

## 2014 YOUTH VOLLEYBALL RULES

Minnesota State High School Rules will apply with the following exceptions:

1. **COACHES AREA:** Coaches are allowed to stand in the area in front of the bench from the end line up to the 10 ft. line and should be 6 ft. away from the sideline (if there is that space allowed). They can not be on the end line or opposite side of the court. Only one coach may be standing. Maximum of two coaches allowed on the bench plus one scorekeeper. The scorekeeper can not at any time coach the team. ***Only players are allowed on the bench, no coach's kids or others allowed.***

2. **SERVING:** 10U and 12U - The serving line is moved up 7 feet closer for those that need it. Players are not to cross this line until contact has been made with the ball. If a player is struggling to serve (that are short of the net, not just missed serves) players may move up 2 additional steps. Nothing additional. Referees will have the discretion to move players back if they are moved up and serving well. **All overhand** serves, players must serve from the end line. The goal for all should be to serve from behind the end line.

3. **NET HEIGHT:** 10U – 6' 6", 12U – 7', 14U girls & boys & 18U girls 7' 4 1/8". 18U boys & co-ed height is 7' 11 5/8".

4. **BALLS:** Each team MUST provide a game ball -- leather for 12U and up. 10U will use a Volley-Lite ball. (Tachikara, Baden or Molten recommended). Teams should bring warm-up balls with them. Do not rely on host sites to provide them.

5. **ROTATION:** 10U and 12U - You MUST rotate all players in the center back position (not the serving position). If a team has fourteen or more players they may split in two teams of seven or more. You may only split if you can put seven or more different players in each game.

**ROTATION:** 14U and 18U girls, you may rotate all players in at the center back position or use the High School substitution rule. Whichever method of substitution is chosen; that method must be used for the **ENTIRE MATCH**. Coaches **MUST** inform the official which method of substitution they will be using, before the match begins. Maximum of 18 substitutions per set (game) applies, if using the HS substitution rule.

**ROTATION:** For all **co-ed** you must use continuous rotation. Boys only rotate in for boys and girls for girls. Players enter in the center back position (not the serving position). If a team has fourteen or more players they may split in two teams of seven or more. You may only split if you can put seven or more different players in each game.

6. If/when a player leaves the court (whether due to rotational substitution or injury) they proceed to the "end" of the substitution bench/line if using continuous rotation.

7. **Minimum Playing Requirements: 10U/12U:** Continue to use "Continuous Rotation". Rotation may be picked up where it was left off at the end of a given set (game) or start with a new line up within a three-set (game) match. **14U/18U:** Continue to use the National Federation of High School's rotation. All players will be required to play a minimum of 10 points within the 3 sets (games).

8. TEAMS MUST HAVE A **MINIMUM OF FIVE PLAYERS** to start and continue a game, if a sixth person arrives late, they must rotate in at the center back position. Teams will be given a 10 minute grace period before the first set is forfeited, 20 minutes for the match.

### 9. MATCH PLAY:

10U/ 12U/ 14U/ 18U Levels - Teams will play two matches per night. Three sets (games) will constitute a match. The first & second sets (games) will go to 25 points or 27 point cap. The 3<sup>rd</sup> will play to 15 points or 17 point cap. **All three games are played even if the first two go 2-0 (time permitting).**

Extra third game must be started with 10 or more minutes left in your time slot. Ex. If the following matches are scheduled at 6:50 pm, the third game must be started by 6:40 pm.

Rally scoring will be used for all levels, meaning a point will be awarded on every serve. Matches may not be rescheduled without prior authorization from Municipal Athletics and on-site directors.

10. In the 10U, 12U and all co-ed divisions, if a player serves 5 points in a row that team must rotate. They still retain the serve, but with a new person serving. Coaches are responsible for counting.

11. Players may set a serve; however, a serve may NOT be blocked or attacked/"spiked".

12. **COIN TOSS:** A coin toss shall determine which team serves first. The referee shall designate which team are heads and tails. For the second set (game), the other team will serve first. For the third set (game), another coin toss shall occur.

13. **PRE-GAME MEETING:** Coaches need to attend the official's pre-game rules & coin flip meeting with captains. Captains should remain the same the entire match, unless an injury has occurred to a captain.

14. **SPORTSMANSHIP PLEDGE:** **Must** be read, by coaches, before each match.

15. **VB PROTOCOL:** Teams shall line up on the end line, on referees signal proceed to the net, opposite sides, and shake hands along the net, with opponents before & after the match.

16. **UNIFORMS:** Teams should be in same color uniform tops with no duplicate numbers. For 14U or 18U – if you are using a libero player, they must have a distinctly different color uniform top.

17. Yellow / Red Cards: Anyone who receives both these cards together will be suspended from all games played that night plus possible further action pending review of severity of the incident. They **MUST** leave gym immediately. See separate sheet for Yellow & Red Card infractions.

### **TO CLARIFY A FEW HIGH SCHOOL RULES IN PLAY:**

1. **NO JEWELRY.** Jewelry shall not be worn by players during warm-ups and/or during match play. **You CANNOT tape over earrings.** Medic Alert & religious medals are not considered jewelry. Medals must be taped to the body & worn under uniform. However, Medic Alert may be visible. Officials should address jewelry issues with the coach; the coach is to inform their players. Infractions of this rule can result in a point for the opponent. **NO** friendship bracelets or wrist bands.

2. Player may receive serve with any part of their body; including with an over head pass. (Please note: we recommend teaching players to pass with their forearms.)

3. Team that received the first serve rotates before serving.

4. To begin sets (games) 2 or 3, teams may start with any rotation.

5. If the ball hits any overhead object (including the ceiling) and goes over the net, it is to be ruled “out of bounds”.

6. If a 1<sup>st</sup> or 2<sup>nd</sup> ball played hits any overhead object (including the ceiling) on their own side, it may be played.

7. Blocking and/or Blocking Attempts do not count as one of a team's three hits.

8. Play starts & ends with the referee's whistle. The server has five seconds to serve the ball after the whistle. A player who fails to serve within five seconds loses the serve and their team forfeits their turn of service/side out. Players will be given one re-serve during a team's term of service. A re-serve will be called when the server releases the ball for service, then catches it or drops it to the floor. Player is allowed a new 5 seconds for the re-serve.

9. On a Net Serve, (when the ball hits the net and then crosses over the top of net into the opponent's court), it is considered a legal serve & the ball is “live” and playable by the opposing team. Net Serves not crossing over top of net or landing out-of-bounds results in a side-out.

10. Multiple successive contacts (shoulder, arm) are not legal unless they are the team's first hit or when a player is attempting to play any first ball over the net (including the serve and after a block.) A ball may contact two body parts above the waist at the same time (simultaneous contact) and be considered a legal play.

11. Team Benches shall be on the same side of the court as the officials' table, placed no closer to the sideline than 6 ft. and no closer to the out-of-bounds extension of the center line than 10 ft.

12. Teams are allowed 2 time-outs per game.