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## **VIRGINIA BEACH COMMUNITY LEAGUE YOUTH VOLLEYBALL RULES**

The object of this league shall be:

- To provide a wholesome and enjoyable recreational activity for the participants.
- To develop character, skill, sportsmanship, leadership, and promote good will among the teams and individuals participating.

**EFFECTIVE DATE:** These rules are in effect for the 2026 Spring Community Youth Volleyball League season. Coaches are responsible for advising their players and spectators of the articles within these rules.

**OFFICIAL RULES:** Virginia Beach Department of Parks and Recreation Sports Management (SM) rules and regulations and the National Federation of High School (NFHS) volleyball rules shall govern all leagues unless otherwise listed below. Coaches, players, and spectators must abide by all rules and regulations. For more information about the National Federation of State High School Associations (NFHS) Volleyball Rules please visit their website at <http://www.nhfs.org/>.

**TEAM REGISTRATION FEE:** SM will require a registration fee for all teams (check, money order, or credit card only). Check/Money Order are to be made payable to: **Treasurer, City of Virginia Beach**. Check/money order must be received by Tuesday, March 24, 2026, in order for a team to participate in the league. Credit card payments can be made online once fees have been applied to the Recreation Association's account.

Forms received after this date will be placed on a waitlist. If space is available and the entry form is accepted, those teams will be assessed a \$25 late fee.

### **ADMINISTRATIVE RULES**

SM assumes the following responsibilities:

- Match facilities and equipment.
- Payment of officials association.
- Custody of late youth player add forms and official online team rosters.
- Authority to rule on player eligibility, rules, and regulations.
- Awards to division champions.
- Provision of match balls which are not to be use for practice or warm ups.

## **PLAYER ELIGIBILITY**

Information on player eligibility can be found in the General Rules for All Community League Sports.

A player's age on **September 30 of the current school year** determines eligibility. **EXCEPTION:** A player who turns 10 years old during the league season (Spring season: April – June) will have a "league age" of 10 years old.

- **12U Girls and 12U Coed:** Age 12 and under (must be 10 years old on or before September 30 of the current season or turn 10 years old during the league season). Cannot be 13 years old on or before September 30 of the current season.
- **14U Girls and 14U Coed:** Age 14 and under (cannot be 15 years old on or before September 30 of the current season).
- **18U Girls:** Age 18 and under (cannot be 19 years old on or before September 30 of the current season).

## **PLAYER ENROLLMENT**

Information on the late youth player add forms and roster policy can be found in the General Rules for All Community League Sports.

1. Individual player enrollment will open online Wednesday, March 25, 2026, at 8:00am. Players may join registered teams online with the activity code, team name, and team password provided by their coach. The deadline for online player enrollment is Tuesday, April 21, 2026, at 11:59pm. Any players that have missed the online enrollment will not be eligible to play until after their team's first game of the season. If the online player enrollment deadline is missed, all late youth player add forms must be sent from the Recreation Association's Area Chair or Sport Coordinator in order to be accepted. Late youth player add forms will not be accepted by the SM office until after the team's first game.
2. Rosters can be viewed on our website.
3. The deadline for adding players to a team's roster for a weekday match is the previous business day by 3:00pm. For example, in order for a player to be eligible to participate on a Wednesday match, the player must have a completed youth player add form in the SM Office by 3:00pm on Tuesday. Every effort will be made to process player add forms submitted the same day of game/match (weekdays) however, addition to the official roster cannot be guaranteed.
4. Maximum of 12 rostered players per team.
5. The final cut-off date (when all rosters lock for the remainder of the season) will be **Monday, May 18, 2026**. No new player(s) can be added after this time. **NOTE: Player information found to be false shall result in player ineligibility for one year.**

## **GENERAL REGULATIONS**

1. Practice may begin Wednesday, April 1<sup>st</sup>, 2026.
2. **Each team is permitted one Head Coach, two Assistants, and one Junior Assistant.** If equipment managers and/or team parents are used, they are included in (and not in addition to) the maximum number of assistant coaches. The name and telephone number of each team's Head

Coach and Assistants must be on file in the SM office **BEFORE** the start of the season. SM shall be notified of any coaching changes during the season.

