



**EXCELSIOR  
SPRINGS**  
*Recreation*

**EXCELSIOR SPRINGS RECREATION DEPARTMENT  
2023 YOUTH VOLLEYBALL RULES**

**Court Dimensions: 30' wide by 60' long**

**Ball: Grades 3<sup>rd</sup> – 4<sup>th</sup> – Volley lite**

**Grades 5<sup>th</sup> – 6<sup>th</sup> – Mikasa VQ2000**

**Time Limit: 50 minutes**

1. Any situation not covered by the following rules will be governed by the Missouri High School Volleyball rules.
2. No jewelry will be worn during the game. This includes earrings, watches, necklaces, etc.
3. Players must have matching team shirts. Numbers/names are optional.
4. Only coaches registered with an approved background check will be allowed on the court. Please register all volunteer coaches with the Recreation Department.
5. Coaches are encouraged not to start those players who fail to come to practice. These kids may be held out from starting at the beginning of the game but must be allowed to play later in the game.
6. **Only ONE COACH (who is designated at the pre-game meeting) will be allowed to talk to the official.**
7. Games should start on time. There will be a fifty (50) minute time limit. Official time will be kept by the gym supervisor. When the whistle is blown ending the playing time, finish that volley and then stop the game.
8. Games will be played best two of three sets. First team to win two sets wins the match.
9. Home team serves first and will pick which end to serve from.
10. Scores will be reported for 3<sup>rd</sup>-6<sup>th</sup> grade. 1<sup>st</sup> and 2<sup>nd</sup> place medals will be awarded.

11. Six players will play on each side. There will be no forfeit due to not enough players. Teams will play down to the amount of players that one team can field. **3<sup>rd</sup> and 4<sup>th</sup> grade teams can share players or play down to the amount of players that one team can field; this needs to be determined at pre-game meeting.** DO NOT GET PLAYERS OUT OF THE STANDS OR FROM OTHER TEAMS.
12. The referee has jurisdiction from the time they enter the court until the end of the game is signaled.
13. The referee has the power to caution or eject any player that displays unbecoming behavior that the referee deems undesirable in a youth sports program. If this type of behavior continues, the player can be ejected. The player must immediately leave the court and go to a supervised area.

## Court

1. If the ball comes in contact with a basketball goal after it is sent over the net to the opposing court, the ball is ruled out. In gyms where the basketball goals are permanent and down lower in the area of play they are ruled out. If the ball is hit on the same side of the net and into the actual basketball goal the play ends. If the offensive team hits a ball and it hits the goal on their own side they can continue to play it out if it is within their 3 contacts. If one team hits the ball into the ceiling/scoreboard and it goes over the net, it is out.
2. If a team hits it into the ceiling/scoreboard and it stays on the same side, teammates can play the ball out within their 3 contacts.
3. If a team hits the ball and it hits the ceiling/scoreboard/basketball goal/etc. and goes to the other side the ball is out, the other team gets possession of the serve and scores a point. There have been situations when the ball has hit rafters on the opposing side and then come back into the court of the team who hit it. If it crosses the net and then hits something on the other side, it is out.

## The Serve

1. Server must serve from behind the restraining line (end line) until after contact. **Servers can move up based on the following order:**
  - a) **3<sup>rd</sup> & 4<sup>th</sup> grade**-Must start at 25 ft line; if unable to get a **playable** serve the player will move up to the 20 ft line. If they are still unable to serve a **playable** serve, then they can move up to the 15 ft line. (This does not mean they can start at 15 ft line with 3 chances for a good serve)
  - b) **5<sup>th</sup>-6<sup>th</sup> grade**-Must start at baseline; if unable to get a **playable** serve the player may move up to the 25 ft line; if they are still unable to serve a **playable** serve, then they can move up to the 20 ft line.
2. Ball may be served underhand or overhand.

