



Rec Volleyball Rules

Ball Size: 9U/11U: **Volley Lite** (official size but lighter); 13U/15U: **Regulation Size**

Net Height: Approximately Seven (7) feet

Before the Match:

- Mandatory pre-match meeting.
- **HOME:** scorekeeper + line judge (must be over 18).
- **AWAY:** line judge (must be over 18).
- Scorekeepers: No phones. No food at score table. Stay attentive.
- **COIN TOSS:** Home calls the toss. Winner chooses Serve, Receive, and Sides.
- An NYS-administered or approved jersey must be worn during the game. All players must be wearing matching jerseys.
- Teams utilizing **NYS jerseys** must follow the following:
 - Home team wears **teal**, away team wears **white**.
- No jewelry of any type is allowed. Newly pierced ears may be covered with tape or bandage.

Warmup:

- 4 mins. Teams will warm up at the same time on opposite sides of the court.

Match Format:

- NYS will provide one official for each game.
- 50 minutes. 2 sets to 25 (3rd to 15 if time allows).
- Sets are not a win-by-2 points. 1st to 25. If a team wins the first 2 sets, a 3rd set is played if time allows.
- All Coaches and spectators, who are watching a game, are prohibited from commenting or questioning a call of the Referee officiating the game. A disruption of this nature may result in disciplinary action upon review by the League Director.
- **FOR COMMENTS ON HOW A REFEREE IS OFFICIATING, TAKE YOUR ISSUES TO THE LEAGUE DIRECTOR.**

Serving:

- 9U division will receive 1- "redo" serve. No "redo" for all other age groups.
- Serving player will wait for whistle/ ref authorization to serve.
- Serving player has 8 seconds to serve after the authorization whistle.
- Automatic side outs will occur after the following amount of points are scored.

- 9U – **3 POINTS**
- 11U-15U – **5 POINTS**
- Serving lines for each division
 - 9U – **10 ft** from net. Line will be marked by NYS.
 - 11U – **5 ft** in front of serving line. Line will be marked by NYS.
 - 13U & 15U – **2 ft** in front of serving line. Line will be marked by NYS.

Rotations:

- All players will play in each set.
- Rotate clockwise on side-outs.
- No substitutions out of rotation.
 - Exception: Injury occurs requiring a player to leave the game.

Obstructions:

- Ball hits obstruction on opponents side = side out
- Ball hits ceiling on same side = playable if under 3 touches
- Ball hits wall = dead ball. Redo serve
- Ball hits net but crosses = live ball and playable.
- Ball hits object and crosses the net = opponents point

Violations:

- No attacking serve above net.
- No back row attacks.
- No net contact.
- Foot faults will be called if the entire foot is over the serving line.
- Double hits are discretion of the official.

Timeouts:

- Two timeouts for the 1st two sets. Timeouts are 30 seconds.
- No timeouts in the 3rd set.

Injuries:

- Officials will stop play for 30 seconds. Player will be subbed or return to game. Timeouts are allowed for more time.
- Defensive players must stand five (5) yards away from the ball until the ball is touched and travels in a forward motion.

Sidelines:

- Bench players must be off of the court and seated. (If chairs available)
- Coaches stay behind the 10ft line
- Coaches are responsible for controlling their sidelines.
- Officials will communicate with the Coaches only.

Coaches and Spectator Conduct/Responsibilities

- Family members, parents, and spectators are required to observe the contest from designated areas.

- Participants, coaches, parents, and family members must conduct themselves appropriately during gameplay.
- Participants, coaches, parents, and family members will refrain from the use of drugs, tobacco, and alcohol at all NYS facilities. Any use of these items will result in immediate removal from the field.
- Artificial noisemakers, such as, but not limited to, air horns, cowbells, drums, megaphones, car horns, etc., shall not be allowed. Electronic devices used to communicate between the Players and Coaches is not allowed.
- Inappropriate, rude, or confrontational behavior by a coach, player, or spectator may lead to disqualification from the game and possible suspension. These decisions are made at the sole discretion of the NYS League Officials.

RULES SUBJECT TO CHANGE WITHOUT NOTICE