3. **Information on the Youth Sports League Volunteer Identification System is located in the General Rules for All Community League Sports. Please email our office for the most up to date copy.**
4. **Mandatory virtual coaches meeting in March.** The date and time of the meeting will be included in the coach's packet. It is mandatory that each team be represented at this meeting. The officials' association will cover rule changes and answer questions.
5. **Coaches are encouraged to become certificated by the National Youth Sports Coaches Association.** The cost of the certification program is \$20.00 per year.

### **SCHEDULING OF MATCHES**

1. Matches will be played in accordance with the schedule created by SM with match sites and times distributed as equitably as possible.
2. Any coach finding it impossible to play a scheduled match must notify SM as soon as possible, so that the necessary arrangements can be made. This constitutes a forfeit, and the opposing team will receive credit for a win.
3. If a match is postponed due to weather, power failure, or conditions beyond our control, SM will determine a make-up date/time/location and will post make-up match information to our website by the next business day of the cancellation. Postponed matches can be rescheduled at the end of the regular season or on alternate nights of play. Matches that have no bearing on league standings may not be rescheduled (see General Rules for All Community League Sports).
4. SM reserves the right to arrange postponed matches, reschedule matches, change match times, move matches, and/or cancel matches, if necessary, due to conditions beyond our control. Please contact SM with any questions.
5. There will be no postponement or rescheduling of league matches for any reason other than those noted above.
6. If a team forfeits two matches in succession or three matches in a season for not having the required number of players to start the match, the team will be subject to removal from the league.
7. If during a match, conditions (light failure, loss of power, surface playability, etc.) force a stoppage of play before the match is considered official, a 15-minute delay shall be in effect. If after 15 minutes, conditions have not improved so as to continue the match, that match will be called off and rescheduled for a later date. The remainder of scheduled matches at that site for that day may also be cancelled and rescheduled for a later date (see General Rules for All Community League Sports).

### **STANDARD MATCH PROCEDURE**

1. The officials will be paid by SM and will be assigned by the Officials Association. One official will work each match during the regular season and two officials will work each 18U match and each post-season game. No team has the right to refuse any official(s) assigned. If the official(s) have not arrived by match time, please see the on-site Gym Supervisor. A match will not be delayed for more than 30 minutes to wait for the official unless the teams are informed otherwise.

Should there be an official “no show” for any of our Sport Management league games, for which only one official is assigned, the game(s) will be postponed and rescheduled for a later date.

2. Gym Supervisors are assigned by SM. Coaches, players, and spectators are expected to cooperate with the Gym Supervisors.
3. Head Coaches are the **ONLY** coaches permitted to address an official. Assistant Coaches and spectators **ARE NOT** permitted to address an official regarding a call. Coaches should remain within the coaching area and should not go on the court or in the stands.
4. Head Coaches are responsible for maintaining proper conduct among their assistants, players, and spectators at all times (before, during, and after all practices and matches at all facilities). Players, coaches, and spectators may be suspended from future matches based on inappropriate behavior. **Unsportsmanlike conduct will not be tolerated.**
5. Coaches are responsible for keeping spectators and non-rostered individuals off their benches and out of the team area. For safety/liability purposes, any non-rostered person(s) (other than coaches) will not be allowed to sit/stand in the bench area.
6. Each team shall provide a volunteer score keeper. Volunteers should check in with the Gym Supervisor at least ten minutes prior to the start of the match. Volunteers will assist with the official scoresheet and game scoreboard.
7. **Starting of Matches:**
  - There is **NO** grace period. Match time is forfeit time. Official time is administered by the official’s watch/mobile phone.
  - Teams should be at their match site at least 15 minutes ahead of their scheduled match time. A match can start earlier than the scheduled time if both coaches agree.
  - Teams must have a minimum of five players present at match time to begin. If a team plays with only five players, at the vacant, or “ghost” position, there will be a loss of serve and a point is awarded to the opponent. The sixth player may be substituted into the set to occupy the vacant or “ghost” position as soon as they arrive, with no penalty.
  - If a team does not have five players at match time, the official will declare a first set forfeit. The team will be allowed 15 minutes for other players to arrive after the first set is forfeited. If after 15 minutes, a team still does not have five players, both second and third sets will be forfeited.
  - If neither team has five players at match time, the officials will declare the first set a double forfeit. The teams will be allowed 15 minutes for other players to arrive after the first set is declared a double forfeit. If after 15 minutes, teams still do not have five players, the match will be declared a double forfeit by the official and both teams will be credited with the applicable number of losses.
  - If a match is forfeited, or if there is an official “no show,” participants scheduled **MAY** use the court for 30 minutes and clear the court 15 minutes prior to the start of the next scheduled game.
  - SM Staff will determine the postponement or cancellation of games.
8. The home team is listed to the left of the schedule. The team listed to the right is the visiting team and will call the coin toss which will determine service side. The home team will use the bench to the right of the table and the visiting team will use the bench to the left of the table, when looking at the court.

