

# **Mudsock Youth Athletics Volleyball Rules and Information**

**Revised 7/28/25**

## **1. Practices**

- Check the website often to make sure there have not been changes.
- You are given your practice time from our scheduler. You may not change or swap your practice times without approval.
- Do not get the volleyballs out until the team before you has finished. You may stretch and jog in the hall but no volleyballs. Do not disrupt the other team's practice time.
- Be prompt about getting off the court when your time is up. It is not fair to the next team.

## **2. Matches**

Regular season matches will consist of three sets. All three sets will be rally score to 21 points. There will be a 23-point cap on all three sets. Teams shall alternate sides after each set.

We do not use the Libero position in our youth program.

## **3. Tournament**

End of the season tourney will be best 2 out of 3 sets, (to 25 pts. Capped at 27) with the deciding third set, if needed, being played to 15 points (capped at 17 pts.)

## **4. Pre-Match Captains Conference**

The official will have a coin toss prior to warm-ups, coaches need to choose 1-2 girls per match to be captains (take turns and let everyone be a captain). The winner of the coin toss shall choose between serve or receive. The serving team shall take the court first for warm-ups. There will be no additional coin toss prior to the third set during regular season. The warm-up time shall consist of 5 minutes court time for each team, serving to be included in that time. No shared serving. During the tournament when we play matches best 2 out of 3, there will be an additional coin toss before the deciding set 3 where the winner of the coin toss may elect to serve or receive or choose their preferred side.

## **5. Line-ups**

Write your starting line-up on the sheets provided and turn them in to the score table. The line-up for that set must remain on the score table. Between games, you may get your line up sheet and write your next starting line-up, then return it to the score table. Be sure to include your team number on the line up sheet. We will not allow coaches to come to the table and tell the score keeper the line-up, it must be written on the sheet. When turning in your line-up, remember that if you are the receiving team at the beginning of the game, you

will rotate before your first serve. This means that if you are the receiving team, your first server will start in right front.

To begin the match, all players will line up on the end line and run through the "Good Luck" line at the net. Then the starting 6 players will take the floor and the rest will go immediately to the bench so the match can get started. Sets 2 and 3, only the starting 6 will take the court in their position, ready to begin the set. At the end of the match, all players again line up on the end line and go through the "Good Game" line.

#### **6. Serve:**

**The 4<sup>th</sup> grade league is able to step in the court 10 feet for up to 2 successful serves before moving back to the 5-foot line for up to 2 successful serves;** they will then move to the end line to serve until a loss of rally. Once a player moves to the next serving line then they may NOT return to the previous line until the next match. For example: player A makes 2 serves at the front line in the first set, she has to move back for the rest of the current set, and the 2nd and 3rd set. She can move up again the next Saturday. If at any time the Official feels a team is taking advantage of this rule, he/she may instruct the server to step back for their next serve.

**The 5<sup>th</sup> grade league is able to step in the court 5 feet for up to 2 successful serves** before moving behind the end line. Once a player moves to the next serving line then they may NOT return to the previous line until the next match. For example: player A makes 3 serves at the front line in the first set, she has to move back for the rest of the current set, and the 2nd and 3rd set. She can move up again the next Saturday. If at any time the Official feels a team is taking advantage of this rule, he/she may instruct the server to step back for their next serve.

**The 6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> grade league will serve from the end line, they may not come into the court.**

The official will be enforcing the foot fault rule during the serve. If there is a foot fault there will be a loss of rally for the serving team, and a point awarded to the receiving team. The serve will then alternate to the receiving team. There are no second tries or re-dos.

After a player has served 7 consecutive serves, the serving team will rotate to allow the next player in rotation to serve. This rule is being added to ensure that games allow for more servers. There are no time limits on serves.

#### **\*Clarification\*Step back serving rule-6<sup>th</sup> grade**

If a player is attempting to overhand serve, they can start at 25 feet line, then move back after 2 unsuccessful serves. Overhand serving will not be enforced for any grade.

## 7. **Substitutions**

**Regular season** – No subbing at all for the first two sets. In the third set all players should be included whereby a player from the bench is rotated in for the player who had served prior to the rotation and the player who had served prior to the rotation returns to the bench to get back at the end of the substitution line. All players will be able to play in the third set with this approach. No substitutions will be tracked.

