



Girls Youth Volleyball League Rules

1.00 NFSHA Rules

1.01 Leagues will play with current rules established by National Federation of State High School Associations, except for these exceptions or modifications.

2.00 Game Time

2.01 The scheduled match time is forfeit time (there is no grace period). Teams may start with as few as 4 players before a game is ruled a forfeit, if that is all that a team has present. Teams may not pick up players from other league teams to field a team.

2.02 If the first game is ruled a forfeit, the second game of the match will be declared a forfeit 15 minutes after the Originally scheduled match time.

a. In tournament play, the entire match will be ruled a forfeit at game time.

3.00 Playing Time Requirement

3.01 All girls on the team will rotate into the game as part of the rotation before serving. This rotation will occur after a player has played the defensive position from the back right.

3.02 It is recommended that coaches consider changing the starting positions each game (or that girls start game 2 at the same position that they ended game 1), so that all players receive equal opportunity to play.

3.03 If a player is injured during a game, they will be skipped in the rotation until they are able to participate again.

a. If a player arrives late to a game, then they will need to be added to the end of the rotation.

4.00 Scoring Points and Matches

4.01 Rally scoring format will be used.

4.02 During the regular season matches will be the best 2-out-of-3 games. The first 2 games will be played to a score of exactly 25. The third game will be played to a score of exactly 15.

4.03 In tournament play, matches will be the best 2-out-of-3 games. The first 2 games will be played to a score of 25, teams must win by 2 points with a cap of 30 points. The third game will be played to 15 and a team must win by 2 points with no cap.

5.00 The Ball

5.01 The league will provide game balls

a. The 10 – 12-year-old league will play with a Volley Lite size volleyball.

b. The 13 – 15-year-old league will play with a regulation size volleyball.

6.00 Legal Uniform

6.01 Uniform shirts are provided to all players by Goodlettsville Parks and Recreation and shall be worn during all matches.

a. No player may play without a uniform shirt.

7.00 The Serve

7.01 A coin toss before game 1 will determine serve for games 1 and 2. A coin toss before game 3 will determine serve for the final game. In the third game, teams will rotate sides of the court after 8 points during the regular season, and in tournament play.

- 7.02** In the 10 – 12-year-old league, there is a maximum of 5 consecutive serves by one player. After the 5th consecutive successful serve, the team will be required to rotate to the next person in the rotation.
- a. At the coach's discretion, a player may choose to serve from the "step-in" line (service line that is 6'6" into the court) on the court for the first 3 serves. If a player successfully serves 3 points from that line, they will then be required to move back to the normal service line for the final 2 opportunities.
- 7.03** Players may serve overhand or underhand and the ball should be contacted within 5 seconds after the referee's signal to serve.

8.00 Conduct

- 8.01** First offense of any type will result in a point/side-out awarded to the opponent.
- 8.02** Second offense by the same individual or a single flagrant offense will result in a point/side-out awarded to the opponent and the disqualification of the player from the match.
- 8.03** A player disqualified will always receive a minimum of a 1-match suspension following the match in which he or she is disqualified from.

9.00 Time-Outs

- 9.01** Each team is limited to 1 time out per game, not to exceed 1 minute.

10.00 Restricted Area and Obstructions

- 10.01** Coaches and players not in the game may not be any closer to the court than the blue line in front of the team bench.
- 10.02** A ball striking the ceiling or overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net that is occupied by the team that last played the ball, and the ball is legally played next by the same team.