9. Warm-up: Teams will receive seven minutes of combined warm-up (five minutes shared bumping/hitting and two minutes shared serving), prior to the start of each match. Teams may opt to decline or reduce warm-up time and instead begin the match immediately. However, both coaches must agree.
10. Coaches will complete a roster & lineup sheet at the beginning of the match with the starting floor position (not serving order) while designating a captain with a "C". What the coach enters on the line-up is where the players start the set on the floor. Rosters & lineup sheets must be submitted to the Gym Supervisor by the end of the combined warm-up period, and before each set.
11. Between sets, teams may warm-up in their playing area, but may not hit volleyballs over the net into the opponent's playing area.

### **PLAYERS EQUIPMENT**

Information on jewelry and uniform policy can be found in the General Rules for All Community League Sports.

1. Teams must provide their own practice balls, uniforms, and other equipment they deem necessary. SM will provide the match ball. **This is not to be used for practice or warm ups.**
2. Uniforms are not required, but uniformity is requested. Teams must have like-colored shirts with numbers. Numbers should still be visible when shirts are tucked in and must be permanently affixed to the shirt (no tape-on numbers). Violation of this rule may result in a written warning or player(s) being ineligible to play. Uniform numbers are not protestable.
3. Shorts/pants cannot have pockets, zippers, or belt loops. No tape-ups or cover ups. This is a safety issue and will be strictly enforced.
4. **Unadorned (plain) bobby pins, flat clips, or flat barrettes not longer than 2 inches in width, may be worn to control a player's hair. All other hard objects in the hair are prohibited.**
5. Players wearing casts of any type (soft or hard) are not eligible to participate.

### **PLAYING RULES**

1. **MANDATORY PLAY RULE:** Each player in uniform at the match site must complete at least one full set of play at the earliest opportunity. It is the coaches' responsibility to adhere to this rule. If a violation of the Mandatory Play Rule is discovered, play will stop until the necessary substitutions are made to rectify the situation. Violations will be brought to the attention of the SM Office and may result in suspension of the head coach.
  - Example: Roster of 12
    - 6 players play the entire first set
    - The other 6 players play the entire second set
    - No restrictions during the third set
  - Example: Roster of 9
    - 6 players play the entire first set
    - The other 3 players play the entire second set along with any 3 others
    - No restrictions during the third set
- Injury: If a player is injured and taken out before they have completed the mandatory playing requirement, the player must still play one full set if they are able to return to the match.

