

LINCOLN YOUTH VOLLEYBALL

LEAGUE & DIVISION RULES



Section 1: Games & Matches

- Each match will be 60 minutes in total length, or ending after the third game is completed.
- Each match will be best of three games, all 3 games will be played.
- Each team will have one 30 second time out per game. Timeouts do not carry over.
- Each match will have five minutes between games.
- NFHS Volleyball Rules will govern play with the exceptions listed within these rules.

Section 2: Scoring (Rally Score System)

- If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve.
- Each time a team gains a serve, it must rotate one position clockwise before serving.
- The opponent shall score a point each time a fault is committed as judged by the referee.

Section 3: The Game

- The Home team (listed first on the schedule) will serve first in games 1 and 3. The Guest team will serve first in game 2.
- All games will be to 25 points, with a team winning by two points, unless reaching the scoring cap of 30.
- In the case of a tie at 30, first team to score a point wins. Serves not making it over are sideouts and not points.
- No liberos (defensive specialist) can be used in any division.

Section 4: Boundaries

- A ball striking the ceiling and landing on the same side as the team that played it last is still in play. However, if it lands on the opponent's side it is considered to be a dead ball and a point is awarded to the opposing team.
- A ball which lands on any boundary line is considered in bounds.
- A ball which touches the net antennas above or within the net, or doesn't pass over the net entirely between the antennas is out of bounds.

Section 5: Equipment

- The 3rd & 4th Grade Division net will be set at a height of 7'0" at the middle of the net.
- The 5th - 8th Grade Divisions net will be set at a height of 7'4" at the middle of the net.
- No casts or braces made of hard plastic, pliable plastic, metal or any other hard substance, even though padded, is permitted on the finger, hand, wrist or forearm.
- Players shall not wear any exposed jewelry during play.
- Athletic shoes are required, knee pads are not required but encouraged.

Section 6: Team Players

- Rosters will consist of 8-12 players.
- A team will play with six players on the court. If there are not six players present at the start of the game, a team may play shorthanded. Each team must have a least four players to start and continue a match.
- If a team has less than four players five minutes after the scheduled start time, that team will receive a forfeit loss. At that point, coaches may mix teams and still play an officiated game which will be not be counted towards the standings.
- When a team rotates to serve, the player who served the previous turn must come out of the game. Substitutes enter in the center-back position. All rotations are clockwise. All teams must adhere to this substitution structure. No exceptions.

Section 7: Serving

A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, while the ball is held or after it is released. The ball should be contacted only after following the referee's signal to serve.

- The server can serve anywhere along the back line.
- In the 3rd & 4th Grade Division, players may serve from their Maximum Serving Range (maximum distance from the net and still make it over) to build confidence and be successful. Every two successful serves from the same spot, the server must take a big step back and use this as their new "starting point" when serving for the rest of the game. Our goal is to have all players serve legally from the regulation back line.
- In the 3rd & 4th Division after six points in a row by one server a sideout (with no points) will be given to the other team.
- In the 5th & 6th Division, players may server from the intermediate line (3-6 ft zone within the back line).
- In the 7th & 8th Division, players must serve from the regulation back line.
- A re-serve shall be called when the server releases the ball for service, and either catches it or it drops to the floor. All players will be permitted only two re-serve attempts per rally.
- No Let Serves (serves which hit the net and crosses over in bounds) in the 3rd & 4th and 5th & 6th divisions. All let serves will be a re-serve. 7th & 8th grade division let serves will be live and playable.

Section 8: Team Benches

- Coaches may stand during play to instruct players in a non-disruptive manner and may stand and move about to speak to team members and players. Acts deemed disruptive by the referee shall be enforced. Examples of disruptive/unsportsmanlike acts shall include, but are not limited to:
 - ✓ Loud or abusive language
 - ✓ Comments to official(s)
 - ✓ Comments to opposing team's players, coaches or fans
 - ✓ Displaying disgust in an obvious manner or
 - ✓ Interfering with proper officiating of the match

Section 9: Live and Dead Balls

- A live ball is in play, from the moment the ball is legally contacted by the correct server until the ball becomes dead.
- In all Divisions, a team may only play/hit the ball three times in a volley. A legal block does not count as a hit.
- Blocking a served ball is NOT permitted.
- Violations such as lifting and carrying are judgment calls for the referee and are not protestable.
- Any player touching the net is illegal, and is ruled an automatic dead ball with the opposing team being awarded a point.
- Players may not cross onto the opponent's side under the net. The foot must be completely over the line to be illegal.