

**CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
CITYWIDE YOUTH SPORTS BOARD**

Citywide Tournament Rules
Volleyball

The current High School Federation Volleyball Rulebook will govern play in the Regional and Citywide Volleyball Tournaments with the following rules being the exceptions or clarifications. Rules can be clarified by the Regional or Citywide Youth Sports Board.

I. EQUIPMENT:

1 Ball Size and Weight:

- a. Minor division will play with a Volley-Lite ball.
- b. Majors and Juniors division will play with an official size and weight ball.

2 Net Height:

- a. Minors Division net will be adjusted to 7 feet.
- b. Majors and Juniors Net will be adjusted to 7 feet and 4 inches.

- 3 All players must have jerseys that are of like or coordinating colors with a number on **front** and the back starting in 2024. Any team that does not have correct jerseys for all its players will be issued a 1 point penalty per set per team and the other team will be given the ball side-out.
- 4 **Jewelry** is prohibited. Exception: Medical alert bracelets, necklaces and religious symbols must be taped to the body with the medical information visible. **Religious medals must be taped and worn under uniform**
- 5 A player may not wear anything dangerous to **themselves** or to other players. Casts or splints are not permitted.

II. ELIGIBILITY:

- 1 The Recreation Center must have a minimum of 2 teams and 16 players in a division to be eligible to send an All-Star team in that division.
- 2 A player may not play on more than one team during the Regional or Citywide Tournament.
- 3 A player is ineligible if they are listed on a high school Varsity or Junior Varsity roster during the fall of the current year.
- 4 Only registered players listed on the recreation centers official tournament roster are eligible to play.
- 5 Proof of age is required.
- 6 Age is determined as of January 1st of current year.
 - a. Minor Division: 9-10 years of age
 - b. Major Division: 11-12 years of age
 - c. Junior Division: 13-15 years of age
- 7 All-Star Tournament teams must meet all eligibility requirements as identified in the General Rules of the Citywide Youth Sports Board Bluebook.
- 8 All Star Tournament Roster **must have a minimum of 9 players and a maximum of 12 players.**
- 9 If a player is found ineligible during the tournament, that player will be eliminated. The last game the player participated in will be considered a forfeit. It will have no effect on previous games already played in the tournament.

III. BEFORE, START AND END OF MATCH:

- 1 There is **no Grace Period**. Game time is forfeit time.
 - a. The referee may call an unnecessary delay of game penalty when the scheduled start time has arrived and one or both teams are not prepared to play due to reasonably avoidable circumstance.
- 2 A team may begin with a minimum of 5 players, however, the 6th player must arrive before the start of the 2nd set. If a team begins with 5 players, a side-out will be called every time the missing player was supposed to serve.
 - a. All rostered players in attendance must sign the check-in roster and play in the match, unless they are declared injured or sick prior to start of the match or set.
- 3 If at any point of the set the team is down to less than 6 players (due to injury, ejections, etc..), a side-out will be called every time the missing player or players were supposed to serve.
 - a. Injury rule
- 4 A coin toss shall be conducted between the captains of each team prior to the first set of the match and if necessary prior to the third set. The winner shall choose either to serve or receive or the playing side. The loser of the toss shall be given the remaining choice.
- 5 When the referee blows the whistle signaling the start, and end of the match, players and coaches are to:
 - a. Go to their respective end lines
 - b. Proceed in a single file line along the right side of their respective side line and meet at the net.
 - c. They will then demonstrate good sportsmanship toward their opposing team by high fiving the other team saying “good luck” or “good game” to each player/coach.
- 6 To start the match, the referee shall blow the whistle again directing starting players to take their respective starting spots in the rotation; then again to signal the server to begin play.
- 7 Only one coach may be standing at any time during play.
The assistant coach and all players not playing must be seated on the bench.

IV. SCORING THE MATCH:

- 1 All matches will consist of the best of 2 of 3 sets
- 2 Rally Scoring will be used for all levels of play, meaning that there will be a point won on each serve (MAX 5 SERVES). You do not have to be serving to score.
- 3 The first team to **25 points**, with at least a two-point lead, wins. There will be a scoring cap for the first 2 sets. First to **35 points** will win the set.
i.e: Home-34 Guest-35; Guest team wins.
 - a. **There is NO SCORING CAP ON CHAMPIONSHIP SET; first team to win by 2 wins the set.**
- 4 Should a third set be necessary, it will be played to **15 points**. There will be a scoring cap of **25 points** on the third set. (**NO SCORING CAP ON CHAMPIONSHIP SET**)

V. TIME OUTS:

- 1 Only the coach or team captain may notify the referee of a time out request.
- 2 Each team is allowed two (2) **1 minute** time outs per set. Time starts once the referee acknowledges the timeout.
- 3 In the third set only (1) **1 minute** time out is allowed.

VI. SERVING:

- 1 All divisions will serve from behind the regulation service line.
 - a. A time limit of 5 seconds per serve is in play once the server is set for all divisions.
- 2 A serve is in play as soon as the server strikes the ball with her hand.
- 3 A re-serve is called when the server drops the ball, tosses the ball in the air and catches it, or tosses it in the air and allows it to drop to the floor.
 - a. A re-serve is part of a single attempt to serve.
 - b. A player may only get one re-serve attempt per rotation.**
- 4 A server may not step on or over the service line until the ball is in play.
- 5 A serve that contacts the net, yet still crosses over to the opponent's side, will be considered a live ball.
- 6 A server may score a maximum of 5 consecutive points. When the fifth point is scored, there is an automatic rotation.

