WILLIAMSON COUNTY PARKS & RECREATION

Youth Volleyball Rules

Updated: 9/1/2026

The Game

Section 1: Definition

Volleyball is a game played by two teams consisting of six players on a rectangular court separated in two areas by a net with an inflated ball. One team serves the ball over the net, trying to make it land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area.

Section 2: Match

A match will consist of three games (league standings will be kept for all divisions).
A match shall include let serves (serves that hit the net and go over).
A match shall entitle each team to a maximum of two timeouts per game (30 seconds).
A timeout cannot be called in the last 2 minutes of the 60-minute time limit.

Section 3: Scoring Points (Rally Scoring)

The opponent shall score a point each time a fault is committed.
If the serving team wins the rally, it scores a point and continues to serve.
If the receiving team wins the rally, it scores a point and gains the serve.
Each time a team gains a serve; it must rotate one position clockwise before serving.

Section 4: Game

A coin toss between the captains shall determine who serves first.
Home team chooses who will call the coin toss.
Each team will play 3 games each week (This includes all divisions).

- The first two games shall be to 25 points. Win by 2 or cap at 27 points.
- The third game shall be to 15 with a cap of 15 points.
- 7-9 (9U) divisions will follow the same rules for all 3 games (25, 25 and 15).

There will be a 60-minute time limit for warm up and game completion.

- 60 minutes will be placed on the game clock and when the buzzer sounds; the game is finished where it stands, whether the game has reached the point of completion.
- If the last game is tied when time expires, we will play till the next point is scored to determine the winner.

The Court

Section 5: Out of Bounds

A ball striking the ceiling and landing on the same side as the team that played it last is still in play, however if it lands on the opposite side, it is a dead ball, and a point is awarded to the opposing team.

A ball is out of bounds and becomes dead when the ball:

- Touches a wall, objects mounted flush with the wall, or objects on the floor outside of the court without interfering with a player's legitimate effort to play the ball.
- Touches the floor completely outside the court's boundary lines.
- Touches the net antennas above or within the net or does not pass over the net entirely between the net antennas.
- Touches the net cables or net not completely inside the antenna, net supports, or referee stand.
- Touches a non-player who is not interfering with a player's legitimate effort to play the ball.
- Touches or enters a non-playable area beyond the vertical plane of the net and its out-of-bounds extension.

Game Equipment

Section 6: Equipment

18U Girls, all 14U and younger divisions net shall be set at a height of 7 feet 4 1/8 inches

7-9 (9U) Coed and 10-11 (11U) Boys and Girls Leagues will use the Volley Lite volleyballs.

12-14 (14U) and 15-18 (18U) Boys and Girls Leagues will use the standard volleyball.

A guard, cast, boot or brace made of hard leather, plaster, plastic, metal or and other hard substance, even though padded, is not permitted.

Players shall not wear jewelry during warm-up or competition (Studs are acceptable).

The Team: Composition and Positions

Section 7: Team Players

A team shall consist of six players to begin the first game of the match. If there are not six players present at the start of the game a team may play with five or four players. **A team will be allowed a grace period of 10 minutes if they have 3 or less players from the scheduled starting time of the game to comply with this requirement**. After this period concludes, the game will be a forfeit. A team may borrow a registered player from the same association and from the younger age division to avoid a forfeit.

NOTE: You cannot borrow a player during tournament play.

Section 8: Player Position

The position of the players in order of the serve shall be right back, right front, center front, left front, left back and center back.

At the moment of the serve:

- All players, except the server, shall be within the team's playing area and may be in contact with the boundary lines or center line, but may not have any part of the body touching the floor outside of those lines.
- All players shall be in correct serving order. Each right-side player should have at least part of one foot touching the floor closer to the right sideline than both feet of the center player in the corresponding row. Each left side player should have at least part of one foot touching the floor closer to the left sideline than both feet of the center player in the corresponding row. Each back row player should have at least part of one foot touching behind the floor closer to the backline than both of the feet of the player in front of them.
- After the ball is contacted for the serve, players may move from their respective positions.

When a loss of rally occurs, the team preparing to serve shall rotate clockwise to one position. A point is awarded as this team rotates.

Section 9: Screening

Players on the serving team shall not take action to prevent receivers from seeing the contact of the serve or path of the served ball. Potential screens exist, but are not limited to:

- When a player on the serving team waves arms, jumps, moves sideways, or stands close to the server and the ball is served by the player.
- When a group of two or more teammates stand close together and the ball is served directly over them.
- When a player stands at the net with their hands directly above their head. Hands may be no higher than the ears.

It is the receiving team responsibility to adjust if they are being screened.

The Serve

Section 10: Definition

A serve is contact with the ball to initiate play. The server should hit the ball with one open/closed hand, while the ball is held, or after it is released. The ball should be contacted within 5 seconds after the referee's signal to serve.

