



Springdale Parks and Recreation
2016 Youth Volleyball Rules and Regulations



The Springdale Parks and Recreation Volleyball program is designed to provide the youth with a fun introduction to the sport of volleyball and to promote sportsmanship. We want all of the children involved in our program to have an enjoyable experience. We, of course, want to promote good competition in this program to give all the participants a realistic feel of the sport, but we do not want the teams to get too focused on winning every game. Having fun and keeping all of the participants happy should be the focus of everyone involved in this program. Equal participation for each participant in this program is a requirement.

Leagues (leagues will be COED)

- I. Grades 4th & 5th: Teams will be comprised of children in grades 4th & 5th: An even number of players from each grade will be dispersed onto each team.
- II. Grades 6th & 7th: Teams will be comprised of children in grades 6th & 7th. An even number of players from each grade will be dispersed onto each team.

Game Rules

- I. Net Settings
 - a. The net will be set at the Junior Height level (approximately 7 feet).
- II. Game Ball
 - a. For 4th and 5th graders: Teams will use the Volley Lite ball (SV – MN)
 - b. For 6th and 7th graders: Teams will use the Official Volleyball (SV – 5WS)
- III. Duration of Game
 - a. Each game will consist of the best two (2) out of three (3) matches. Each match will be played to twenty-five (25), and a team must win by two (2) points. If neither team is able to gain a two (2) point lead, the first team to reach thirty-five (35) points will win that match. If a third match is needed, teams will play to fifteen (15), and a team must still win by two (2) points. If neither team is able to gain a two (2) point lead, the first team to reach twenty-five (25) points will win the match.
 - b. Each team will be allowed one (1) one (1) minute timeout each match.

*For more information on league rules or makeup dates, please contact Program Coordinator, Mark May, at mmay@springdalear.gov or call Parks and Recreation at (479) 750-8185.

- c. There will be a two (2) minute intermission between each match.
- d. No time will be kept.

IV. Number of Players

- a. Each team is allowed ten (10) players on their roster.
- b. Each team is allowed to have up to six (6) players on the court at a time. Each team will be able to play with a minimum of four (4) players on the court, and if a team falls below four (4) players, that team will forfeit that game.
- c. After possession has changed, each team will be required to rotate players clockwise.
- d. If a team fails to have the right amount of players by game time, they will be forced to forfeit that game. Teams may scrimmage for the remainder of their allotted time, but the official score will be recorded as a forfeit. The team that was not forced to forfeit will get the win for that game.
- e. Each player must play the equivalent of one (1) match per game. Meaning they may play half of the first match and half of the second match.

V. Playing Rules

- a. Service
 - i. A coin toss will determine which team will serve the ball first. The team not serving first in the first match will serve first in the preceding match. A second coin toss will determine who will serve in the third match.
 - ii. A player serving the ball must serve the ball from behind the back line. Their foot may not touch or cross the line during the serve.
 - iii. The ball may hit the net on a serve as long as it manages to cross over the net to the opponent's side. If it hits the net and does not cross over, the other team will be rewarded a point.
 - iv. Players will have two (2) opportunities to serve the ball over the net. The first service attempt must be overhanded, and if the ball does not make it over the net, the second service attempt may be hit underhanded.
 - v. Each player will only be allowed to serve five (5) consecutive points. Service will change when one team scores five (5) consecutive points from service.

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- vi. For 4th and 5th graders: Players will be allowed to serve the ball from the next line up from the official service line.

b. Hitting the Ball

- i. The ball must be cleanly hit. No scooping, lifting, pushing, or holding of the ball will be allowed.
- ii. The ball must cross over the net in three (3) or fewer hits. EXCEPTION: Blocks do not count as a player's first hit. Meaning, when a ball is blocked, but the ball still manages to cross over the net to the blocker's side, the next hit on the ball will count as that team's first hit.
- iii. There shall be no overhand hits with a closed fist. Hits must be openhanded when striking the ball in a downward direction (no spikes with a closed fist).
- iv. No player may hit the ball twice in a row.
- v. A ball may hit any part of a player's body and remain playable. Player's may NOT intentionally kick the ball, but if a ball happens to strike a player's foot without hitting the ground, that will count as a hit for that player, and it may be rebounded by another player.
- vi. Any blocker may reach over the net when a ball has been sent to their side by the opposing team. At no point may a blocker reach over the net to disrupt the volley of the opposing team before it has been sent the blocker's direction. No blocker may ever make contact with the net.
- vii. A ball may hit the ceiling of the facility and remain playable as long as the ball falls back down on the side of the team that hit. If a ball hits the ceiling and crosses over to the opposing team's side, the ball will be called out and a point will be rewarded to the team whose side it fell on.

c. Fouls (Any violation of these fouls will result in a point for the opposing team)

- i. No player in the back row shall step to the front row and attempt to spike the ball over the net.
- ii. No player shall double-hit the ball (make two (2) consecutive hits on the ball unless he or she is blocking the ball).
- iii. No player shall catch, hold, scoop, or push the ball.
- iv. No player shall touch the net with any part of their body.
- v. No player shall reach under the net.
- vi. No team shall hit the ball more than three (3) times.

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d. Scoring

- i.** All games will be rally scoring. (A point will be scored on each serve no matter which team be the server)
- ii.** Any ball that hits the ground will be a point for the opposing team. A ball that lands on the ground and makes contact with the sidelines or baseline will be counted as inbounds.
- iii.** Any ball that lands outside the sidelines or baseline will be called out, and the other team will be rewarded a point.

VI. Miscellaneous Items

- a.** Any time the referee blows his or her whistle, the game will be stopped immediately. The referee will then designate when the game will recommence. This means all play will come to a halt.
- b.** If a player is bleeding or has an open wound, he or she will be prohibited from playing until the bleeding has stopped or the wound has been treated.
- c.** The referee, as well as any staff member, has the right to remove anyone from the playing field or end a game if he or she deems it necessary. Meaning be on your best behavior and stay safe.
- d.** In the event that referees are unavailable for a game, coaches of the teams will act as the officials. They will be responsible for calling out-of-bounds, fouls, and keeping score. Coaches may also designate a parent to keep score, as long as the parent is willing.

VII. Weather Policy

- a.** In the case of inclement weather before or during the start time of the game, the game may be canceled.
- b.** If games do get canceled, we will let you know the earliest make-up date possible.