

# YOUTH SAND VOLLEYBALL RULES & REGULATIONS

The Athletics Division of the Onslow County Parks & Recreation Department provides a platform for physical activity focused on ethical behavior, social responsibility, community engagement, and competitive effort that encourages leadership and individual growth.

**ACCEPTANCE:** Participation and play, including district officers, coaches, volunteers, spectators, and players, in any Onslow County Parks and Recreation Department athletic program implies full acceptance of all rules governing play, including the playing rules, by-laws, policies and procedures, and “Code of Conduct.”

**PHYSICAL HEALTH VERIFICATION:** It is the parent’s responsibility to see that their child is in sound physical condition. It is recommended that a player have a thorough physical examination prior to participating in the program.

**CONDUCT:** All players, spectators, parents, and coaches will be expected to adhere to the OCPR Athletics Code of Conduct that is provided in the OCPR Athletics Handbook. Any conduct that does not align with the expectations of our recreational league will be addressed by OCPR directly with consequences assigned.

## TEAM UNIT:

- Each team roster shall have a minimum of 8 players.
- Registration for players must be completed before the start of the first scheduled practice. A player cannot begin practice with a team until he/she has registered, participated in the draft process, and has been placed on a team by OCPR.
- No coach shall allow any player to practice with his or her team who is not listed on the team roster.
- All practices must be held at the sites and times assigned by OCPR. No other sites or times may be used.
- Only rostered players and coaches will be allowed in the team bench area.

## COACHES

- All coaches must be approved by OCPR and receive a badge prior to coaching the first practice session.
- Coaches must wear the OCPR badge during all practices and games.
- A maximum of three coaches per team will be permitted.

**EQUIPMENT:** OCPR will provide the court, net, and balls that are required for games and practices.

- A minimum of 5 volleyballs per team will be available during each practice. Coaches may bring additional balls or equipment for their practices.
- Net Height: 12U - 7’ 16U – 7’4”

## PRACTICE PROCEDURES

- No practices will last longer than 60 minutes.
- No practices can be held unless an OCPR Athletic Coordinator and OCPR approved coach is present.

**PLAYING RULES & REGULATIONS:** The current “National Federation of State High School Associations” rules will govern play in all districts, except as modified by county league rules described in this rule’s manual. These rules and regulations will apply to all age divisions, unless otherwise noted.

## PLAYING AREA

- Black lines will designate the volleyball playing area.
- If any portion of the ball falls on a portion of the line, it is considered IN.
- A ball is considered out if it hits the pole in which the net is attached.
- A ball that hits the net is in play.

## GAME WARM UP PROCEDURES

- Teams may utilize the court for warm up once the previous match has concluded, and the teams have vacated the court and bench. If the court is not available for warm up, a grass area may be utilized for stretching and ball handling warm up.
- There will be a required five-minute court warm up period prior to starting the game. It will consist of 2 minutes of hitting for each team individually and then one minute of shared serving time (2-2-1).
- The official will call a captain's meeting at least three minutes prior to the start of each match. The two team captains will meet for instructions from the official and for the coin toss. The home team listed on the schedule will make the first coin call. The third game coin call will be made by the team captain of the visiting team. The team winning the coin toss may choose the right to serve or to receive the service. The teams will alternate between game one and two for first serve.

## GAME PROCEDURES

- 12U: Games will be played 6v6 / 16U: Games will be played 4v4
- The minimum number of players required to begin a game is four. If a team has less than four players in attendance, a ten-minute grace period from the start time of the scheduled game is provided before forfeiture is determined.
- All matches will be played under a 60-minute running clock time limit. The team ahead at the expiration of time will be declared the winner of that game.
- All matches shall consist of three games, regardless of who won the first two. The first two games will be played to a score of 25 utilizing rally scoring. The winner must win by two points with a cap of 27 in the event of a tie. The first team to 27, with or without a two-point lead, is declared the winner. The third game will be played to 15 with a cap of 17 points.
- Teams will not switch sides of the court between games.
- Intervals between games will be one minute in length. The official will provide a 15 second warning in which both teams shall take their side of the court for the next game to begin.
- Time Outs: Each team will be allowed one time-out per game. Time-outs will last 30 seconds each.

**LINE JUDGES:** It is the responsibility of the head coach to provide one volunteer line judge (age 13 or older) for every match. The officials will meet with the line judge prior to each match. The officials reserve the right to overturn any call made by the line judges.

**SCOREKEEPERS:** OCPH will provide the scorekeeper for each match. If an OCPH scorekeeper is unavailable, a parent may be asked to keep score.

**PLAYING TIME:** All divisions will play with continuous rotation. The substitute will enter the game in the right back position. A player will rotate out of right front for the substitute player to enter and begin their playing time by serving. For games two and three, lineup will begin with the next server in rotation from previous game.

Exceptions to mandatory playing time will only be made if a player becomes injured, ill or is removed for conduct.

*\*Failure to adhere to the mandatory playing time rule will result in mandatory one-game suspension of the head coach to be served in the team's next scheduled game.*

## SERVING

- If a player serves four consecutive points, a rotation shall occur and the next player in rotation to serve will do so.
- A server must always be positioned behind the service line prior to contacting the ball. The entire width of the court is available to the server.
- 16U: A foot on the line or in front of the line at the time the ball is contacted is a foot fault violation and will result in loss of a serve and a point for the opposing team.

- 12U: The modified service line can be utilized for the first and second serves. Serves from the modified service line must be underhanded. If successful for both the first and second serve, the server must move back to the standard service line for serves three and four.
- A team serving out of rotation, whether intentional or not, will result in the loss of the rally with the opposing team receiving one point and the serve.
- Let serves (serve which hits the net and crosses over) are legal.