



City of Rogersville Parks and Recreation

YOUTH VOLLEYBALL

RULES AND REGULATIONS



MISSION STATEMENT: The City of Rogersville's Parks and Recreation Department is dedicated to providing exceptional parks, events, programs, and public service. In doing so, we aid in the well-being and growth of our city. We provide places and services that will help people become their best selves through connection and community.

SPORT PHILOSOPHY

The Rogersville Community Park's Philosophy puts participation first and winning second. The following are what we hope to see in our programs:

- **Participation** - Everyone plays equally.
- **Individual Growth** – Participants will gain skills through teamwork that will aid in character building, physical fitness, and self-discovery.
- **Fun** – We strive to create a safe and fun environment for participants as a recreational league.
- **Fair Play**- Our focus is on respect and good sportsmanship.
- **Volunteers** - Coach participation is essential. Not only do volunteers help the department immensely, but volunteers make such a difference in the lives around them.

PURPOSE

The purpose of The Rogersville City Park's Youth Program is to provide our youth an opportunity to participate in various activities and to:

- Have fun.
- Strengthen self-confidence.
- Make new friends.
- Learn sportsmanship, cooperation, and teamwork.
- Promote an atmosphere that strengthens family relationships.
- Promote an opportunity for individuals to be of service to others through volunteer experiences.

TEAM AND LEAGUE ORIENTATION

- Players are assigned to teams by age.
- The Rogersville City Park has the final authority over the placement and number of players per team.
- All leagues are designed to give each player an opportunity to work on skills, have fun, and have a basic feeling of success.
- Each league will last six weeks.

COACHES

- All coaches are volunteers and are required to attend at least one preseason meeting.
- Coaches are expected to be a positive role model and are to follow The Rogersville Community Park's Youth Rule Book.
- If the Director of Parks and Recreation feels a coach is not abiding by The Rogersville City Park's Youth Rule Book, that coach may be replaced.

DRESS CODE

- Players are not allowed to wear jewelry of any type. This includes but is not limited to watches, necklaces, bracelets, and earrings.
 - Earrings must be taken out. NO EXCEPTIONS.
 - Hair bands and clips should be made of a rubberized type of material.
- All shorts or pants must be worn around the waist with no undergarments in sight.
- The Rogersville City Park's team t-shirts are to be worn during all games.
- Knee pads are required.
- Non-marking gym shoes are required for playing on gym floor.

GAMES

- All games will be played in the Logan-Rogersville Upper Elementary School Gyms.
- Please refer to the game schedules for game dates and times.

GENERAL GAME RULES

1. A coin toss between the coaches shall determine who serves first. The team who wins the coin toss will choose the side they wish to play.
2. All matches will last 50 minutes.
3. A match consists of three games called sets.
4. Games will have a 15-minute time limit.
5. Rally scoring will be used.
6. The first two games shall be to twenty-five points, with the winning team having to win by two points without a cap.
7. The third game shall be fifteen points, with the winning team having to win by one point.
8. Team substitutions are only allowed if:
 - a. The substitute is in the same age division.
 - b. The substitute is a registered player of the parks system for that season.
 - c. Substitute players can age 'up' a division but cannot age 'down' a division.

TIME OUTS

1. Teams will be given two thirty second time-outs per game.
2. Time-outs do not carry over.
3. There will be one minute between sets.

SUBSTITUTIONS

1. Substitutions may be made after the play has ended and before the next serve.
2. The substitute must enter the game in the back row.
3. Teams must substitute every rotation.

SERVING

1. Each time a team gains a serve; it must rotate one position clockwise before serving.
2. A three-serve rule will be in effect for each team, then side-out.
3. Let serves (serves that hit the net and go over) are allowed.
4. Players must always serve from behind the base line.
5. Players will not be allowed re-serve attempts.
6. Attacking or blocking a serve is not allowed.

OFFENSIVE REGULATIONS

1. Six vs. six women's height net
2. There will be a back baseline and there will be a serving line. The back baseline will be the free throw line extended on the main basketball court.
3. The serving line will be the red line behind the thick white line that is closest to the net. The serving line is fifteen feet from the net.
4. All spiking must be done with an open hand.

DEFENSIVE REGULATIONS

1. No defensive specialist allowed.
2. A ball cannot be hit twice in a row by the same player.
3. A distinct hit must be made. No holding, throwing, or catching the ball is allowed.
4. The ball may be hit three times by one team; however, one player cannot hit the ball twice in a row.

ADDITIONAL RULES

1. Players may not touch or hang on the net.
2. **The ball will be called out if it hits anywhere outside the boundary lines, hits the sidewalls, or hits the ceiling and advances over the defending team's side.**

3. The ball may not be played after touching the ceiling or any other object over the playing area, and the ball will be considered dead. Once the ball is called dead; the team that hits the ceiling loses the ball, the opposing team receives a point, and is awarded the next serve.
4. Officials will be lenient on held or lifted ball calls.
5. **Screaming and offensive language will NOT be tolerated. If you do this, you will be given a warning, or asked to leave. If you have a problem, find the Park Manager or Director.**
6. All coaches and participants will always show good sportsmanship. Teams will shake hands at the end of each set.

GENERAL LEAGUE INFORMATION

- All players, coaches and spectators will follow all the rules of the league and conduct a positive attitude at all times to promote good sportsmanship and provide healthy guidance for all players.
- Officials have jurisdiction from the beginning until the end of the game. Please treat them with respect.
- This program will last six weeks.
- Medals will be given to all participants in each league.

- The Rogersville City Park will provide game t-shirts or jerseys that **MUST** be worn at all games.
- Games will only be cancelled or re-scheduled by The Rogersville City Park. The Parks Director will only notify coaches of cancellations and the offices at City Hall.

THINGS TO CONSIDER FOR SPECTATORS...

1. Do not put yourself in your son's or daughter's place during a game. If he/she makes a mistake, it is his/her mistake. Glory or grief, it is **their** game.
2. Do not criticize your child or other children on your child's team or any other team. Please set a positive example of respect for others.
3. Do not yell instructions at your child. That is the coach's job. Too many instructions will confuse your child and make them nervous.
4. Do not analyze your child's performance immediately after the game.
5. Never criticize the coach. Before you complain, decide if you are ready to step up and take over that position.
6. Do not abuse officials. Children learn by example and need to learn that officials will make mistakes and are doing their best. Please help promote respect for authority by setting a positive example.

7. Do not over or underestimate your child's ability.
Children mature at different rates.
8. Do not forget to praise your child for simply participating. Do not over praise or dwell on a mistake.
These are children.
9. Do not forget to praise all players after a game.
10. Please do not take sports so seriously. Even the "big game" will not be the answer to world peace. Let us just have fun!

**Parents should not stress winning; they should stress giving
100% and trying their best!**