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YOUTH TEAM SPORTS · Ann Arbor Public Schools · Community Education & Recreation · 994-2300

FALL YOUTH VOLLEYBALL LEAGUE RULES

Updated 09/2026

In all cases, the Rec & Ed League Rules override National Federation Volleyball Rules.

1. **Eligible Players:** All players must be registered with Community Education & Recreation. Unregistered players will not be permitted to play. Coaches are not permitted to add and/or switch players on their rosters. All players will be assigned by Rec & Ed Staff. Any coach playing an unregistered player and/or found switching players will face suspension or probation in accordance with the Team Sports Policy on Probation, Suspension, and Hearing Procedures.

2. **Playing Time Requirement:**

NOTE : **THERE IS NO SUBSTITUTION IN THE YOUTH VOLLEYBALL LEAGUE.** The coach will fill out the player's shirt numbers in serving order on the blue line-up sheet and keep it with them during the match. It must be turned in to the site supervisor at the conclusion of each day's play. For 6-player leagues, six players will be designated as starters on the team sign-in sheet and listed in service order: RB, RF, CF, LF, LB, and CB. The remaining players present will be listed in the order in which they will rotate into the game. Rotation of these players into the game occurs between the Left Back and Left Front positions OR the Right Front and Right Back (serving) positions, whichever the coach chooses. The coach must choose ONE of these rotation entry positions per game, and must follow the same listed serving order throughout the entire game. Upon rotation or side-out, the left back player rotates **out** of the game and the next player listed rotates **into** the right front position. All team players present must be rotated into the game before the first player in the line-up can rotate back into the game. This is the only form of rotating players that will be used. Coaches are not to "substitute" players in or out of the game unless the player is injured / ill or has been ejected by the official. Players arriving late will be placed at the end of the rotation/line-up.

At the conclusion of the first or second game, subsequent games start with the same players in the same court positions that just finished the previous game. The serving order is therefore consistent during the three-game match, with the following exceptions:
When a player:

1) Arrives late and is added to the end of the serving order;
2) Is injured, becomes ill, or is observably bleeding.
3) Demonstrates unsportsmanlike conduct and coach determines the player's actions warrant removal from playing. This form of removal must be documented on the official game report form by the Rec & Ed Site Supervisor.
4) Is ejected by the referee for unsportsmanlike conduct. (Ref notes on game report form);
5) Has playing time reduced as a consequence for lack of positive participation. To clarify: a player may be placed at the end of the serving order for all three games in a match if they have consistently missed practices or behaved in a defiant, uncooperative manner toward their coach, and the coach has communicated this situation to the parent before the match. This must be noted on the line-up card.

When listing the service order, the coach must alternate boys and girls as much as possible.

The referee will check the line-up before the match to ensure that the serving order is correct.

In the event a team starts a game with fewer than six players (4 player minimum), those players will be designated starters and any player(s) arriving late may immediately enter the game into any position except the server's position (RB).

Coaches must sign in only the players present at match time. Players arriving late will be signed in by the coach with the Rec & Ed Site Supervisor.

3. Team Sportsmanship: Coaches must emphasize good sportsmanship and behavior before, during and especially after the match during the traditional handshake. Parents, coaches and referees are to contact the Department if sportsmanship is not being properly demonstrated by players or coaches. Coaches and players not demonstrating sportsmanship may be suspended and/or placed on probation in accordance with the Team Sports Division's Policy on Probation, Suspension and Hearing Procedures.

4. Game Procedures:

A. Three games to 25 points rally scored will be played, with a cap of 27. See Rule 6 for specifics. 4th "Bonus" game to 15 is played when there is 15 minutes left in the period.

B. LET SERVES ARE LEGAL (serves touching the net are legal).

C. Each team is entitled to two 30 second time-outs per game.

D. Net height will be 7' feet high for all leagues.

E. Players in all leagues may step into the court to serve. Most servers start with one foot ON the end line . Coaches should use their discretion to direct weaker servers to step in closer, and direct stronger servers to serve from behind the endline.

F. IN ALL YOUTH LEAGUES: Each player may only serve three points per term of service. After a server's third consecutive point, the serving team must rotate and the next player on that team will serve.

G. In the Grade 4 & 5 league, all servers MUST use underhand serving for their first and second service attempts. If they have a third serve, they may use an overhand serve, at their coach's discretion.

H. VOLLEY-LITE BALL WILL BE USED FOR GAMES IN THE 4th/5th GRADE LEAGUES.

I. Court for the 4th & 5th grade league will be 30% smaller (approx. 20 x 20).

J. BONUS GAME! If the regular 3-game match ends and there is still 15 or more minutes left before the scheduled start of the next match's warm-up time, a FOURTH game to 15 points will be played. This game WILL be officiated by the game official. The Site Supervisor determines the exact time. Teams and officials should remain on the court for the 4th game, which starts within 3 minutes of the third set. Whichever team was on "receive" to start the third set will serve first in the bonus game. There is NO side change. Players should not leave the court to meet with their parents after game 3 if the site supervisor has determined that there is at least 15 minutes left to play a "bonus game".