- Since there is a Mandatory Play Rule, a player should not be removed if a minor problem can be resolved on the spot (Example: jewelry, uniform or shoe adjustment, or minor injury that is shaken off).
  - The Mandatory Play Rule is in effect for all matches.
  - The score table will monitor the Mandatory Play Rule and alert coaches of players who need to enter the set to satisfy their mandatory play requirement. If a discrepancy is found, the official will be alerted, and the set will stop until the necessary substitutions are made, and the set will resume. If a coach refuses to comply with the Mandatory Play Rule the officials may rule a forfeit. Any coach whose team forfeits a match for refusal to comply with the Mandatory Play Rule may be placed on probation or suspended for up to one year.
  - Six Players: If a team loses a player because the player has to leave the match, and has an eligible substitute, there will be no team penalty. If no substitutes are available to replace the player, the spot vacated by that player will be deemed as a “ghost” and will follow the vacant position ruling. In order to continue play, a team must always have at least five players.
2. All sets will use the “Rally Point” scoring system (teams can score a point regardless of who serves) being played to 21 points. Teams must win by two points with no time limit and no point cap on a set.
  3. All regular season matches consist of three sets. All three sets will be played. Teams will not switch ends. There will be no coin flip before the third set.
  4. **SERVING**
    - Underhand servers in the 12U Girls and Coed (ONLY) may extend their serving grace area onto the court.
      - Because tape cannot be placed on the floor, **the basketball free throw line (regardless of its distance from the end line)** will be used for foot faults, as it is the largest and most visible line. The gives a grace of approximately 5-8 feet onto the court in most match facilities.
      - Coaches are encouraged to challenge players to stay back if all/part of the grace area is not needed.
    - All overhand serves in the 12U Girls and Coed must serve from behind the end line.
    - All players in 14U Girls and Coed, and 18U Girls must serve from behind the end line.
    - A tossed ball for serve contacting a backboard in vertical position is a fault.
  5. When the ball strikes the cables and/or the diagonal poles used to retract a suspended net system the official will stop play and determine if the ball was playable. The official will signal out-of-bounds or replay.
  6. Teams will be allowed two time-outs (one minute each) per set; with no carry over from set to set. A request for a third time-out is an unnecessary delay and will be penalized accordingly. After a team is charged with an unnecessary delay, no further substitutions may be requested by that team until the next completed rally.
  7. Nets will be no lower than seven feet in height (recommended between seven and seven one half feet).
  8. The Libero player will not be used.
  9. There should be no activities that encourage delays. Officials will make every effort to keep matches moving.

10. Once a replay is signaled by the official, no requests may be recognized (timeout, substitution) until after the replay. **Exception:** When a replay is signaled due to an injury/illness and the injured/ill player cannot continue to play, the head coach may request a substitute for the injured/ill player or take a team time-out(s) if the team has remaining time-outs.

11. **ADDITIONAL RULES FOR COED PLAY**

- Teams may have no more than three males on the court at one time.
- Serving order and starting floor position may not consist of two males consecutively.
- In order to participate in a coed division, a team must have at least one male and one female, but no more than four males on the team roster.
- 14U Coed
  - Males may only use an attack hit, such as a spike, from behind the 10 ft line. Both of the player's feet must be behind the line in order to attack the ball.
  - An attack is an offensive action of attempting to score a point by hitting the ball to the floor on the opponent's side of the court or off the opponent's blockers.
  - Spike Definition: Hitting the ball at a strong downward angle that travels forcefully into the opponent's side of the court.
  - If they are within the 10 ft line, the ball must be up over the net with an upward trajectory (i.e. forearm pass, set, tip, etc.).