The server should serve from within the serving area.

7-9 (9U) Coed League - Anywhere behind the 10-foot line, if the foot crosses the line, it will be considered a foot fault. After 3 points received by one person in a row, points shall be awarded but will be a side out.

10-11 (11U) Girls Leagues - Each player will be allowed to serve at the shortened baseline, but once there are 3 good serves in a row, they will be required to move back to the baseline for the remainder of the rotation. It is the coach's responsibility to notify the players.

NOTE: Players must always serve from behind the baseline in game 3.

12-14 (14U) & 15-18 (18U) Boys and Girls Leagues - The server shall always serve from behind the baseline and may gain as many points in a row as he or she is capable of.

A team's service begins when a player assumes the right back position as the server and ends when a loss of rally is awarded.

A re-serve shall be called when the server releases the ball for service and then drops it to the floor or catches it. The server is allowed a new 5 seconds for the re-serve attempt. Players must wait for the referee to blow the play dead and then blow it again, designating a re-serve attempt before they can serve.

12-14 (14U) & 15-18 (18U) Boys and Girls Leagues will be allowed only 1 re-serve attempt per rally.

10-11 (11U) Girls Leagues will be allowed 2 re-serve attempts per rally.

7-9 (9U) Coed League will be allowed 3 re-serve attempts per rally.

The first server of a game is the right back position. Thereafter, when a team is awarded a loss of rally, the player in the right front position rotates into the serving position.
A team continues serving until it loses the rally or the match ends.
The serve alternates when the serving team loses the rally.
The team not serving first in the previous game of a match shall serve first in the next game.
A serve is illegal, and the ball remains dead if the server:

- Hits the ball illegally.
- Is touching the end line or floor outside the serving area.
- Does not contact the ball to serve within 5 seconds.
- Is out of serving order or is from the wrong team.
- Deliberately serves before the referee signals to begin service.
- Releases the ball for service, then catches it or drops it to the floor more than the number of times allotted.

A served ball is a service fault and becomes dead when the ball:

- Does not legally cross the net.
- Crosses the net not entirely between the antennas, or lands out of bounds.
- Touches the ceiling or any obstructions.

During Play

Section 11: Team Benches

Teams are allowed only one coach and one assistant coach on the bench. Only one coach is allowed to stand during play. All non-playing team members, including assistant coach, must be seated during play.

Section 12: Live and Dead Balls

A live ball is in play; from the moment the ball is legally contacted by the correct server until a dead ball occurs.
A live ball becomes dead when:

- The ball touches the antennas or does not pass entirely between the net antennas and passes beyond the plane of the center line extension.
- The ball lands out of bounds.
- The ball contacts the ceiling or overhead obstruction and is not legally played next by the offending team.
- The ball contacts the ceiling or overhead obstruction after the third hit.
- The ball contacts a wall or ceiling obstruction, which is over a non-playable area.
- The ball touches the floor.
- The ball passes completely under the net.

Section 13: Contacting the Ball

Contact is any touch of the ball by a player.
A hit is a contact/ touch of the ball, which is counted as one of the team's 3 hits.
A team shall not have more than three hits before the ball crosses onto the opponent's playing area or is touched by the opponent.
A ball is considered to have crossed the net when:

- It passes completely beyond the vertical plane of the net.
- It is partially over the net and is contacted by an opponent.
- No part of the ball has crossed the net, and it is legally blocked.

Simultaneous contact is more than one contact of the ball made at the same instant.
Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays.
A player shall not have successive contacts of the ball unless there is:

- Simultaneous contact by teammates.
- Simultaneous contact by opposing players.
- Successive contacts by a player whose first contact is a block, then the second contact shall count as the first hit.

Section 14: Player Actions

Pass - A play in which the ball is hit into the air so another player can get into position to contact the ball.

- **Forearm Pass** - a controlled skill, generally used as a team's first hit in which the ball rebounds from the forearm of the receiver to a teammate.
- **Overhead Pass** - two handed finger action directing the ball.
- **Set** - two hand finger action directing the ball to an attacker.
- **Dig** - an underhand or overhand defensive saving skill in which the ball is contacted by the forearms, fists or hands.

Attack - Is an action other than a block or a serve which directs the ball toward the opponent's side of the court. A team's third hit is always considered to be an attack. A completed attack occurs when the instant the ball completely crosses the vertical plane of the net or is legally blocked.

- **Spike** - an attack plays in which the ball is forcibly hit into the opponent's court with a one hand overhead motion.
- **Tip** - a fingertip attack on the ball which directs the ball into other opponent's court.
- **Dump** - a fingertip attack most commonly used by a setter on the second hit to direct the ball into the opponent's court.
- **Overhead Pass** - two hand finger action directing the ball over the net.

