

**PARKS, RECREATION AND TOURISM
DEPARTMENT**

2020 ATHLETIC RULES AND POLICIES

YOUTH VOLLEYBALL RULES

City of Chesapeake



These Athletic Rules and Policies are approved by the Chesapeake Parks, Recreation and Tourism Advisory Board. They are in effect for the 2020 Sport Season. The new rules are identifiable by bold type.

EQUAL OPPORTUNITY STATEMENT

The Chesapeake Parks, Recreation and Tourism Department's programs and activities are open to all persons regardless of race, age, sex, religion, national origin, disability, color, genetic information, marital status or sexual orientation.

"If anyone believes he or she has been subjected to discrimination, he or she may file a complaint alleging discrimination with the Director of Parks, Recreation and Tourism or the Equal Employment Opportunity Specialist, Department of Human Resources, 306 Cedar Road, Chesapeake, Virginia 23322, telephone 382-6055.

YOUTH VOLLEYBALL RULES

2.0 GOVERNING RULES – National Federation of State High School Associations (NFHS) will govern play with the exceptions covered herein.

2.1 PLAYER ELIGIBILITY

A. League and Age Requirements – Players’ ages will be determined by their age as:

Fall Season – July 31st of current year
Summer Season - May 31st of current year

Age Categories

Midget	- ages 9 & 10
Junior	- ages 11-13
Teen	- ages 14-16

Eighteen-year-olds must be enrolled in secondary school at time of registration to participate in program.

B. Any player or coach suspended from any Chesapeake Community Center will be ineligible to participate during the suspension period.

2.2 TEAMS

A. Teams will consist of a maximum of 18 players and 3 coaches.

2.3 SCHEDULES

A. Number of Games – Games will be played in accordance with the schedule set by the Parks, Recreation and Tourism Department.

B. Practice –Teams are limited to two 1-hour practice sessions, including chalkboard sessions, within a calendar week if gym space is available. Practices are not permitted on the same day as scheduled games, unless the game was postponed on that day. If possible during school nights, the Midget leagues are to practice no later than 8:30 p.m., and the Junior leagues are to practice no later than 9 p.m., the Teen leagues are to practice no later than 10:00 p.m. Teams are limited to a maximum of two (2) outings a week, which includes practices and games.

2.4 LENGTH OF GAMES

- A. Warm Ups – Teams will each receive 5 minutes of warm up time separately.
- B. Starting Time of Games:
 - 1. No grace period. Teams must be at their sites 15 minutes before scheduled match time. The match may start early if both teams agree, but no later than scheduled time.
 - 2. Teams must have at least 5 players present at the match time to begin. Scheduled match time is forfeit time of the first game.
 - 3. If a team forfeits the first game, they will be allowed 15 minutes for other players to arrive. If after 15 minutes, a team still does not have 5 players, both the second and third games are forfeits, however teams may practice or scrimmage.
 - 4. The Department staff will determine postponement or cancellation of games.
- C. Time Periods between Games – There will be a one-minute period between each game.
- E. Time Outs – Teams will be allowed two time outs (1 minute each) per game; no carry over from game to game.
- F. Official Match – In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one team has 13 points of the game played. If less than 13 points are earned by one team, the game will be rescheduled from the start. If the score is tied after being declared an official game, the game will be rescheduled.

2.5 PLAYING RULES

- A. A team is allowed to play with only 5 players. If a team plays with only 5 players, at the vacant, or “ghost” position, there will be a loss of serve/point awarded to the opponent. The sixth player may substitute into the game to occupy the vacant or “ghost” position as soon as he/she arrives.
- B. The team listed on the right side of the schedule is the home team and will have the choice of which bench to occupy to start the match. The team listed on the left is the visiting team and will call the coin toss.
- C. The coach must submit a line-up for every set. Coaches will submit their line-ups in **STARTING POSITION** order (not serving order). What they enter on the line-up is where the player starts the set on the floor.

- D. Each match consists of 3 sets played to 21 points. All games use the “Rally Point” scoring system (teams can score a point regardless of who serves). Teams must use by two points with no time limit and no point cap on a game.
- E. In the regular season, matches consist of three games. All three games will be played and count in the standings. Teams will switch ends after every game. There will be no coin flip before the third game.
- F. In the playoffs, matches are best two out of three games, with a coin flip for side/serve if a match goes to a third game.
- G. Nets will be no lower than 7 feet in height and no higher than 7 ½ feet.
- H. Mandatory Play Rule
1. All players must play one complete game from start to finish at the earliest opportunity in the match.
 2. Examples:
 - a. Roster of 12
 - 6 players play the entire first game
 - The other 6 players play the entire second game
 - No restrictions during the 3rd game
 - b. Roster of 9
 - 6 players play the entire first game
 - The other 3 players play the entire second game along with three others
 - No restrictions during the 3rd game
 3. Injury: If a player is injured and taken out before he/she has completed the mandatory playing requirement, he/she must still play a full game if he/she is able to return to the match.
 4. It is the coaches’ responsibility to keep account of his/her players. Failure to comply with the Mandatory Play Rule will result in forfeiture of the match at the point of the infraction.
 5. If a team is playing with only five players, the sixth player may enter the game as soon as he/she arrives, with no penalty.
 6. Since there is a Mandatory Play Rule, a player should not be removed if a minor problem can be resolved.
 7. The Mandatory Play Rule is in effect for all matches, including the playoffs.
- I. Serving
1. Underhand serves in the midget league may extend their serving area onto the court.
 - a. This gives a grace of approximately 5-8 feet onto the court in most game facilities.
 - b. Coaches are encouraged to challenge players to stay back if they do not need all or part of the serving grace.
 2. All overhand server players in junior and teen league must serve from behind the end line.

J. Additional Rules for Coed Play

1. Teams may have no more than 3 males on the court at one time.
2. Serving order and starting floor position may not consist of two males consecutively.
3. When the ball is hit more than once on a side, a female must make a least one of the hits prior to the ball crossing back over the net.

K. Protests

1. The only protest accepted by the Athletic Office is player eligibility. The use of ineligible players will result in forfeiture of all games played from the time of the protest to the time the ineligible player's contract card was received by the Parks, Recreation and Tourism Department. All other disputes must be settled on the court.

2.6 EQUIPMENT

- A. Balls –The Parks, Recreation and Tourism Department will provide practice balls and the game ball.
- B. Uniforms – Players shall wear the game jersey supplied by the city. If a player does not have the issued jersey, a temporary substitute may be worn without numbers that does not conflict with the color of the opposing team's jersey. The official shall be informed of the temporary shirt prior to the game.
- C. Unadorned bobby pins, flat clips and/or barrettes no longer than 2 inches may be worn to control a player's hair. All other hard objects in the hair, as well as necklaces, watches, bracelets, rings, dangling earrings or other jewelry are prohibited items. No tape-ups or cover ups-these items must be removed to play. This is will be strictly enforced.

Any questions on City Rules and Regulations should be sent to the City's Athletic Coordinator or by calling 382-6411. Thank you for you participation and GOOD LUCK this season!