K. If less than 15 minutes is left, teams are still allowed to use their court time for extra scrimmaging.

5. Forfeit Time: Teams are encouraged to SHARE players if one team is short-handed. A match may begin with as few as four players in our 6-player leagues. Coaches may borrow players from the opposing team, provided the opposing coach agrees. Coaches should do everything possible to facilitate play.

If borrowing is not possible, and fewer than the minimum number of players is present at game time, there will be a 15-minute grace period before a forfeit is declared. If, after the 15-minute grace period expires, a team still has fewer than the minimum players present, only then will a forfeit be declared. Even then, teams are encouraged to scrimmage .

6. Duration of Matches: In all leagues, three games will constitute a match. The duration between games is 3 minutes. One hour is scheduled for each match. All games will be played to completion. The winning team of each game is the first team to reach 25 points with a 2-point lead or 27 points with a 1 point lead (cap of 27).

a) Matches will be played by rally scoring (one point awarded to the team which wins the rally, regardless of which team served the ball).
b) Games have a point cap of 27.

7. Overlap Rule: The players of a team that plays with less than 6 players are considered to occupy 3 front row positions at all times. Left back is open if a team plays with 5 players. If a team plays with 4 players, Left Back and Middle Back are open.

The following position rotations will determine position overlap, attack hitting and blocking rule interpretations when a team plays with less than 6 players:

1. When a team plays with **5 players, the rotation is ➢ RB to MB to LF to MF to RF to RB.**
2. When a team plays with **4 players, the rotation is ➢ MB to LF to MF to RF to MB.**

8. Handling Body Fluids During A Game: Here are the guidelines for officials and coaches regarding their responsibilities during a contest should an injury or illness occur which results in a player losing blood or other body fluids.

1. As soon as the game official observes or has their attention called to a player who is bleeding, they are to stop the contest as soon as possible.
2. The player must leave the game at that point. The Site Supervisor or custodian on duty will be responsible for cleaning up the floor if necessary.
3. The injured player must have the wound cleaned, bleeding stopped and wound covered before being allowed to re-enter the game.
4. The injured player will be allowed a maximum of three minutes to clean up their wound. The game will be delayed during this three-minute period. Should an injured player be unable to continue play, they will be removed from that games' line-up. The player may re-enter the next game in their designated line-up position.
5. Players will not be allowed to participate with blood on their t-shirt. Player(s) must change their shirt in order to re-enter the game.

9. Control of Fans: Rec & Ed reserves the right to remove any spectator from school facilities during Rec & Ed sponsored volleyball matches. Spectators will be removed if their conduct or language is deemed to be unsportsmanlike by the Site Supervisor. The Site Supervisor has the right to suspend play until specific violators leave the facility. Coaches are expected to ask their spectators to refrain from unsportsmanlike behavior.

Children (players & siblings alike) are not to be unsupervised in school hallways and must be supervised by coaches or their parents.

10. **Bench Personnel:** Only players on the roster, a coach, and a scorekeeper will be allowed on the team's bench or surrounding area. Failure to comply will result in a time-out penalty being charged to the offending team, and the removal of unauthorized individual(s) to the spectator area. Spectators are expected to be seated in the stands.

11. **Volleyballs are only to be used in the gym. No practice with balls is allowed in hallways.**

12. **Protests:** Rec & Ed will not accept protests on league games unless the protest is based on a violation of the playing time rule or use of an ineligible player.

13. **Uniforms:** All players on a team are expected to wear their team shirts for the league games. Failure to have a matching team shirt will result in not being allowed to participate. Exception: Change of T-shirt due to blood on the team T-shirt will be acceptable.

14. **Jewelry:** Most exposed jewelry is illegal. Rings, watches, bracelets (including string or "friendship" bracelets), earrings, chains, or necklaces are illegal with the following exceptions:
    1. Starter earrings or studs may be worn on newly pierced ears if they are covered with tape or a bandage to the satisfaction of the official.
    2. A religious medal may be worn if it is taped to the body and worn under the uniform.
    3. Medical alert bracelets or necklaces may be worn if they are taped to the body so the medical alert information still remains visible and accessible if needed.
    4. Body piercings not visible to the official are not sanctioned. If the piercing becomes visible, the official will direct the player to remove it.

15. **Hair Accessories** As per MHSAA rules, hair control devices made of metal or hard plastic such as barrettes, hair clips or bobby pins may be worn. A player may only wear hair beads if the hair is tied in a tight bun or adequately covered by a hair net to the satisfaction of the official.