**Playing time- All Teams including Rec+** - All players must play in at 1 one of the first 2 matches in a tournament game. In an effort on inclusivity and sportsmanship; it is encouraged that teams try to make playing time even during the tournament.

**Tournament** – No subbing the first 2 sets, 3<sup>rd</sup> set you may sub. Every player must play 2 sets during at least one of the matches in the tournament without being subbed out.

**A substitution is when coach signals to referee for a specific player**

**Note- Substitutions are not the same as rotating players in to help ensure equal playing time.**

**Rotating In-3<sup>rd</sup> Match** - Unlike the regular season when rotating in is required in the 3<sup>rd</sup> match in order to even out playing time, this is NOT a requirement in the 3<sup>rd</sup> match of the tournament

## 8. **Court Etiquette** during practice and matches (parents, coaches, fans, and athletes)

- No heckling (yelling while serving, taunting) any player
- No walking through the gym while the athlete is serving – please wait for the end of play.
- No balls anywhere but in the gym
- No admittance anywhere in the school except the gym. (No cafeteria, stairwell, classrooms, hallways, etc.)
- No propping doors to the outside.
- If you wish to not approach a parent, please get a board member at the info table in the hallway first.

## **9. Equipment**

### **The Net and Poles**

The height of the net will be 6ft. 9 in. for 4th, 5th and 6th grade matches.

The net height will be 7ft. 4-1/8in. for 7th and 8th grade matches.

The poles and official stands are property of the school

### **Scoresheet and Scoreboard**

Score sheets and scoreboards will be provided by the MYA Volleyball League. One volunteer parent from each team will work the score table.

### **Volleyballs & Carts**

Equipment will be provided by the MYA Volleyball League. If you are interested in purchasing a volleyball to practice with at home, we use the following:

- Grades 4-6: Molten U-12 (light ball) or Tachikara Volley Lite (light ball)
- Grades 7-8: Molten L2 (normal weight)

## **10. Player Equipment and Uniform**

### **Uniform**

We require all players to wear their team jersey which is provided to them by the MYA Volleyball League. Players are not allowed to wear jewelry or hard head bands. They will be allowed to wear soft head bands to control their hair. If you are unable to remove newly pierced earrings, they must be taped with athletic tape before entering the match. Families are responsible for getting their athletes tennis shoes, kneepads, and black spandex or shorts.

## **11. Official's Responsibilities**

### **Umpire Responsibilities**

We do not use an Umpire (R2) or down official. The Referee (R1) or up official will be the only official at the match.

### **Timer Responsibilities**

We will not be using a timer for matches. The Official will be responsible for timing warm-ups and time outs.

**Time outs:** Each team is allotted 2 time outs each set. Time outs do not accumulate from one set to the next during the match.

### **Line Judges**

Each team will provide one parent volunteer to be a line judge. If a team plans to rotate line judges during the match, all line judges must report to the Official before the first match for instruction. Line judges should be in high school or older.

### **Scoresheet and Scoreboard**

Score sheets will be provided by the MYA Volleyball League. One volunteer parent from each team will work the score table.

## **12. Other**

### **Rally Score:**

A team does not have to serve to score a point. As a result, there is no longer a “side out” in volleyball. It is now called a “loss of rally.” Whichever team wins the rally is awarded a point and the ball.

### **Let Serve:**

A Let Serve is a served ball that touches the net, between the antennas, and continues over the net into the playable area of the opponent. It is legal for the serve to touch the net and then continue over.

### **Catching Ball During Serve or Letting Serve Toss Drop:**

In the spirit of our recreational league, we allow servers to both catch the ball or let the ball toss drop without stopping the server’s serve attempt. For either a caught ball or a ball toss drop the player will continue their service attempt without having to wait on the referee’s signal to continue.

### **Double Hit:**

A double hit, or multiple contacts, is allowed on any first contact on your side of the net. Provided that the multiple contacts occur in one single attempt to play the ball (you can’t swing one arm and hit the ball and then swing the other arm to hit the ball again; that is two actions to play the ball). It used to be that this was only legal on a hard driven attack. This means it is legal to receive the serve overhead (set/overhead pass). Any first contact on your side can be serve receive, a free ball, an attack, whatever the situation is the first time your team touches the ball on their side during the rally.