiated and scored. Only players who have a signed registration form for the current season may play or be loaned in an unofficial game. Up to 2 games may be played.
- School/pre-made teams may loan players to a rec team in an unofficial game. Younger players may move up to participate in an unofficial game, however it will be up to the discretion of the officials. Older players may not participate in a lower division game.
- A loaned player does not have to be from the team they are playing. The loaned players may be from a team that has already played or has not played yet.