



Coed Recreational Volleyball Rules

National Sports ID

National Sports ID Requirements to be completed and approved by roster deadline.

1. **Headshot Photo** – *Similar to a Driver's License or Student ID Photo. This should be a close-up, clearly lit photo that shows the student-athlete's entire face and hair looking directly at the camera. No hats. No sunglasses. This can be a recent school photo or one simply taken from your cell phone.*
2. **Scan of Birth Certificate, State ID, or Passport**
3. **Proof of Grade** – *This can be your most recent report card, most recent School ID, school schedule showing your child's grade, screen shot of Online Account (i.e. Infinite Campus) proving grade level, etc.*
4. **Proof of Physical** – *You may provide a Doctor's Note or use the NCSAA Physical Form.*
5. **E-Sign NCSAA Participant Waivers**
6. **Pay \$10 National Sports ID fee per student-athlete**

Ball size:

3rd - 5th Grade: Volleyball lite (official size but less weight)

Net height:

All Divisions: Approximately 7 feet (may vary slightly at different game sites)

Number of Players:

- NO FORFEITS.
- Only time a game can be played with less players is if less than six show up to participate.
- If a team shows up with less than 6 players, both teams will play with the same amount.
- Rec. Coed Division will allow for no more than 3 boys to play on the court at the same time.
- A team can be made up of all girls.

Players:

- Players may not wear jewelry, rings, watches, pins, or other metallic objects.
- Each roster will have a minimum of 6
- All players should receive 50 percent of game play whenever possible.
- Three coaches are allowed on sideline during game.

Service:

- At the start of the game a coin toss will determine who serves first.
- Play/rally begins with a serve by the serving team.
- Players may serve underhand or overhand at all levels.
- In the 3rd – 5th Grade division:
 - Players may serve 5 feet in front of the end line.
 - Maximum of 3 contacts before the ball goes over the net.
- Attacking the serve is not allowed. Contact with the ball must be made below the height of the net if it is directed to the opposing team.

Automatic Side outs and Serving Limits:

An automatic side out occurs after a team has scored 5 straight points while serving.

Time Limit:

- Matches are limited to 50 minutes.
- Teams can play as many games as the fifty-minute time frame allows.
- Each set consists of 25 points (a team needs to win by two points).
- At the end of the fifty minutes, if in the middle of a set, game ends as is.

Timeouts:

- Each team will be allowed two 30-second timeouts per set.

Rotations:

- All players present at the match are required to play in each set.
- Players should sit on the bench or sideline in rotation order when not in the match.
- Rotation occurs after a side out and only the serving team rotates.
- The team losing the serve does not rotate.
- Must occur in a clockwise direction with the server rotating out and a new player rotating into the middle/back row (non-serving) position.
- Team rotation remains the same from set to set.
- Substitutions will be allowed for injuries only.

Net Play:

- A player can never touch the net while the ball is in play
- Players may play a ball off the net. If a player's hand or foot completely crosses the plane of the centerline, it is a violation.

Out of Bounds:

If the ball hits the line it is in. If there are multiple games going on at once and the ball enters another court it is out of play. If the ball hits the ceiling on your side you may continue play. If the ball hits the ceiling on the opposing team's side it is considered out of bounds. A ball that hits the net but continues to the opponent's side is permitted. These are all judgment calls and officials will have the final say on all calls.

Violations:

- Net fouls will be called on all age levels.
- It is illegal for the same player to play the ball in two consecutive contacts (double-hit).
- Illegal Hits: two-hand open palm hits (underhand or overhand) or throwing hits will be called on all age levels. One hand is legal as long as the ball does not come to a rest
 - **Illegal hits will be called tighter with underhand pass (hand together) and overhand set (brief contacts with finger pads).**
- BENEFIT OF THE DOUBT- the official will interpret this: If a child is attempting to do a skill properly (i.e. setting), but fails to accomplish it totally correct, the official may allow the hit and subsequent point if won. Incidental hits will be considered legal. The official will determine if the ball is incorrectly hit by blowing the play dead and awarding a point. Play should always continue until this has occurred. Double hits will not be allowed. Screening will not be allowed.
- ONLY PLAYERS (this includes players on the bench) may yell if a ball is going to land in or out of bounds. Parents and coaches should not call their players off a ball that the player may be going for regardless of whether it is in or out. Let the children use their own judgment.

Scoring:

- Rally score system will be used (teams receive a point for each point won regardless of service). The Home team must provide a volunteer scorekeeper. Each team must provide a volunteer line judge.

Reminders:

- **Behavior / Sportsmanship:** All coaches, parents, observers and players may not stand or congregate on or near the end lines while another game is being played. This includes walking behind end lines while rally play is going on.
- All coaches, parents, observers and players must be good citizens. Any persons acting out of line for a youth sports event be given a warning. If a second violation occurs, the person will be asked to leave the facility. A suspension may also be given to any person who violates this simple code of conduct.
- Officials must be treated respectfully during the games. Any issues with rules, officials or teams must be brought to the attention of the site director or league administrator. Coaches may use a time out to discuss any issues with site staff.

Dropping a Team after Deadline:

All teams dropped after the deadline will be charged the FULL Season fees. If the schedule is yet to be released, the team will remain on the schedule for the Season and games will be treated as a forfeit.