

2005 SPRINGDALE PARKS AND RECREATION DEPT.  
TEEN VOLLEYBALL LEAGUE RULES  
AGES 12-15

1. All players must be 12 years of age and not more than 15 by September 30, 2004.
2. This league will be played on a regulation size volleyball court. Net height shall be 7'4"1/8. (Women's height. Men's height is 7'11-5/8".)
3. Each team must start with a minimum of 4 players but not more than 6 at any given time. No more than 3 players may occupy the front row or back row at time of service. There may be any combination of boys and girls on the court at any given time.
4. Substitutions: (Coaches must use either a.or b. and must notify referee prior to start of game the type of substitutions they will be using.)
  - a. All non-starting substitute players shall be entered into the game when either team has reached a score of 8 *points*. These substitute players must remain in game until its completion. Starting players removed from game due to substitutions may not re-enter the game unless a player is injured and must be removed from the game.
  - b. Coaches using substitutions by rotating players into the game will use the following guidelines. Six starting players shall be placed on the court in normal positions. The remaining player-substitutes shall be established into the rotating order at the serving position only. All non-starting player-substitutes shall enter into the rotation in succession. On each side-out situation causing a rotation situation, the right front row player rotates from the court and will take their position with the remaining player-substitutes awaiting their rotation in the game in the serving position. Serving order must remain constant throughout the game.
  - c. Coaches using rule 4a. above must notify referee before a substitution can be made. Substitutions must be made without causing delay to the game.
  - d. Substitutions may only be made when the ball is dead.
5. Proper gym shoes must be worn on the playing court.
6. Ball Return: To avoid accidents and game delays, ball should be returned to opposing team by rolling it under the net.
7. *New in 2005: Rally scoring will be used for all games. Each game will be played to at least 25 (must win by two). Matches will consist of 3 games. In the Rally Point Scoring system, each rally wins a point whether it is for the serving or for the receiving team whereas, with the old scoring system only the serving team can score points (Side-out Scoring system).  
League champion will be determined by total wins throughout the season.*
8. *No protests*; disputes must be settled on the court at the time of occurrence.

## BASIC RULES

1. All players must be within the boundaries of the court when the ball is served. (excluding server).
2. The court boundary lines are considered “in”.
3. All serves must pass over the net without contacting any obstacles including the net. After a ball is released for service, it may be caught or allowed to drop to the floor to get a re-serve. *Time allowed for service (contact) is 5 seconds.*
4. The ball may be played off the ceiling or any obstacles hanging from the ceiling directly above your side of the court providing it was hit by one of your players first. **NEW in 2005: The referee shall blow the whistle anytime the ball contacts any part of a backboard or its supports hanging in a vertical position over a playable area. The referee will then decide whether the ball may have been playable or not. If the referee determines the ball was playable, a replay shall occur, otherwise the play will be ruled as a point/loss of rally to the opponent.**
5. Players may never come into contact with the net. Exception: If a ball is hit into the net and causes the net to stretch and make contact with a player, it is not a violation. **NEW in 2005: Contact with the net by loose hair is insignificant net contact and not considered a fault.**
6. Players may not step or fall into the opponent's court at any time.
7. Only front line players may spike the ball. Spiking the ball with two hands is illegal. Back court players may not come up to the front line and block or contact a ball above the height of the net and return it across the net. Back court players may spike the ball back across the net providing they take off from the court behind the 10 ft. spike line before contacting the ball.
8. Serving rotation must stay the same throughout the game. (See Rule #4.)
9. No more than 3 hits will be permitted by a team before the ball must pass back over the net into the opponent's court. A ball touched by a blocker on an attempted spike does not count as one of the three hits.
10. Balls crossing over the net must cross the net within the court boundaries.
11. Front line players may reach over the net to block a ball that is being spiked across the net or block a ball that is being returned across the net.
12. The ball is considered to have crossed the net when only part of the ball crosses the net and is then contacted by an opponent.

13. A player shall not make successive contacts of the ball except when playing a hard driven spike.
14. Simultaneous contacts of the ball by more than one player of the same team is legal and only counts as one hit. Either player may contact the ball again.
15. A player shall not play the ball twice in succession. The three plays that are exempt from this rule are: 1) Simultaneous contacts by teammates, 2) Successive contacts by blockers, 3) Simultaneous contacts by opponents. The players participating in any such plays may participate in the next play.
16. The ball may be hit by any part of the body above and including the waist.
17. A playover will occur when an official makes a mistake, a foreign object enters the court, an injury occurs or double fouls.
18. A ball may be played from the net.
19. The server may serve from any point behind the back line. Stepping on or over the back line is considered a foot fault.
20. Winner of the coin toss will choose serve or playing side. For subsequent games the serve will alternate. At the start of each game the non-serving team receiving their first side-out will *not rotate to serve*.
21. The ball must be clearly hit. When, *in the opinion of the referee*, the ball visibly comes to rest at contact, the player shall have committed a foul.
22. Time-Outs
  - a. Charged time-outs are those requested by a team or charged to a team by the referee.
  - b. Requests for time-outs shall be signaled by the coach or playing captain only during dead balls, but not after the referee has signaled for the next serve.
  - c. Charged time-outs shall not exceed 60 seconds. Each team is limited to 2 time-outs per game.
  - d. An improper request for a third time out will be denied by the referee and play shall continue without delay or penalty. If a second improper request for a timeout occurs (by the same team) a point will be awarded to the opponent.
23. **NEW in 2005: Players may play the ball outside of the court boundary lines. Players may play the ball over a non-playable area if they have a body part in contact with the playing area (floor) at the time the ball is contacted. They may enter the non-playing**

area after playing the ball. Non Playing areas are defined as the: walls, bleachers or other spectator seating areas; team benches and any area behind the team benches.

24. A served ball must be bumped on the first hit by the receiving team. (No blocking, spiking or use of overhand set may be used)

***The official has final ruling on all playing rules listed here and those that are not addressed. The Springdale Parks and Recreation Dept. reserves the right to make any necessary adjustments to the league as needed during the course of the league.***

