

Carmel Dads Club Volleyball

Fall 2025 / Spring 2026

It is important to remember that this is a recreational league with its **primary goals being fun, skill development and friendly competition for all its participants**. To that end, we have adopted some House Rules to ensure equal participation and lively play. Please note that not all of the rules of volleyball can be detailed here and **the decisions made by the referee are final**.

Dimensions

Court Size: Standard 30 ft. by 60 ft.

Net Height: *(All heights are approximate and may vary slightly based on the specific net system available at the facility)*

3rd-4th - 6 ft. 7 in.

5th-6th - 7 ft.

7th - 8th – 7 ft. 4

9- 12th – 7 ft. 4

Ball: Ball is inflated to 4.3-4.6 pounds per square inch of air pressure. **3rd-4th**
and 5th-6th – Tachikara Volley-Lite or Molten lite
7-8th and 9-12th – Tachikara **Regulation** or Molten Regulation

Service Line:

3rd-4th grade - 20 ft (approx. free throw line)

5th-6th grade – allowed a “step-in” – (must start behind service line)

7th -8th grade and 9-12 grades - 30 ft. (Regular serving rules - foot faults counted)

Game Preparation and Scoring

Please report to your court NO LATER than 10 minutes prior to game time. If a coach/team has not reported to the court when the referee calls for captains, the team has 10 minutes to check in or the game will be called by the referee from the original game start time.

Match time will be divided as follows:

Fall/Spring Season Warm-up (**dependent on team arrival**) – 2 min. (Suggested: 1 minute of passing; 1 minute of serving) Once whistle blows – get teams on court.

45 MAX playing time

Game 1 – Play to 25

Game 2 – Play to 25

Game 3 – Play to 15 (if needed)

Game Preparation and Scoring con't.

The referee will call a captain and coach together for a pregame conference and coin toss. The team listed first on the schedule is the home team. The home team will call the toss, which is the first team listed in the schedule. The winner of the coin toss will choose to serve/receive or playing court.

Each team must provide one volunteer to assist with line judging. **No siblings or other children are to be near a line judge when a game is in progress.** The referee has the right to remove a line judge at anytime for not paying attention to the game, disruption, or inability to perform the duties.

Each Match consists of 2 sets/games with a potential 3rd set/game if needed. The First team to 25 points in each set/game using the “Rally Scoring” method (side-outs result in a point for the non-serving team, except as noted in Service Rules for the maximum points per server) wins the set. The team must win by 2 points to win the set/game. The only exception to this rule is if the referee calls the match due to a time limit. The team that is ahead at the time the match is called wins that game and the match is scored appropriately.

In simple terms: The team that wins 2 out of 3 sets/games wins the match. In case of a split after 2 games, a third game will be played using rally scoring to 15 with no cap. However, time limit in match play applies and could be used during game 3. To ensure all matches start on time, matches will be timed. If the time limit is exceeded, the referee will call the match and the team leading is awarded the win.

Player Equipment and Uniforms

All players on a team shall wear like-colored uniforms issued by the league with numbers on the front and back. The uniform also includes **black compression shorts/athletic shorts which must be worn by** all female players during match play (**Jean shorts are not permitted**). Kneepads are recommended but not required for play.

Players shall not wear jewelry (including prematch warm-ups). Religious and medical alert medals are not considered jewelry and must be worn under the uniform. No dangly earrings allowed!

No player may wear a guard, cast, or hard brace on the finger, hand, wrist or forearm.

Supports & braces are allowed on other parts of the body.

Hair devices are to be made of soft material and be worn to control the hair and not more than 2 inches wide.

Player Positions

Only six (6) players may participate in any point. Four (4) or five (5) may play if no other team members are available. **Having less than four (4) players constitutes a forfeit and the match will not begin.**

To ensure equal participation, all players in grades 3rd – 4th and 5th-6th grade will “rotate in”. The referee will maintain the service order to track first and second serves. This order must remain constant unless another player becomes available or a player retires. Insertion of the players “rotating in” must occur only at the left front position. Players in 7th – 8th and 9th-12th grade can utilize the “rotating in” method or can utilize the “sub in” method to learn how the actual rotations work. It will be the **coaches** choice.

Players arriving after the start of the game may only be inserted at the service position and at the end of the line-up and must wait until their position comes up to serve. If the service position has been passed prior to player arriving for the start of the game, the player must wait until the start of the next game in order to be placed in that the end of the lineup. Players arriving after the start of the game must wait for a side-out by either team before entering the game.

General Rules During Play

Court Protocol

Each team must place their starting lineup on the court at the start of the match.

At the end of the match, the teams should line up on their respective end lines, and at the referee's whistle proceed counterclockwise to the net and across the net and shake the opponent's hands under the net.

Contacting the Ball

Each Team is allowed a maximum of three (3) successive hits to return the ball to the opponent's area.

The ball may touch any part of the body above the waist and may contact any number of body parts if it does so simultaneously. A contact with the player's loose hair is not considered a contact.

If two (2) teammates physically contact the ball simultaneously, it is considered one touch.

When the ball comes to rest momentarily in the hand(s) or arms of a player, it is considered held and therefore a foul. This is a judgment call on the part of the referee and should NOT be questioned.

Except for the blocker, "double contact" is when one player hits the ball more than once with no other person touching the ball between these contacts. This too results in a foul.