VII. CONTACTING THE BALL:

- 1 A legal hit is a touch of the ball by a player's hands, arms or body (contact by a player's head is legal).
 - a. Contact with legs or foot is permitted but not encouraged.**
- 2 For a contact to be legal it must be very brief and crisp, any prolonged contact is illegal.
- 3 A team shall not have more than three hits, or two consecutive hits by the same person, before the ball crosses the net with the following caveats:
 - a. ***Simultaneous contact on the same team*** – When two players on the same team simultaneously contact the ball, the contact is counted as just one hit and any player, including the two who just touched it, may play the ball.
 - b. ***Simultaneous contact by players on opposing teams*** – When two players on opposing teams contact the ball above the net at the same time and the ball falls onto one side, the player on that side may make the next hit. Whether the player involved in the simultaneous hit or another player makes the next hit, it is counted as the first hit for the team
 - c. ***Multiple contacts for one attempt*** – When a player receives a hard-driven ball from an attacker (either a block or saving a spike) and the ball rebounds from one part of a player's body to ricochet off of another legal part of the player's body, the ball is still in play and the attempt is counted as a single hit. This does not apply if the ball is not hard-driven and the player simply mishandles the ball.
 - d. ***Blocks*** – Blocks are not counted as hits. When a player blocks the ball, either she or any other player on her team may hit the ball next and that hit will be the first one for the team.
 - i. Blocking a served ball is prohibited.
- 4 A front row player may contact the ball anywhere on or off the court.
- 5 A back row player behind the attack line (10 foot line) may contact the ball on or off the court, above or below the top of the net.
 - a. A back row player, who is on, or in front of, the attack line (10 foot line), may not attempt to block or attack the ball above the top of the net.

VIII. INBOUNDS, OUT OF BOUNDS AND CROSSING LINES:

- 1 **Inbounds:** A ball is inbounds and live when:
 - a. Any portion of the ball touches a side-line, end-line or inside the court.

- b. The ball touches the ceiling or other obstruction directly above the hitting player's court and returns to the same side of the court.
 - c. The ball hits the net and goes over into the opponent's court.
- 2 Out of Bounds:** A ball is dead when it:
- a. Fails to go over the net by the third hit.
 - b. Touches any part of the antenna or pole.
 - c. Touches the ceiling or other obstruction above the player's court and goes to the opponent's side of the court.
 - d. Touches an obstruction (e.g. basketball backboard or wall) on the side or end of the court.
 - e. Touches any non-player
- 3 Crossing lines:**
- a. All players, except for the server, must be fully within the boundaries of the court when the ball is served.
 - b. Once the ball is served, players may go outside of the court to play a ball.
 - c. A player may not enter the opponent team's court.
 - d. A player may touch or cross the center line with a hand or foot provided the entire hand or foot does not cross it completely. No other body part (e.g. the head or elbow) may cross the center line.

IX. ROTATIONS/MANDATORY PLAY:

- 1 A mandatory rotation is required when the serving team fails to win the point or makes an illegal play (**side out**), 1 bench player must rotate into the game. (See diagram)
- 2 If a player on the court gets injured and is removed from the game, players will rotate to fill the empty spot(s) and the next bench player will enter the game at middle back.
 - a. Players out for injury may not reenter play in the same set, but may participate in all remaining sets.

X. SPORTSMANSHIP AND CONDUCT:

1. Good Sportsmanship among spectators, coaches, players and officials is expected. We require that ALL spectators practice supportive and encouraging behavior at all times.
 - a. Any violation of the rules may lead to further discipline including ejection from the game and suspension from the tournament.
2. Recreation Directors, facility staff and coaches are responsible for the conduct of their fans.
3. If the head coach is ejected from the game, the assistant coach will coach the team. If the assistant coach is ejected from the game while taking place of the head coach, the game will be declared a forfeit.
4. A player/coach ejected from the game will automatically be suspended from their next game. Depending on the severity of the ejection, the Sports Board may implement a multi-game penalty not limited to suspension from the remaining tournament.
5. Inappropriate conduct and/or negative gestures are not allowed during any part of the game (e.g. taunting, derogatory comments, distracting players with yelling, stomping or banging devices, using horns/bells/whistles). Failure to comply may result in forfeiting the game and/or suspension.

(Updated Mandatory Rotation Chart w/ proper volleyball spot numbers)

ROTATIONS:

- > A mandatory rotation is required when the serving team fails to win the point or makes an illegal play (side out), 1 bench player must rotate into the game.
- > Players will rotate in a clockwise movement. (Back Row to the left, Front Row to the right)
- > The Bench Player subbing in will come in at spot #6. (for the player who is rotating from #1 spot)
- > Both Players will meet in front of the 10ft line next to the sideline closest to the team bench, high five each other and then go to the spot/bench.
- > See Chart Below (#'s below represent the official volleyball spots)