16. **Headwear**
    1. Players in any Rec & Ed sports league may wear a headband. The headband must be worn on the forehead/crown and can not exceed a maximum width of 2 inches.
    2. Under no circumstances are players in any Rec & Ed youth sports program allowed to wear bandanas.

17. **Casts, Splints, Braces and Prostheses**
    1. In Rec & Ed volleyball and basketball leagues, casts, splints, and braces may be worn on the lower extremities as long as they are padded with at least ½" of closed–cell, slow-recovery rubber or other material of the same minimum thickness and having
    2. similar physical properties. No casts, splints or braces may be worn on the upper extremities.
    3. No protective equipment used in any Rec & Ed youth sports program shall have exposed metal or hard material.
    4. In all Rec & Ed youth sport programs, prosthesis may be worn as long as, in the official's judgment, the prosthesis is no more dangerous to players than the corresponding human body part.

It is the responsibility of each coach to inform players and their parents whenever a player is guilty of an infraction of the Youth Sports Equipment and Apparel Rule. Any player who is in violation of the rule may not participate in any Rec & Ed contest until the player is in compliance with the rule. If a player can not comply with the Youth Sports Equipment & Apparel Rule without significant delay, another player must substitute in for the player or the offending player's team must play short. Note that a player who leaves the game to remove jewelry or illegal apparel may be re-entered as a legal substitute once they comply with the equipment and apparel rule.

Any equipment or apparel issues not covered in the Rec & Ed Youth Sports Equipment and Apparel Rule will be addressed by the specific body of rules which govern that sport.

18. Substitutions: In all leagues, no substitution is allowed. See rule 2, **Playing Time**.

19. Warm-Up: Teams may warm up ten minutes prior to match time. If games are running behind schedule, oncoming teams' warm-up time may be reduced to 5 minutes at the discretion of the Site Supervisor. During warm-ups, teams must make every effort to see that the balls do not go into the opposite court or have excessive contact with the net if a game is in progress. Failure to adhere to this request may result in loss of warm-up time.

22. Court Usage: Upon completion of the match, teams may stay on the court until ten minutes before the scheduled start time of the next match.

23. Gym Obstructions:

Ceiling: When the ball strikes the ceiling or an overhead obstruction (including Clague's ceiling divider) above a **playable** area it will remain alive provided:

A. the ball contacts the ceiling or obstruction on the side of the net extended of the team which last played the ball *and*

B. the ball returns to that same team's side.

Obstruction less than 15 feet: When a ball touches an obstruction less than 15 feet above a playable area:

Ruling ➢ *dead ball; judgment call -- point, side out, or replay.*

Backboards, vertical supports and cables on endlines and sidelines: When the ball touches the basketball backboards, vertical supports or cables outside of and extending over the endline or sidelines:

Ruling ➢ dead ball; judgment call -- point, side out, or replay.

24. Adjacent Court:

A. A ball that is hit into the adjacent court is considered a dead ball.

B. A player who enters the adjacent court before, during or after playing the ball causes the ball to be dead and a point or side out to be awarded.

C. **A & B are in effect any time a match is scheduled on an adjacent court (including a scheduled match that is forfeited at the gym)** .

25. Ball on the Court: Any ball from the adjacent court of play deemed by the referee to interfere with play will result in a replay.

26. Warm Up Volleyballs: Teams must use their practice volleyballs for warm-ups. Game balls are not to be used for warm-ups.

27. **Serving:** 5 seconds are allowed for each serve. THE SERVED BALL *MAY* TOUCH THE NET! ***For 4th and 5th Grade leagues only:*** One re-serve (service tossing error) is allowed per player for each term of service.

28. **Successive Contacts (Double Contact for setting):** On a team's second hit, contacting the ball more than once with any part of the body in a single attempt to play the ball is not a fault if the ball is next contacted by a teammate.

29. **Smoking, Food and Drink:** Smoking, food and drink are not allowed in the gym. Please keep snacks in the hall and clean up after.

30. **Cancellation of Games:** To find if Rec & Ed has cancelled games for weather or other facility-related issues, first check the website: https://reced.a2schools.org/sports/home/team-sports-cancellations**.**

31. **Refund Policy**:
    If you need to withdraw from a youth sport program please let us know as soon as possible so that we can open up space for someone else to register.
    - You will be issued a refund (as paid) minus a $10 processing fee* if: A written request of cancellation is received before the first scheduled game by e-mail to: cancel@aaps.k12.mi.us , by U.S. mail, or in person at the Rec & Ed office. **Option to waive processing fee is available if refund is applied as a non-refundable credit to Rec & Ed account for future use.*
    - No refunds or credits will be issued after the first scheduled game.
    - Exceptions to the stated policy may be granted in extenuating circumstances.
    - Youth Team Sport Program Fees will be refunded in full when leagues/teams are cancelled by Rec & Ed. Leagues/Teams may be cancelled if the minimum enrollment is not met.
    - There is no refund, credit, or reduction of fees for practice/games missed by a student.

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