**POST SEASON PLAY (Fall Only)**

1. At the end of the regular season, if two or more teams are tied, the standings tiebreaker will be: 1) head-to-head play amongst all tied teams; 2) coin toss. When head-to-head play is used, points scored/point differentials will not be considered; only win-loss.
2. At the end of the regular season for leagues with multiple divisions of play, the top two finishing teams will advance into their respective league's playoff. In the event of a tie for 2<sup>nd</sup> place, the tiebreaker will be: 1) head-to-head play amongst all tied teams, 2) a play-in game. When head-to-head play is used, points scored and/or point differentials will not be considered; only win-loss.
3. At the end of the regular season for leagues which only have one division of play, the top four finishing teams will advance to the playoffs. In the event of a tie for 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place, the tiebreaker will be: 1) head-to-head play amongst all tied teams; 2) coin toss. In the event of a tie for 4<sup>th</sup> place, the tiebreaker will be: 1) head-to-head play amongst all tied teams; 2) a play-in game. When head-to-head play is used, points scored and or point differentials will not be considered; only win-loss.
4. All playoff matches are the best two out of three sets. All playoff matches will use the "Rally Point" scoring system (teams can score a point regardless of who serves) played to 21 points. Teams must win by two points with no time limit and no point cap on a set. A coin flip will determine serve/side if a playoff match goes to a third set.
5. Any playoff match suspended will be rescheduled and will resume from the point of interruption. Be prepared to play on short notice if matches are suspended.
6. Higher seed shall be the home team. If teams have same seeding, a coin flip shall be used to determine home team.
7. Match ball will be provided by SM.

## **WEBSITE**

Updated schedules, scores, rosters, standings, and post season brackets (Fall only) can be found on our website.

## **SUSPENSION POLICY**

Information on the suspension policy can be found in the General Rules for All Community League Sports.

## **PROTESTS**

Any and all protests must be clearly stated to the official on the court at the time of the infraction. Only player eligibility is protestable. All protests must be submitted in writing by the Area Chair to the SM Office. Judgment calls by the official(s) are not protestable.

To protest player eligibility during a match:

1. All protests must be clearly stated to the official on the court, identifying the player being protested, and submitted in writing by the Area Chair to the SM Office within two business days of the incident. The protest (both on the court and in writing) must detail the reason for the protest (i.e., the player in question is not on the team's online roster, the player participating is under an assumed name; etc.).
2. Upon notification, the official shall stop the game, call both coaches out to the court, and inform both coaches that an official protest has been lodged. The Gym Supervisor will also be informed of the protest on the court. The Gym Supervisor will request the player in question to provide additional information.
  - Once obtained, the Gym Supervisor will document all information. If the Gym Supervisor determines the player's name is on the roster, the match will continue.
  - If the player in question provides additional information, the Gym Supervisor will document the protested player's full name and additional information. If the Gym Supervisor determines the player's name is not on the online roster, the player will be removed from play and the game will then continue under protest.
  - If the player in question refuses/incorrectly provides additional information, the match will be forfeited immediately, and the coach will be placed on probation for one year. A second offense will result in the coach being suspended for up to one year.
3. Upon receipt, SM will review the written protest. If the player is deemed to be eligible, the protest will be denied, and the result of the match will become official. If the player is deemed to be ineligible, any or all of the following actions will be taken:
  - Forfeiture of the most recent games played with ineligible player(s)
  - Coach and player(s) probation and/or suspension for up to one year.
  - Loss of Post Season eligibility.
4. All matters of an arbitrary nature in connection with a player's eligibility may be protested at any time during the season by the Area Chair.
5. All decisions rendered by SM are final.

### **AUDIO/VISUAL**

Information on the audio/visual procedure can be found in the General Rules for All Community League Sports.

### **LIGHT DIFFICULTY**

Information on the light difficulty procedure can be found in the General Rules for All Community League Sports.

### **INSURANCE**

Information on the insurance requirements can be found in the General Rules for All Community League Sports.

### **INJURED PLAYERS**

Information on injured players can be found in the General Rules for All Community League Sports.

### **FACILITY USE**

Information on facility use can be found in the General Rules for All Community League Sports.

### **NOTES**

- The SM Coordinator has the authority to make final decisions on all rules, interpretations, and any matters concerning all youth sports, and will impose penalties and suspensions upon teams, spectators, and players as necessary to insure the orderly conduct of the league.
- Coaches will advise spectators, parents, players, and assistant coaches of these rules. Unfamiliarity of any rules on the part of the coaches, parents, players, spectators, or assistant coaches shall not be tolerated.
- SM reserves the right to prohibit any individual or team from participating in our programs or revoke individuals or team's privileges to participate in our programs for abusive behavior.
- These Rules are in addition to the **GENERAL RULES FOR ALL COMMUNITY LEAGUE SPORTS**.