

# JOHNSTON COUNTY ATHLETIC ASSOCIATION YOUTH VOLLEYBALL LEAGUE 2021 RULES AND REGULATIONS

The JCAA Youth Volleyball League will play by NFHS (High School Rules) with the following exceptions:

## SECTION 1: DEFINITION

Volleyball is a game played between two teams consisting of six players on a rectangular court separated in two team areas by a net with an inflated ball. One team serves the ball over the net trying to make it land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area.

## SECTION 2: TEAMS

Teams must have a minimum of seven (7) players on a roster in order to be eligible to participate in the JCAA league.

Participants may only play on one (1) volleyball team per season.

It is highly recommended that participants play one (1) sport for their community per season.

Game schedules will NOT be adjusted to accommodate participants playing multiple sports per season

## SECTION 3: MATCH

A match will consist of three games. All games should be played regardless of which team wins the first two.

A match shall include let serves (serves that hit the net and go over).

A match shall entitle each team to one time out per game. Time outs will be one minute.

A match shall have two minutes between games.

## SECTION 4: SCORING

The opponent shall score a point each time a fault is committed.

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.

## SECTION 5: THE GAME

A coin toss shall determine which team serves first. The opposing team will choose the side they want to play on.

The team will change sides between games and the team not serving first in the first game shall serve first in the second game.

The first two games shall be to 21 points with a team winning by two **and a cap of 30.**

The third game shall be to 15 points with a team winning by two and a cap of 21.

Liberos (defensive specialist) shall not be used.

## **SECTION 6: OUT OF BOUNDS**

A ball striking the ceiling and landing on the same side as the team that played it is still in play.

A ball striking the ceiling and landing on the opposing team's side shall be considered out of bounds and a point is awarded to the opposing team.

Balls that land on the boundary line are considered in bounds.

Balls which touch the net antennas above or within the net or do not pass over the net entirely between the antennas is out of bounds.

## **SECTION 7: EQUIPMENT**

The net shall be set at a height of 7'4".

The ball shall be the Tachikara Volley-Lite or Equivalent for 10U and 12U. Regulation Volleyball will be used for 15U.

No guard, cast or brace made of hard leather, 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 jewelry during play. **Newly pierced, stud earrings shall be okay if covered with tape of a band aid.**

**NON-MARKING** athletic shoes are required. Knee/elbow pads are not required but are recommended.

Numbered, identical color shirts with similar shirt style and logo are mandatory for all teams. Numbers are only required on the back of uniform. Facility Supervisors will make all decisions concerning uniforms in question.

## **SECTION 8: COMPOSITION AND POSITION**

**AGE GROUPS: 10U** – player may not turn 11 before October 15<sup>th</sup> of the current year.

**12U** – player may not turn 13 before October 15<sup>th</sup> of the current year.

**15U** – player may not turn 16 before October 15<sup>th</sup> of the current year.

A team shall consist of six (6) players to begin the first game of the match. If there are not six (6) players present at the start of the game, a team may play shorthanded. Each team must have at least four (4) players to begin the match.

There shall be a 10 minute grace period for the first game of the night. Game time is forfeit time for all other games that night.

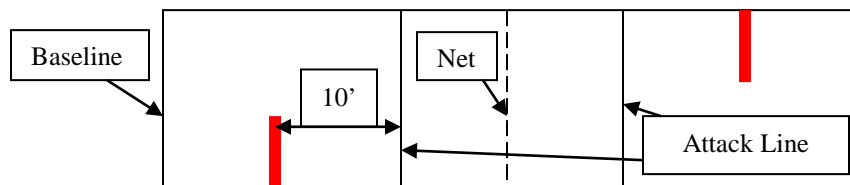
If a team has more than six players, when a team rotates to serve, the player in the front, right position shall rotate out. Substitutes shall enter into the serving position (back right spot).

## SECTION 9: THE SERVE

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 shall be served (contacted) following the referee's signal to serve.

- 10U and 12U age groups:

Each player will be allowed to serve from the mid-court line. The mid court line will be defined as a line marked approximately 10' back from the attack line, or 20' from the net. Please see the diagram below for clarification. Mid Court line is marked in RED. THIS LINE WILL NEED TO BE MARKED ON THE COURT WITH GYM TAPE.



After 3 points in a row by one server, they are required to move to the baseline (regulation).

**There will be a 5 serve limit per player.** After 5 consecutive points scored by the offensive team (team serving), the ball will change possession and the opposing team will be awarded the serve.

- 15U age group:

Players will serve from the baseline. **There will be a 6 serve limit per player.** After 7 consecutive points scored by the offensive team (team serving), the ball will change possession and the opposing team will be awarded the serve.

A re-serve shall be called when the server releases the ball for service, and either catches it or if it drops to the floor. All players will be permitted only two reserves attempts per rally.

Let serves (serve which hit the net and crosses over) are legal.

## SECTION 10: TEAM BENCHES

A coach may stand (out of bounds) during play to instruct players (not officiate) 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 sanctioned.

## SECTION 11: LIVE AND DEAD BALLS

Teams may play/hit the ball three times in a volley.

Blocking a served ball is not permitted.

Violations such as lifting, carrying, double hits are judgment calls and may not be protested.

## **SECTION 12: OBJECTIVE / GUIDELINES**

This youth athletics program should enhance the physical and emotional well-being of its participants by teaching skills development, by treating its players with respect and dignity, by encouraging positive parental involvement and by enriching young lives with meaningful recreation and socialization.

Each team must provide a line judge to assist the referee in each scheduled match.

- *Line judges should be at least 15 years of age.*

The host site will provide a scorekeeper for each match it hosts.

The JCAA Youth Volleyball league takes sportsmanship very seriously. Any unsportsmanlike act will be penalized whether a coach, player, parent or spectator.

Any person ejected from match anytime for unsportsmanlike conduct will be suspended for their team's next match. A second violation may result in suspension from the league.

Coaches and spectators that are ejected must leave the facility immediately.

Players that are ejected may remain at the facility provided they maintain control. Ejected players that do not maintain control must leave the facility.