3. Once the server successfully serves the ball over the net, the player must stay at that serve line; cannot move to the closer line.
4. Ball can be tossed up twice and allowed to drop to the floor. Ball has to be served underhand on the next toss.
5. Ball must be clearly visible to opponents before serve.
6. Served ball may graze the net and drop to the other side for point.

## **Scoring**

1. Rally scoring will be used.
2. There will be a point scored on every serve of the ball.
3. Offense will score on a defense miss or out of bounds hit.
4. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
5. **Games will be played to 21 points.**
6. **Server can score only 5 consecutive points.**

## **Rotation**

1. Teams will rotate when they win a point on defense and the ball returns to their team to serve.
2. Players shall rotate in a clockwise manner.
3. There will be six players on each side (supervisor's discretion).

## **Playing the Game (volley)**

1. Maximum of three hits per side.
2. Player may not hit the ball twice in succession. A block is not considered a hit.
3. Ball may be played off the net during a volley and on serve.
4. A ball touching a boundary line is in bounds.
5. A legal hit is contact with the ball by a player's body above and including the waist which does not allow the ball to visibly come to a rest.

6. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
7. A player must not block or attack the serve.
8. Switching positions will be allowed only between the front-line players. After the serve only.

## **Basic Violations**

1. Stepping on or over the line on a serve.
2. Failure to serve the ball over the net successfully.
3. Hitting the ball illegally (carrying, palming, throwing, etc).
4. Touches the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
5. Reaching over the net – except under these circumstances:
  - a. When executing a follow-through,
  - b. When blocking the ball which is in the opponent's court but is being returned. The blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact. Except to block the third party.
6. Reaches under the net if it interferes with the ball or opposing player.
7. Failure to serve in the correct order.
8. Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.
9. Any rules not listed above will follow the MSHSAA Volleyball Rules.
10. NO ALCOHOL, SMOKING, OR DRUGS PERMITTED.
11. NO MECHANICAL NOISEMAKERS OR BULLHORNS ALLOWED IN THE BUILDING.
12. Any questions or issues should be directed towards the game supervisor rather than voicing any opinions/complaints to umpire.
13. Unsportsmanlike conduct by a coach, parent, spectator, player, etc. will not be tolerated. The involved party will be warned once and then on the second incident will be asked to leave the school. The party thrown out will not be allowed to attend the next game.

14. COACHES ARE IN CHARGE OF THEIR PARENTS' AND SPECTATORS' ACTIONS.

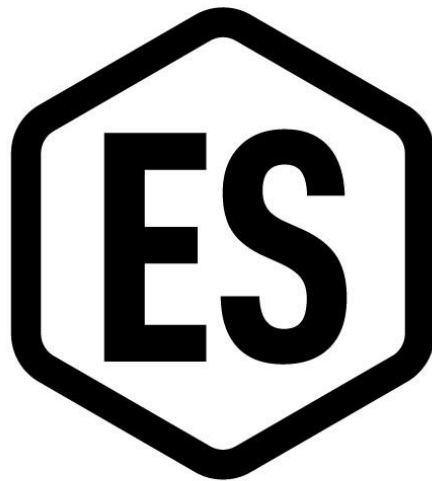
Coaches need to keep their parents and others in control.

15. Referees, coaches, parents, etc. are encouraged to inform the Excelsior Springs Recreation Department of unsportsmanlike conduct by coaches, parents, players, etc.

Office phone number is 816-630-1040.

16. Coaches who lose players due to a lack of interest or injury MUST contact the Excelsior Springs Recreation Department as soon as possible. The parents of that player need to call the office also. The Recreation Department will assign a new member to the team. If coaches pick up players without the Recreation Department knowledge, the coach in question will not be allowed to coach in the Recreation Department programs again.

17. The Excelsior Springs Recreation Department follows the Excelsior Springs School District inclement weather policy. On days when school is called off early (early out due to weather) all afternoon activities (practices and contests) will be cancelled.



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