A player may not contact any part of the net including net cables or net antennas. It is not a foul when a player's hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player.

Players are to receive a serve via a forearm pass "bump" or a set. In the 9-12 league, legal ball contact must be maintained.

Serve and Service Rules

Service Errors and Forgiveness: The server shall hit the ball with one hand. The server may serve from any position within the back line; however, must not touch the end line with the exception of the following forgiveness rules:

3rd - 4th and 5th - 6th grade –

The server will be allowed one forgiven service error (on an overhand attempt) in the first rotation!

This will be in effect for the entire season for 3-4 and 5-6 - including the tournament. NO SECOND SERVES ON AN UNDERHAND ATTEMPT.

* Rationale: we want to encourage all girls to begin serving overhand **BUT** that is a choice! If the overhand serve is not even close, please have them just serve underhand and work on the overhand in practice.

* Players must start behind the designated service line, and may step over for the first 3 matches of the season. Coaches are encouraged to keep their players behind the lines, as they progress through the season.

7-8th and 9-12th grade – All serves count. **NO FORGIVEN SERVICE ERRORS**

NEW RULE FOR 3-4 and continuing rule for 5-6

If your OVERHAND/UNDERHAND serve goes OVER the net but out (out of bounds), that is a SIDE OUT and will not receive a second serve!!! That is considered a successful attempt. Forgiveness is meant to encourage players who are yet to master their overhand serve.

The server will be allowed (5) seconds to serve following the referees whistle. One re-toss per point will be allowed.

Each server will be allowed a maximum of five (5) points per service rotation. Teams should adhere to the following rules after a server has scored 5 points.

3rd-4th grade, there will be a side-out, but **NO** rally scoring point will be given to the opposing team on this type of service rotation.

5th-6th, 7th-8th and 9th-12th grade - serving team will rotate and the same team will continue serving.

Service rotation will continue in subsequent games with the next server in the line-up.

Exception: 7th - 8th and 9th -12th grade - If the match goes into a 3rd game, the teams may wish to reset their line-up to the original 1st game line up. This can only occur in the 3rd game and only to the original game line-up given to the referee.

Blocking – Net Play

Blocking a served ball is **not permitted**.

If the first touch is a block at the net, that touch does not count as one of the three (3) hits.

Blocking a ball, which is entirely on the opponent's side of the net, is permitted when the opposing team has an opportunity to complete its attack.

Player actions

- A player may touch the floor across the centerline with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the centerline or they do not interfere with the game.
- A player may cross the vertical plane of the net as long as there is no interference with an opponent.
- The ball remains in play if it touches the legal portion of the net in play.

- “Sets” may not be interfered with. Blockers may reach over the net to block the ball only if the opponents have hit the ball so it will, or must go over the net if not blocked.
- The hands may legally pass over the net after a spike follow-through, so as to not touch the net.
- A player may not spike (attack) the ball until part of the ball is on that player’s side of the net.
- Only front line players, as identified by the current rotation, may jump to block or spike the ball at the net (inside the 10 ft. line). Back row players may jump to spike only from behind the 10ft.line, or hit with feet on the ground if in front of the 10 ft. line.
- A player may leave the court to play a ball. (Further explanation: Some courts allow a pursuit ball so that they learn to continue to hustle after the ball. It just means that they can chase down the ball past the imaginary extension as long as it comes back outside the antenna back to their side for 2nd or 3rd hit.)
- Screening opposing players is not allowed and will result in a side out. A screen is when a group of two or more teammates stand close together, and the ball is served over them.

Replay

A replay is the act of putting the ball in play without awarding a point or side-out and without a rotation for the serve. A replay may be declared by the referee when:

- a. An official’s mistaken whistle interrupts play;
- b. A player unintentionally serves the ball prior to the referee’s signal to serve;
- c. There is a double foul during a live ball;
- d. A player’s legitimate effort to legally play the ball, in the judgment of the official, is affected by a ball hitting a basketball goal, a ball rolling onto the court, or a player has been injured. etc.

Tournament

Tournament play is held at the end of the FALL SEASON ONLY. **The spring season does not hold a tournament**

Tournament Seeding Criteria:

- 1st - Match Score – Won/Loss Percentage
- 2nd - Game Score – won/Loss Percentage
- 3rd - Head-to-Head Competition (if decisive)
- 4th - Total Points – For/Against Percentage

The tournament playing rules will be the same as the regular season.

Rules for Coaches

Coaches must be off the court during play.

Coaches must treat the referee and other CDC officials and commissioners with respect.

- Coaches must encourage all players to participate in games.
- Each coach and team is responsible for picking up the trash and water bottles around the court after each match played.

- Coaches are always to have at-least one other adult present at all functions and should never be the only adult with the team. If they are the only adult, then all parents are to be called immediately and practice canceled.

Conduct

Reminder: Each coach and player should be familiar with the CDC Code of Conduct and go over that at the first week of practice.

No player, coach and/or team attendant shall act in an unsportsmanlike manner while on or near the court before, during or between games. The commissioner will have the sole discretion to remove any person from the premises.

All Coaches and Asst. Coaches must read and be familiar with the CDC Volleyball rules and be informed of the policies and philosophies of Carmel Dads Club. Furthermore, all Coaches & Asst. Coaches must have completed a background check and have this on file with the CDC office.

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