

Burlington Recreation  
**Youth Volleyball**  
Rules  
*Revised 8/26/2024*

Except for the rules covered in these by-laws, all other rules of the BRC Youth Volleyball League will be those of the Kansas State High School Activities Association (KSHSAA).

I. AGE

- A. The Youth Volleyball League is for players in grades five and six of the current school year. There will not be a separate league for each grade level; therefore, all teams should be comprised of both age groups.

II. COURT DIMENSIONS

- A. Youth Volleyball League games will be played on courts according to KSHSAA specifications. The net height shall be 7' 0" from the floor.
- B. There will be two serving lines on the court: the back-court line (regulation serving line), and the black line directly in front of the back-court line. See Rule VII.

III. EQUIPMENT

- A. All players must wear rubber-soled tennis or court shoes at all practices and games. No hard soled or street shoes will be allowed. All players must have shoes - no bare feet or socks only. Black-soled running shoes are discouraged!
- B. For safety and injury prevention, no jewelry can be worn during the game.
- C. Kneepads are not required, but are highly recommended by the Recreation Department. Players must provide their own pads.

IV. PLAYERS

- A. Harassment of officials and/or supervisors by players will result in ejection from the match. If a player is ejected during any game, they will be ineligible for the rest of that match as well as any preceding match.
- B. Poor sportsmanship will result in ejection from the match. Two such charges will result in a two match suspension.
- C. Number of players:
  - 1. Teams may begin and play a match with six, five, or four (but no less than four) players. If a team has less than four eligible players, then the match will be forfeited.
  - 2. When a team plays with four players, that team must use a 2/2 alignment. Two players must play on the front row, and two players on the back row. Rules that apply to a 3/3 alignment will also apply to a 2/2 alignment.
  - 3. When a team plays with five players, either a 2/3 or a 3/2 alignment may be used.
  - 4. If a team begins play with less than six players and a player arrives late, that player may enter the game only after a dead ball. The late-arriving player must enter the game in the center-back position. If a team has only four players and two players arrive late simultaneously, then they must enter the game in the center back and left-back positions (only after a dead ball).

V. SUBSTITUTES

- A. There will be only one way to substitute, and that is when your team rotates to serve the substitute must then enter the game at the center back position. The server who served during your team's previous possession will then come out of the game. This is a **mandatory** substitution if you have substitutes sitting on the bench during a game, unless your team only has 1 substitute and they are being sat for disciplinary reasons.
- B. Only one substitute may be entered at a time, unless a player is injured or is unable to resume playing. An injured or incapacitated player may be substituted for, but the injured or incapacitated player must sit out the rest of the game.
- C. All players present at the game must be included in the team's rotation, unless a player is being sat for disciplinary reasons. A team's rotation must stay the same throughout the match, the only exception being the addition of late-arriving players or if a player is injured or incapacitated.

## VI. THE GAME

### A. SCORING:

1. "Rally scoring" will be used. A match will consist of two games to 25 points (win by two), and one game to 15 points if needed.
- B. Because this is an instructional league with winning being secondary priority league standings will not be kept.
- C. Each team will have its own side of the net for warm-up prior to each match. Games will start at their scheduled time unless both teams are ready to start early.
- D. A ball that hits the ceiling may be played provided it remains on the attacking team's side of the net. If a ball hits the ceiling and crosses into the opponents' side of the court, it will be ruled out.
- E. Any ball that hits a basketball goal or a sidewall or boundary will be considered out.
- F. Before serving, the server must wait for the referee's signal to serve. Each team will be given one warning per match. On the second offense, a side-out will be awarded.
- G. Line-up cards are not required in Youth Volleyball. An honor system is used to maintain serving order.

## VII. SERVING

- A. There will be two serving lines on the court: the back-court line (regulation serving line), and the red line directly in front of the back-court line.
  1. Players may choose to use whichever serving line they see fit and may serve overhand from the front serving line. Coaches should use their judgment on each of their player's ability level and discourage serving from the front serving line by their more talented players.
- B. NET SERVES
  1. Any serve that touches the net and crosses over, fully inside the antennas, is alive and in play.
- C. All foot faults will be called regardless of the serving line that is used. No warnings are given for foot faults. The first and all succeeding foot fault violations will result in a side-out.
- D. The referee will flip a coin to determine first serve in Game #1 the serve will then be alternated for game #2. A coin flip will also be used for game #3 if needed.
- E. Any one server will be allowed to score a maximum of five points during any one turn at serve. After one server has scored five points during one turn at serve, an automatic side-out will be called. **NOTE: A side-out rendered after the "5 points per server" rule will not result in a point for the opponent.**

## VIII. GENERAL

- A. There will be no protests allowed in Youth Volleyball League play. Any rules infractions must be solved before play continues. The decision of the referee and supervisor will be final.
- B. A game ball will be provided by the Recreation Department. The game ball is not to be used for warm-up.
- C. One Time- Out will be allowed per set. This means you will have a maximum of 3 timeouts per game.