



Anderson Park District

Youth Volleyball Recreational League Modifications

The following are modifications made for the Anderson Park District Youth Volleyball Leagues.

*All other rules will be governed by the **National Federation of High School Volleyball Rules.***

LEAGUE	2 nd - 4 th Grade
Scoring:	Rally Scoring: Each set is played to 25 points. Must win by 2 points or first team to 30 points.
Serving Line:	15 feet in front of the regulation serving line.
Service:	A player may only serve 4 consecutive points; then rotate to the next server on the team. Defensive team gets the ball after 8 consecutive service points.
Net Height:	6 feet 4 inches
Rotation (Playing Time Requirements):	No substitutions - up to 8 player rotation
Ball:	Volley - Lite

SCROLL DOWN FOR LEAGUE RULES

Revised 8/1/17



Anderson Park District

Youth Volleyball League Rules

There are rule modifications made to meet the recreational and/or competitive nature of each park district league. All other rules will be governed by the National Federation of High School Volleyball Rules. The park district has the right to modify the league rules for the betterment of the league.

GENERAL GAME INFORMATION	
Line-up:	Each team will submit a lineup before each set.
Uniforms:	<p>All players must wear gym shoes and athletic shorts or volleyball shorts. Uniforms may not be altered in any way. Jewelry is not allowed to be worn during practices or games. Jewelry cannot be taped down.</p> <p><u>Recreational League:</u> Players must wear the uniform provided by the APD.</p> <p><u>Competitive League:</u> Teams are responsible for their own uniforms. Numbers must be visible on the front and back.</p>
Serve/Side:	Serve and side will be determined by a coin toss at the beginning of the game and before the start of set 3.
Game:	1 game consists of 3 sets. All 3 sets will be played during the regular season regardless of the number of games won. In the Competitive Leagues, tournament games are the best of 3 sets - 3rd game is only played to 15 pts.
Players:	Teams play with 6 players on the court. Teams must have a minimum of 4 in order to play.
Grace period:	Each team will be given a 5 minute grace period. Once that 5 minute grace period has expired and the team does not have at least 4 players to play, the team will forfeit the 1st set. The team will be given an additional 5 minute grace period. Once that additional 5 minute grace period has expired and the team does not have at least 4 players to play, the team will forfeit the 2nd set and the game.
Timing:	55 minute game limit. The team leading will win the set (no win by 2). If the score is tied, one additional point will be played.
Timeouts:	Each team has one - 30 second timeout per set. No timeouts will carry over.
Intermission:	There will be 2 minutes in between sets.
End of set/game:	After a set is complete, team will change sides. Each team should gather their belongings and line up along the baseline. The official will then motion each team to rotate around counterclockwise around the court to the other side.
Bench:	Each team is permitted to have 1 head coach, 1 assistant coach, and their players on the team bench. Both the head coach and assistant coach must have completed the required APD paperwork.

GAME PLAY

- The game ball will be provided by the APD.
- The 2nd-6th Grades and 8U-10U Leagues will use Volley-Lite balls.
- The 12U-16U Leagues will use a regulation size volleyball.
- The Libero position will not be used.
- Contacting the net or any part of it, while the ball is in play is prohibited. There is no foul for hair touching the net.
- A ball must be clearly hit or batted (official's decision). A ball may not be caught, carried, double-hit or lifted by any player. Using an open hand to contact the ball in an underhand motion constitutes a carry or lift.
- The ball may be volleyed a maximum of 3 times per side. A player may not have 2 successive hits. EXCEPTION: a player blocking the ball, which falls into their court, may play the ball without penalty. The block does not count as one of the three hits.
- A back row player may only leave their feet for a spike if the player takes off behind the attack line.
- A player's entire foot/hand or any other part of the player's body cannot touch the floor on the opponent's side of the court. A part of the hand or foot may touch as long as the entire hand/foot is not across the mid-line.
- A ball is dead when it lands out of bounds. If any part of the ball touches the line, it is "IN".
- A ball is dead when it touches the net antennas or crosses the net entirely outside the vertical playing area.
- A ball is dead when it contacts a non-team member in a playable area.
- If the ball hits the ceiling or an overhead object, it is still a live ball unless it crosses into the opponent's side of the court.
- Foreign volleyballs, persons, or objects on the court will immediately stop play and a replay will be issued.
- If there are less than 6 players on the court, a late player may join play on the next dead ball. If there are 6 players present, a late player must wait until the next set before entry. That way the line-up can be updated to include that player. The 'ghost player' rule is not enforced. A team will not be penalized when the vacant position rotates into the serving position.

ROTATION and SUBSTITUTIONS

- Teams play with 6 players on the court. Teams must have a minimum of 4 players in order to play.
- Teams may rotate up to a maximum of 8 players.
- Rotation occurs after a team gains the right to serve.
- Players rotate one position clockwise and the back right serves.
- Players must be in their rotation positions on the serve. After the ball is contacted for the serve, players may move from their respective positions.
- Competitive League Substitution Rule: three entries per player, per set.
 - First lineup counts as an entry.
 - Starting players may be replaced by any player on the bench (but not by another starter).
 - Once a starter is replaced, to be eligible to come back into the game, the starter must re-enter for the player who took his/her spot. The substitution rotation must continue in the same manner throughout the game.
 - No substitutes can sub for more than one starter in the same game.
 - Each player must play one full game from start to finish (meaning they are not substituted out of the game).

SERVE

- Recreational Leagues (2nd -6th grades): A player may only serve 4 consecutive points; then rotate to the next server on the team. After 8 consecutive service points, the defensive team will be awarded the ball.
- Competitive Leagues (8U-14U): A player may only serve 6 consecutive points. After 6 consecutive service points, the defensive team will be awarded the ball.
- Competitive Leagues (16U): All players will follow the NFHS serving rules. *A player's term of service begins when the player assumes the right back position as the server and ends when a loss of rally is awarded...*
- Alternate serving line for the 2nd-4th Grades & 8U-10U, will be 15 feet in front of the regulation serving line.
- Alternate serving line for the 5th-6th Grades and 12U will be 10 feet in front of the regulation serving line.
- Players using the modified serving line must remain in the serving lane (5ft modification line).
- Players may serve anywhere along the regulation service line (baseline).
- The regulation serving line will be used for 14U and 16U leagues. Players are allowed a step into the court on a jump or running serve. This allows for the 6 ft area required for a serve (the RecPlex gym has 5ft between the wall and regulation service line).
- A foot fault will be called if the player steps over the line before the ball is contacted on the serve.
- Players may serve underhand or overhand.
- Each server can only attempt a serve once. If the player tosses the ball but does not attempt to hit it, he/she will be allowed to re-serve one time per serving term. If on the re-serve he/she miss the attempt or do not swing, then it will be a side-out and point for the opponent.
- Net serve is allowed in all leagues.
- If a team has a vacant position due to having less than 6 players for any reason, the next player in the rotation will serve. There is no penalty.
- When a team does NOT have the first serve, the first server should start in the right front position (or right out of bounds position) and rotate into the serving position.
 - If a player receives a serve with an overhead pass (a set), please note that there is a difference between double contacts and lifts. Double contacts are allowed, but lifts are not. This is a judgment call and will be up to the judgment of the official.

**ANDERSON PARK DISTRICT RESERVES THE RIGHT TO MODIFY ANY OF THE ABOVE STATEMENTS
AS DEEMED NECESSARY.**

Revised 8/2/17