TALLAHASSEE PARKS AND RECREATION YOUTH GIRLS VOLLEYBALL

RULES, REGULATIONS AND GENERAL INFORMATION FOR ALL LEAGUES

The following are specific rules and regulations for the City of Tallahassee Parks and Recreation Junior, Intermediate and Senior League Volleyball Programs. The Official National Federation of State High School Association's current Volleyball Rule Book governs all other official rules of this program.

1. **Scoring/Termination of Game**
    a. 25 points and ahead by 2 points, third game to 15 and ahead by 2 points; rally scoring, point scored on every serve.
    b. Side Out – a side out shall be declared when the serving team violates a rule or when a server has scored 5 consecutive points. The server can score a maximum of 5 points before side out will be called. (A point will NOT be awarded to opponent when a side out occurs due to the 5 serve rule)
    c. Two out of three games or one-hour of play constitutes a complete match. If a match ends after the 2nd set, teams may scrimmage without officials if time remains. The court will be cleared 10 minutes prior to the next scheduled match. The match ends when the one-hour time limit expires regardless of whether or not the match has been completed.
2. **Receiving the Serve** – Players must return the serve with a legal hit. No two hand slapping at the ball.
3. **Coin Toss** – Occurs prior to the first game of a match. The winner shall choose either to serve or receive or the side of court for the first game. There will be an additional coin toss before the third game.
4. **Out of Bounds** – When the ball touches the floor completely outside the court's boundary lines. The boundary lines are considered in bounds.
5. **Out of Bounds/Roofs and Walls** – If the ball touches the back wall of the gym at any point, the ball is dead and the point is awarded to the opposing team. If the ball hits the roof on your side of the court from your team's touch and you still have a legal hit left, you can use that hit when the ball comes back down. If the ball hits the roof on your opponent's side of the court from your team's touch, the point is awarded to the opposing team.
6. **Tournament Rules** – the final week of the season (leading up to the tournament), we will enforce tournament rules. This means we will call foot faults the final week of the season and in the tournament.
7. **Timeouts** – Each team will have 1 timeout per set (1 minute)
8. **Participation** – The youth volleyball program is designed for participation by all players. While it is reasonable that everyone will not play the same amount of time, coaches will ensure that every player will start 1 of the first 2 games out of the 3 game match.
9. **Substitutions** – Players must substitute into the game, in order, into the middle back position each rotation. This substitution will begin with the first rotation for each team. Once the substitution/rotation order is established, it will not change for the entire set (game). This order can be changed from one set to the next.
10. **Uniform** – Sneakers or gym shoes must be worn. Team jerseys will be supplied by Tallahassee Parks and Recreation and must be visibly worn in the game and shall not be altered. Other uniform equipment is optional but coaches should not ask players or parents to purchase additional uniforms. It is strongly recommended that jewelry not be worn during participation. However, if a participant chooses to wear jewelry, they do so at their own risk with their parent's permission.

11. **Equipment** – Practice and game balls will be provided by Tallahassee Parks and Recreation and must be returned at the end of the season.
12. **Participation in Outside Leagues** – A player may play for her middle school or high school team and still participate in the recreation program.
13. **Adding Players** – Volleyball coaches may not add players, only Tallahassee Parks and Recreation can assign new players. A play may not switch from one team to another. No players may be added the final two weeks of the season. If a player does not participate in at least one match during the last 2 weeks of the season, it will be the coach's discretion whether or not she is eligible for the tournament.
14. **Grace Period** – There will be no grace period. Games will start as scheduled. A team must have at least 4 players to start a match. Players may be borrowed from the opposing team only until additional players arrive.
15. **Foot Faults** – They will not be called during the season. However, they will be called during the end of the year tournament. All coaches should be encouraging their players to work towards being able to serve behind the service line before the end of the season. To help encourage this process, a service area will be designated and reduced as the season progresses in the Junior and Intermediate Leagues.
16. **Re-Serves** – A re-serve shall be called when the server releases the ball for service, then it drops to the floor. The referee will cancel the serve, and direct a second and last attempt at serve. Each player may have only one re-serve during a team's turn of service. If the server tosses the ball and catches it, this is a side out and the point and service is awarded to the other team.
17. **Serve** – A ball that contacts the net between the antenna's and passes into the opponent's court during a serve is a legal ball. Players will be given 5 seconds to serve the ball from when the official blows the whistle. Failure to serve in 5 seconds will result in a point for the other team and a side out.
18. **Proof of Age** – A player must be 8 years of age and may not turn 16 before September 1.
19. **Playing out of town teams** – Tallahassee Parks and Recreation does not endorse or permit a local team playing out of town teams. The department will not accept the liability involved. Therefore, only league play is permissible.
20. **End of Season Tournament** – This single elimination tournament will be seeded by a blind draw.
21. **Unsportsmanlike Conduct** – There is no excuse for unsportsmanlike conduct – for either coach or player.
    a. **Coach** – If a coach is charged with unsportsmanlike conduct during a match, she/he will no longer be allowed to coach that match. She/he must leave the gym and will be suspended for one match. If a coach has to leave the gym on two occasions during the season, she/he will be immediately dismissed as a coach for the remainder of the season. A coach may be dismissed for the season if one (1) unsportsmanlike conduct is called providing the conduct is of an abusive nature.
    b. **Player** – If a player is charged with one unsportsmanlike conduct in a match, she will not be allowed to play in the remainder of the match and will be suspended for the next scheduled match. If a player is removed from a match twice during the season, she will be dismissed from league play.