



Youth Sports: 6 on 6 Indoor Volleyball Rules and Regulations

Recreational Volleyball league provides team concepts and fundamentals in an atmosphere where you can be with friends and meet new ones. This league is designed for new players to the sport, as well as those who have control of their passing and serving and are ready to learn the bump, dig, set, and spike techniques of volleyball. The city reserves the right to change, add, or remove any rules or regulations whenever due cause warrants a change. In the event of a rule change, all coaches will be notified. For questions or additional information on the Volleyball program please contact us at sports@goodyearaz.gov.

Program Administration: The only individuals allowed on the court for practice and/or games are the registered players on the roster. Individuals who are not registered for the program should never be practicing with the teams.

Rule 1: Court Dimensions

1. Playing court dimensions measures: 30' X 60'
2. Net Height: 7' for all divisions
3. Boundary lines:
 - A. Two sidelined and two end lines mark the playing court.
 - B. All boundary lines are drawn on the inside of the dimensions of the playing court.
 - C. Balls landing on the boundary lines are considered in.

Rule 2: The Game Set Up

1. The team winning the pre-game coin toss will choose which side they would like to play from or if they want to serve the ball to begin set 1.
 - A. Teams will switch sides and service for set 2.
 - B. A coin flip will determine set 3.
2. Teams may play 6 players on offense and defense.
 - A. Teams must have a minimum of 4 players at all times.

Rule 3: Time and Time-Outs

1. Official match time may not exceed 55 minutes and will drop-dead at exactly 55 minutes. The team that is ahead at the drop-dead time of 55 minutes will win that set even if they are not up by 2 points.
 - A. If there is a tie at the end of 55 minutes, 1 more play may occur to determine the set winner.
2. Each team will receive (1) 60 second time-out per set, 3 per match game and they do not carry over.

Rule 4: Game Play and Rally Scoring

1. An official match - is the best of three sets:
 - A. Set 1 and 2 is completed when a team reaches 25 points or when time runs out, whichever occurs first.
 - B. Set 3 is completed when a team reaches 15 points or when time runs out, whichever occurs first.

- C. A team must win a set by 2 points.
- 2. Rally scoring will be utilized for all games. A point is awarded for each serve played.
 - A. Recreation Divisions 7-9 and 10-12 no records of standings will be kept.
 - B. Recreation Division 13-15 standings will determine the single elimination tournament bracket at the end of the season.
 - i. Standing will be posted on the city website.

Rule 5: Serves and Service Lines

- 1. Players must wait for the whistle before serving.
- 2. A serve may be underhand, sidearm or overhand.
- 3. An overhand serve may be hit with an open hand or a closed fist.
- 4. An underhand serve must be hit with a closed fist.
- 5. A serve that touch the net, before going over the net is considered a good ball and in play.
- 6. There are no blocks or spikes when receiving a serve.
- 7. 7-9 & 10-12 Division players will receive 2 serves to make it over the net.
 - A. Players are not required to serve the same for both serves.
 - B. If the ball goes over the net, but then out of bounds on the first serve, server will not receive a second serve opportunity and a point will go to the defending team.
- 8. Service Lines:
 - A. 7-9 Division: may serve 21' from the net, which is marked in RED TAPE and 9' shorter than the traditional line.
 - i. If after the first attempt modified service line, and the ball does not clear the net the player may attempt from the 10' line.
 - ii. After 4 consecutive serves by one player, possession of the ball will be given to the opposing team unless the next point is set point.
 - iii. A "Volley-Lite" volleyball is used for all matches.
 - B. 10-12 Division: may serve 24' from the net, which is marked in BLUE TAPE and is 6' shorter than the traditional line.
 - i. After 4 consecutive serves by one player, possession of the ball will be given to the opposing team, unless the next point is set point.
 - ii. A "Volley-Lite" volleyball is used for all matches.
 - C. 13-15 Division: players must use the regular service line, which is 30' from the service line.
 - i. All players must serve be behind the back service line regardless of the type of serve they are using.
 - ii. The server shall not throw the ball up in the air and then let it drop to the ground more than one time during their serving turn.
 - iii. A player may serve from anywhere behind the back line, but must be within the sidelines of the court when contacting the ball.
 - iv. After 8 consecutive serves by one player, possession of the ball and service must rotate to another server on the team, unless the next point is set point.
 - v. A regulation indoor competition volleyball is used for all matches.

Rule 6: Playing the Ball

- 1. A hit is any contact with the ball by a player.
- 2. Each team is entitled to a maximum of three hits (in addition to blocking) to return the ball.
 - A. A blocked ball does not count as one of the three legal hits. The player who blocks the ball is able to contact the ball again
- 3. A single under hand hit must be taken with a closed fist.
- 4. A pass must be taken with both hands together, no carries or lifts will be allowed.
 - A. A carry is when a player makes contact with the ball for an excessive amount of time during a set. The exact duration that defines a carry is a judgment call for the referee.

5. Setting must be done from above the head and the ball must leave both hands simultaneously.

Rule 7: Net Contact and Obstructions

1. A player may touch a post, rope or any other object outside the total length of the net, provided this contact does not interfere with play.
2. It is a fault to touch any part of the net or the antennas, except for incidental contact by a player's hair, and insignificant contact by a player not involved in the action of playing the ball.
3. When the ball is driven into the net, and causes it to touch an opponent, no fault is committed.
4. The ball may not hit any object off the court of play; tables, basketball hoop, wall etc. and will be called side-out by the hitting team.
 - A. Side-out: When the team that served the ball makes a mistake, causing the ball to go to the other team.
5. If the ball hits the ceiling, it is considered in, as long as it stays on that team's side of the net.

Rule 8: Rotations and Substitutions

1. All players will receive equal playing time.
2. In the 7-9 & 10-12 Division
 - B. A rotating substitution (clockwise) will be required on each side-out; the player rotating in from bench will enter as the server.
3. In the 13-15 Division
 - A. Players must start in their required position areas, but may switch positions amongst each other after the serve.
 - B. Substitutions must always occur within initial rotational position relative to other players.
 - i. Teams are allowed to substitute 12 times per set.
 - ii. Players must line up next to ref and wait for the ref's signal to make the exchange.

Rule 9: Uniforms

1. Official uniforms must be worn and tucked in during game play, (distributed by City of Goodyear).
2. Kneepads are highly recommended.
3. Tennis shoes are required no open toe shoes allowed.
4. The officials will conduct uniform inspections pre-game.
5. Players with a hard cast cannot participate in practice or games.
6. No jewelry allowed during games or practices (exception of stud earrings)

Rule 10: Sportsmanship

1. Sportsmanship is our highest priority.
2. If the site supervisor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike conduct, the game will be stopped and the player will be ejected from the game.
3. Offensive language or acts of any kind will not be tolerated by players, coaches, or spectators. Officials and site supervisors have the right to address and remove any party deemed to have offensive behavior toward another individual.
 - a. Verbal Warning, Ejection, Suspension.