



COED Recreational Volleyball Rules

Ball Size

- 9U & 11U: Volleyball Lite (Official size, but lighter weight)
- 13U & 15U: Regulation-size volleyball

Game Ball Requirement

- The game ball must be inspected and approved by both team coaches and the referee before the start of the match.
- 9U & 11U divisions must use a Volleyball Lite (official size, but lighter weight).
- 13U & 15U divisions must use a regulation-size volleyball.
- Using a heavier ball than designated for the division is not permitted and creates an unfair advantage.
- Referees should confirm that the correct ball is being used prior to the match starting to avoid disputes.

Net Height

- Approximately 7'

Number of Players / Minimum of 9 Players

- No forfeits.
- Games may only be played with fewer than 6 players if fewer than 6 show up to participate.
- If a team shows up with fewer than 6 players, both teams will play with the same number.
- Teams may borrow players from the opposing team if the opposing team agrees. Otherwise, both teams will start the 1st set 5 vs 5, then the opponent may add their 6th player

Players

- All players must wear an NYS-administered or approved jersey during the match.
- Players **may not wear jewelry**, rings, watches, pins, or other metallic objects. Taped new earrings are allowed, but NYS does not provide tape or bandages.
- Rosters must have a minimum of 9 players and a maximum of 12 players, unless previously approved by the league coordinator.
- All players should receive at least 50% of gameplay time.
- Three coaches are allowed on the sideline; only one coach may stand during gameplay.

Coaches, Sideline Judges, and Scorekeepers

- Coaches must be 18 or older (if under 18, they must always be accompanied by an adult on the sidelines).
- Scorekeepers and Sideline Judges must also be 18 or older.

Service Rules

- A coin toss determines who serves first.
- Players may serve underhand or overhand at all levels.

9U Division:

- Players may serve behind the 10-foot line.

NYS Nevada Youth Sports

- Two attempts on the first serve are allowed.
- Max of 3 contacts before the ball goes over the net.

11U Division:

- Serve allowed 5 feet in front of the end line.
- Max of 3 contacts before the ball crosses the net.

13U & 15U Divisions:

- Serve allowed 2 feet in front of the end line.
- Max of 3 contacts before the ball crosses the net.

Other Serving Rules:

- Attacking the serve is not allowed. Contact must be made below the net height if returning a serve.

Automatic Side-Outs / Serving Limits

- 9U: Side-out after 3 consecutive points while serving.
- 11U, 13U, 15U: Side-out after 5 consecutive points while serving.

Time Limit

- Match limit: 50 minutes.
- First 2 sets to 25 points, 3rd set to 15 (if time allows).
- If 50 minutes end during a set, the game ends as is.

Timeouts

- Two 30-second timeouts per set.
- No timeouts allowed during the last 2 minutes of the 3rd set.

Rotations (All Divisions)

- All players must play in each set.
- Players not on the court should sit in rotation order on the sideline.
- Teams rotate only after a side-out, and only the serving team rotates.
- Rotation is clockwise. The server rotates out; a new player rotates into the middle back (non-serving) position.
- Rotation order remains the same throughout all sets.
- No direct substitutions. Injury substitutions only are permitted.

Net Play

- Players may not touch the net while the ball is in play.
- Playing the ball off the net is legal.
- Violations occur if a hand or foot completely crosses the centerline.

Out of Bounds

- Balls landing on the line are in.
- If a ball enters another court, out of play.
- If the ball hits the ceiling on your side, play continues.
- If it hits the ceiling on the opponent's side, it's out.
- Balls that hit the net but cross over to the opponent's side are legal.

- All these are judgment calls—officials have the final say.

Scoring

- Rally scoring system (each rally scores a point).
- The home team must provide a volunteer scorekeeper.
- Each team must provide a volunteer line judge.
- Scorekeepers and line judges must be 18 or older (no exceptions).

Gameplay Rules

- Net Fouls: Called on all age levels.
- Double Hits: It is illegal for the same player to make two consecutive contacts with the ball.
- Illegal Hits:
 - Two-handed open-palm hits (underhand or overhand) or thrown balls will be called illegal.
 - One-handed hits are legal if the ball does not come to rest.
- **Age-Specific Guidance:**
 - **9U:** Illegal hits will be called more liberally.
 - **11U, 13U, 15U:** Illegal hits will be called more strictly for:
 - Underhand passes (hands together)
 - Overhand sets (brief contact with finger pads)
- **Benefit of the Doubt:** If a child attempts a skill (e.g., setting) properly but fails, the referee may allow the hit and the point. Incidental contacts are legal unless play is stopped by the official.
- **Double Hits:** Will not be allowed.
- **Screening:** Not allowed.
- **Calling In/Out Balls:**
 - **Only players (including bench players)** may call a ball in or out.
 - **Parents and coaches** should not call the ball, even if it's clearly in or out—let the children decide.

Ball Protocol

- Only game balls can be used inside the gym during gameplay.
- Prohibited in the gym:
 - Bouncing, dribbling, tossing, or throwing balls
 - Balls not in play
- All sports balls must be left in your vehicle.
- Repeated violations may result in removal from the facility.

Sportsmanship & Conduct Expectations

- All parties (coaches, players, parents, spectators) must uphold NYS values and philosophy—competition should be fun and educational.
- Family/spectators: Must stay in designated areas. No parents on the court.
- Inappropriate behavior (rude, confrontational, vulgar language) from anyone may result in:
 - Disqualification
 - Suspension
 - Game cancellation at the discretion of NYS officials

- Respect Site Staff: They are enforcing facility and NYS rules. Disrespect may result in ejection or suspension.

🚫 Food & Drink Policy

- **No food or drinks are allowed inside the gym.**
- **Team snacks** must be distributed **outside** the facility.
- These rules are set by the **facility**—violations jeopardize our ability to use the space.

● Additional Rules

1. Arguing with Officials:
 - First Warning: Yellow Card
 - Second Offense: Red Card = Game Cancellation + Ejection
2. Ejection Protocol:
 - Anyone asked to leave must do so immediately.
 - Refusal = Team forfeits the rest of the game.
 - Fans may be suspended or banned from future games/seasons.
3. Coach Misconduct:
 - Coaches may be ejected and suspended based on NYS discretion.
 - No exceptions for inappropriate behavior toward staff or referees.
4. Rule Enforcement by Staff:
 - If told no food/drink or no ball handling on courts—comply immediately.
 - Site staff are not the rule creators; they are enforcers.
5. Everyone Represents the Team:
 - Spectators and coaching staff are part of your team.
 - If a parent violates the rules, the whole team may suffer consequences.
6. Unauthorized Court Use:
 - “Courts open” ≠ NYS has access.
 - **No one (coaches, players, spectators, children)** should be on courts unless paid for directly.
 - NYS pays only for **designated courts**.
 - **Do not warm-up or bounce balls** on unused courts unless reserved by you personally.

💬 Final Reminder

We appreciate all that you do for the players, but we need full cooperation from coaches, parents, and spectators to ensure a positive, respectful environment for everyone involved.