Block - The action of a player close to the net that deflects the attacking ball coming from the opponent by reaching higher than the top of the net at the moment of contact. A block may involve wrist action provided there is no prolonged contact.

- A blocker can reach above the net and cross planes to the other side of the court. The blocker can only block the ball during an attack. If the blocker interferes with a pass, it is a penalty and becomes a dead ball.

A player may touch the floor across the centerline with one or both feet/ hands provided a part of the foot or hand remains on or above the centerline. Contacting the floor across the centerline with any other part of the body is illegal.

Section 15: Net Play

A ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas. A serve contacting and crossing the net shall remain in play provided that the ball is entirely within the net antennas.
Recovering the ball hit into the net should be permitted.
Blocking a served ball is NOT permitted.
A net foul occurs while the ball is in play, and a player contacts any part of the net including the net cables or antennas.

Section 16: Fouls

A foul is a failure to play as permitted by the rules.
A double hit occurs when a player's successive or multiple contacts are illegal.
A foot fault occurs when a player violates the serving area or centerline restrictions.
7-9 (9U) Coed League will not play by this foul.

Section 17: Rotation

Players must always remain in the same rotation.
Players may enter for any position on the floor but must then maintain the same rotation throughout.
Players may enter from the right or the left side of the court.
Only 12-14 (14U) & 15-18 (18U) League players will rotate in position to start a game.

Section 18: Substitution (10-11, 12-14 and 15-18 League ONLY)

A substitute player may enter the game in place of a player of the starting line-up, and he/she can only be substituted by the same starting player.
The 7-9 (9U) Coed League there are no substitutions, instead players will rotate in/out from the same spot on the floor/bench every possession.
To request a substitution:

- The head coach must visibly signal to the referee that substitution is desired. Once the signal is made the players will have 10 seconds to make the swap.
- The substitute may enter the substitution zone (the area near the sideline between the attack line and the center line).
- The referee recognizes the request, and the substitutes shall immediately move to the sideline between the attack line and the centerline of that team's playing area.
- The player and substitute shall remain in the substitution zone until the referee releases them.
- If multiple substitutions occur at one time, each substitute must stand behind one another until recognized individually.

Substitution may be made during a timeout but must be reported to the referee.
The position of the substitute shall be that of the player replaced without changing the serving order as recorded on the score sheet.
A team is allowed a maximum of 18 substitutions per game. Each player is allowed unlimited entries within the team limit.
A re-entering player shall not return to the match during the same dead ball in which the player was replaced.

Conduct

Section 19: Definition

Unsportsmanlike conduct includes actions that are unbecoming an ethical, fair and honorable individual. It consists of acts of deceit, disrespect or vulgarity and includes taunting. A yellow card will be issued as a formal warning on the first offense. Any player or coach receiving a second yellow card/one red card for unsportsmanlike conduct during a single game will be ejected from the current game and receive a one game suspension. They must also leave the property immediately on the second infraction. This suspension will be enforced in the next scheduled game. Any player or coach receiving a total of three unsportsmanlike conduct penalty cards will be suspended for the remainder of the season, including the postseason tournament. Unsportsmanlike conduct includes, but is not limited to:

- Use of disconcerting acts or words when an opponent is about to play the ball.
- Entering the court while the ball is in play.
- Disrespectfully addressing a referee.
- Questioning a referee judgment.
- Disrespectfully addressing, baiting, or taunting anyone involved in the contest.
- Using profane or insulting language or taunting anyone involved in the contest.
- Making contact with an opponent which is deemed unnecessary.
- Delay of Game.

Practices/Schedules/League Standings

1. Teams will practice for 60 minutes once a week during the duration of the regular season. Once tournament play begins, no practice will be allowed.
2. League standings will be kept for 11U, 14U, and 18U divisions only. The standard tallies in both win and lose columns for all games (3 per week).
3. Seeding for the tournament will be based on the total number of wins/loses at the completion of the 5th regular season game.
    - In case more than one team has the same total score for wins/losses:
        - Compare overall head-to-head wins/losses...if a tie still.
        - Compare the point differential during their matches… if a tie still.
        - Compare entire season's point differential in all matches.
4. WCPR officials have the right to alter the game schedules and rule implementations if needed.

******ALL PLAYERS MUST RECEIVE REASONABLE PLAYING TIME******

Equal playing time is strongly encouraged. Failure to meet these requirements may result in a forfeit.

The date that is to be used to determine players playing age shall be ***August 31, 2026,*** *for the Fall 2026 and Spring 2027 seasons.*

Each Association is required to run an evaluation/draft to equally divide out recreational teams for the 10-11 (11U) and 12-14 (14U) Divisions.