



2022 Fall Youth Volleyball Rules and Policies

Chesapeake Parks, Recreation, and Tourism
1224 Progressive Dr. ▪ Chesapeake, VA 23320
Athletics Office - (757) 382-6411 ▪ Athletics Weather Hotline – (757) 382-6400

YOUTH VOLLEYBALL RULES

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

PLAYER ELIGIBILITY

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

- U10 - ages 9 & 10
- U13 - ages 11-13
- U16 - ages 14-16

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

TEAMS

- Teams will consist of a maximum of 12 players and 2 coaches.

SCHEDULES

- **Number of Matches** – Matches will be played in accordance with the schedule set by the Parks, Recreation and Tourism Department.
- **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 matches, unless the match was postponed on that day. If possible, during school nights, the U10 leagues are to practice no later than 8:30 p.m., and the U13 leagues are to practice no later than 9 p.m., the U16 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 matches

LENGTH OF MATCHES

Captains Meeting – 15 minutes before scheduled match time, the captains and referee(s) will meet to establish ground rules and determine which team serves first.

- Coaches may optionally attend this meeting for U13 and U16
- Coaches shall attend this meeting for U10

Warm-Ups – Each team will have the entire court for a separate 5-minute warm-up.

- The team that serves first warms up first, then the receiving team.
- Warm-ups are timed by the referee.
- The 5-minute warm-up includes serving practice. Coaches may optionally ask for a 1- or 2-minute warning.
- If either team arrives late, the late teams warm up time may be reduced or cancelled.

Starting Time of Matches:

- 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.
- Teams must have at least 4 eligible players present at scheduled match time to begin. Scheduled match time is forfeit time of the first set.
- If a team forfeits the first set, they will be allowed 15 minutes for additional eligible players to arrive. If after 15 minutes, a team still does not have 4 players, both the second and third sets are forfeits, however teams may practice or scrimmage.
- The Department staff will determine postponement or cancellation of matches.

Match Format - Each match consists of 3 sets played to 21 points. All matches use the “Rally Point” scoring system (teams can score a point regardless of who serves). Teams must win the set by two points, there is no time limit.

Regular Season - In the regular season, matches consist of three sets. All three sets will be played and count in the standings. Teams will switch sides and first serve/receive after every set. There will be no coin flip before the third set. 30-point cap (The first team to earn 30 points wins the set, even if not ahead by 2 points – i.e., 30-29).

Playoffs - In the playoffs, matches are best two out of three sets, with a coin flip for side/serve if a match goes to a third set. This third set will be played to 15 points, win by 2, no cap.

Time Periods between Sets – There will be a one-minute period between each set.

Time-Outs – Teams will be allowed two time-outs (1 minute each) per set; unused time-outs do not carry over from set to set.

Official Match – In the event a match must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official match if one team has 13 points of the set played. If less than 13 points are earned by one team, the match will be rescheduled from the start. If the score is tied after being declared an official match, the match will be rescheduled.

PLAYING RULES

- A team is allowed to start a match with as few as 4 players. If a team plays with fewer than 6 players, there will be a “ghost” in each vacant position. Each time a “ghost” rotates into the service position, the opponent will rotate and serve, but not be awarded a point. The fifth/sixth player may substitute into the game to occupy the vacant or “ghost” position as soon as they arrive.
- 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 pick to serve or receive first.
- 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.
- Nets will be set at 7 feet for the U10 age group, and at 7 feet and 4 1/8 inches for the U13 and U16 age groups.

- **Mandatory Play Rule (enforced by the Department staff)**
 - All players must play one complete set from start to finish at the earliest opportunity in the match.
 - Examples:
 - Roster of 12
 - 6 players play the entire first set
 - The other 6 players play the entire second set
 - No restrictions during the 3rd set
 - Roster of 9
 - 6 players play the entire first set
 - The other 3 players play the entire second set along with three others
 - No restrictions during the 3rd set
 - Teams can only sub players in and out if both players have met the mandatory play rule.
 - 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 set if he/she is able to return to the match.
 - 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.
 - If a team is playing with only four or five players, the fifth and/or sixth player(s) may enter the match as soon as they arrive, with no penalty.
 - Since there is a Mandatory Play Rule, a player should not be removed if a minor problem can be resolved.
 - The Mandatory Play Rule is in effect for all matches, including the playoffs.
- **Serving**
 - Underhand serves in the 10U league may extend their serving area onto the court.
 - This gives a grace of approximately 5-8 feet onto the court in most facilities.
 - 10U can only serve for 4 points, if during the serve they lose the point, the other team scores a point, or if they serve 4 points and win all 4 there is no point awarded to the opposing team.
 - Coaches are encouraged to challenge players to stay back if they do not need all or part of the serving grace.
 - All players serving overhand in U13 and U16 leagues must serve from behind the end line.
 - Underhand for 13U is a grace of approximately 2 feet onto the court in most facilities.
 - THERE IS NO GRACE FOR THE U16 LEAGUE.
- **Additional Rules for Coed Play**
 - Teams may have no more than 3 males on the court at one time.
 - Serving order and starting floor position may not consist of two males consecutively.

- A substitution is illegal if it results in the serving order consisting of two or more consecutive males in the serving order.
- 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.
- Males 15 years of age are not playing on the proper net height for their age. Males while in the front row may not jump and hit the ball over the net, may not block or participate in a block at the net, or put his hands above the height of the net.
- **Protests** - The only protest accepted by the Athletic Office is player eligibility. The use of ineligible players will result in forfeiture of all matches 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.

EQUIPMENT

Balls –The Parks, Recreation and Tourism Department will provide practice balls and the game ball.

Uniforms – Players shall wear the game jersey supplied by the city. If a player doesnot 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.

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 in order to play. This will be strictly enforced.

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