

## Teen Volleyball FCRV Rules

### Age:

All contestants must be between the ages of 13 and 19 on the day of the game for state competition.

### Membership:

1. All contestants must be a member of the chapter or district for which they are competing.
2. Their parents or guardians must be current members of FCRV.
3. They must possess and present a valid teen ID card.

### The Team:

1. The team shall consist of a maximum of twenty (20) members. There shall be a minimum of four (4) girls.
2. The actual playing team shall have six (6) players. Two (2) girls must be playing at all times.
3. The team is allowed two (2) coaches, whose jobs are to control the efforts of the team.

### The Ball:

The ball is to be twenty five (25) to twenty seven (27) inches in diameter and weigh between 250 and 280 Grams.

### The Net:

The net shall be thirty (30) feet long. It shall have a top height of seven (7) feet six (6) inches.

### The Ground:

The ground shall be a flat surface, and a minimum of forty two (42) feet wide and seventy two (72) feet long.

### The Playing Field:

1. The playing field shall be two (2), thirty (30) feet by thirty (30) feet areas separated by the net.
2. Around the area shall be a six (6) foot space. This area is an open zone, of which no one is to enter during play. The outer twenty four (24) inches of this area can be used by the coach.

### Three (3) Game Elimination:

The winner of a match shall be the team that wins two (2) games out of three (3).

### Pre-Play:

1. Each team is to submit a list of all players, with playing position noted and the two coaches, marked as coaches to:
  - A. The games chairperson.
  - B. The opposing coach.

### Officials:

The officials shall be two (2) in number. They shall be qualified to officiate volley ball. The officials are:

1. A REFEREE who shall:
  - A. Be positioned on a platform at one side of the net with the head no more than two (2) feet over the top of the net.
  - B. Be the superior official.
  - C. Have power to over rule the other officials.
  - D. Decide when the ball is in play.

- E. Decide when the ball is dead.
  - F. Decide when a point has been made.
  - G. Decide when side is out.
  - H. Decide when a double foul has been made.
  - I. Decide when other penalties should be assessed.
2. An UMPIRE who shall:
- A. Be positioned on the opposite side of the court from the referee.
  - B. Assist in calling violations involving:
    - 1. Unsportsmanlike conduct.
    - 2. Players out of position.
    - 3. Decisions regarding crossing the center line.
    - 4. Contact with the net.
  - C. Accept substitutions.
  - D. Verify that a returning player is in the proper serving order.

**Scorer:**

- 1. There shall be one person named to act as score keeper. This can be a committee member.
- 2. They shall:
  - A. Be positioned to the side or across from the referee.
  - B. Be given proper lists of the team line-ups and substitutions.
  - C. Have substitute players report to him/her and record same.

**Substitutions:**

- 1. Failure to report properly shall be penalized.
- 2. An illegal substitution of a player not on the team roster will forfeit game to the non-offending team.
- 3. A team may NOT have more than twelve (12) substitutions during any one game.
- 4. Substitutions must be made from the game list that was provided to the SCORER.
- 5. A player may enter the same game not more that three (3) times and re-entry must be made in the same position as first played.

**Start of Play:**

- 1. FIRST GAME OF THE MATCH. For the start of the first game, the toss of a coin shall determine the team having choice of the first serve or side.
- 2. SUBSEQUENT GAMES. For subsequent games, teams shall change play area at the end of each game of the same match. During the third game of the match, the teams shall automatically change playing area after one team has scored eight (8) points. No change shall be made in the players relative positions or the alteration or rotation of service because of the change in playing areas.

**At The Start of the Game:**

- 1. Players shall take their respective positions, according to the order given the scorer.
- 2. Line-ups may be changed for each new game, PROVIDED THE CHANGED LINE-UP IS RECORDED WITH THE SCORER AND THE OPPOSING COACH.

**Serving**

- 1. The SERVER shall serve from within the serving area, which is behind rear right outside court line, extending ten (10) feet toward the center from the corner.
- 2. At the time of the serve, the other players shall be in their respective playing positions.
- 3. A player shall not serve out of turn.
- 4. A serve shall be made by hitting the ball with hand, fist or arm and the ball going over the net into the opponent's area.

5. A served ball is dead if before contacting an opponent or floor (ground) of the opponent's area:
  - A. It touches the floor (ground) of the server's area.
  - B. It touches a teammate of the server.
  - C. It passes under the net.
  - D. It crosses the net entirely outside the sideline markers.
  - E. It hits the top of the net.

### **Playing Rules:**

1. The ball must be clearly hit. When, in the opinion of an official, the ball visibly comes to rest at contact, a foul has been committed. **FLAT HAND HITS ARE THEREFORE SO CLASSIFIED.**
2. A player shall not contact any part of the net or its support while the ball is in play.
3. No part of the player's body shall cross the center line.
4. A player may not reach over the net in returning the ball.
5. A ball may be played from the net.
6. When only part of the ball crosses the net and is contacted by the opponent, it is considered as having crossed the net.
7. A player shall not make successive contacts of the ball.
8. A team shall not play the ball more than three (3) times before it crosses the net to enter the opponent's area.
9. In case of simultaneous contacts by opponents, the player behind the direction of the ball is considered as having touched it last. The team upon whose side of the net the ball falls is allowed three (3) plays of the ball.
10. If, after simultaneous contact, the ball falls and touches within the limits of a team's court area, the team on that side is at fault, however if the ball falls outside team's court area, the other team is at fault.
11. Only the front line may block, no back line player may make an attempt to intercept a ball coming over the net or prevent it from doing so by placing one or both hands above his head while in a position close to the net.
12. All players must wear shoes.

### **A Ball in Play Becomes Dead if:**

1. It touches the floor (ground) of the court.
2. It goes out of bounds.
3. The REFEREE or UMPIRE blows a whistle to stop play.

### **Time Outs:**

1. Each team is allowed two (2) time outs without penalty.
2. Each time out shall not exceed thirty (30) seconds.

### **Scoring:**

1. Only the serving team may score a point.
2. A point shall be scored for the serving team when opponents:
  - A. Commit a foul.
  - B. Fail to return the ball legally to the serving team's court.

### **Winner:**

A game shall be won by the team that has scored at least fifteen (15) points and with at least a two (2) point lead.

### **Between Game Rest:**

A rest period of five (5) minutes shall be had between each game of a set.

**Unsportsmanlike Conduct:**

1. Unsportsmanlike conduct will not be allowed. It is defined as:
  - A. Stamping of feet.
  - B. Shouting at opponent about to serve or at opponents in the act of playing the ball.
2. From the beginning to the end of the match, the REFEREE shall have the power to:
  - A. Warn players.
  - B. Declare side-out or point.
  - C. Disqualify from the game or match, any player, substitute, coach or manager who commits, in the REFEREE'S opinion:
    1. gross violations on sportsmanship.
    2. persistently addressing the officials on decisions.
    3. making derogatory remarks about or to the officials.
    4. committing acts derogatory to officials.
    5. making personal or derogatory remarks about or to opponents.
    6. making audible comments or derogatory visible displays to the game.
3. A WARNING SHALL FIRST BE GIVEN, PENALTY ON REPETITION OF THE ACT.

**Side-Out:**

Side-out shall be declared and ball given to opponents to serve when the serving team commits a foul or fails to return ball legally to opponent team's court.

**Rotation:**

Rotation shall be made each time the team obtains the serve other than the first turn of the game.

**Forfeit:**

A team is expected to be in the playing area at the scheduled time for the start of the match. Failure to appear on schedule shall be grounds for the officials to call a forfeit.

**Alcoholic Beverages and Other Stimulants:**

NO ALCHOLIC BEVERAGES OR OTHER STIMULANTS shall be allowed in the Teen Sports playing area in the possession of any member or spectator. Violations will result in the removal of offenders from game and/or area.

**Official Rules:**

1. The U.S. Volleyball Association's Guide and Rule Book, Publisher: U.S. Volleyball Association (Printed in Berne, Indiana) shall be the official rule book for any rule not herein covered.
2. Only the Coach or manager shall have the right to confer with the REFEREE or UMPIRE concerning the rules.