



## Volleyball Rules & Regulations

All leagues will play 2 sets, each set to 25 wins by two or cap of 27 and set 3 plays to 15 wins by 2 capped at 17

Players should report to their games 15 minutes before the start of their game

Players **MUST** check in at the coaches table

- Only 6 players from each team on the court at a time, 3 in the front row and 3 in the back row
- Maximum of 3 hits per side
- Player may not hit the ball twice in succession (A block is not considered a hit)
- Ball may be played off the net during a volley and on a serve
- A ball hitting the boundary line is still in
- A ball is out if it hits an antennae, the floor completely outside the court, any of the net cables outside the antennae, the referee stand or pole, the ceiling above a non-playable area, or the ceiling before going over to the opponent's side
- It is legal to contact the ball with any part of a player's body
- It is illegal to catch, hold, or throw the ball
- If two or more players contact the ball at the same time, it is considered one play and either player involved may make the next contact (provided the next contact isn't the team's 4th hit)
- A player cannot block or attack a serve from on or inside the 10-foot line
- After the serve, front line players may switch positions at the net
- At higher competition, the officiating crew may be made up of two refs, line judges, scorer, and an assistant scorer



## Volleyball Violations

*Violations result in one point for the opponent*

- When serving, stepping on or across the serve line as you contact the serve is illegal (teams with girls ages 8--10, girls may step on or across the service line)
- Contacting the ball illegally (lifting, carrying, throwing, etc.)
- Touching the net with any part of the body while the ball is in play. **Exception:** If the ball is driven into the net with such a force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play
- When attacking a ball coming from the opponent's court, contacting the ball when reaching over the net is a violation if the ball hasn't yet broken the vertical plane of the net
- Crossing the court centerline with any part of your body. **Exception:** If it's the hand or foot, the entire hand or entire foot must cross for it to be a violation
- Serving out of order
- Back row player blocking (deflecting a ball coming from their opponent), when at the moment of contact the back-row player is near the net and has part of his/her body above the top of the net (an illegal block)
- Back row player attacking a ball inside the front zone (the area inside the 10-foot line), when at the moment of contact the ball is completely above the net (an illegal attack)



## **Parent Conduct**

We expect our parents, always, to encourage our children to exhibit positive behaviors. That being said as parents and spectators, please conduct yourself in a respectful manner at ALL TIMES.

## **Objectives**

Remember that winning is not the only objective in youth sports, we are nurturing our youth to be competitive while maintaining our core principle objective, to develop an environment where they have fun, build relationships, and positive work habits, all while developing their skill set.

The purpose of our league is so children can test their volleyball skills and play against each other in a competitive environment.

Children will take principles they learn from our academy practices and apply them in team settings.

Please like us on our Facebook page and stay up to date with everything that is going on in the world of Future Stars by following us on Facebook at Future Stars International Enterprises and ASC Training Center, Home of Future Star.

## **Contact**

Email: [Rita@fsieusa.com](mailto:Rita@fsieusa.com) or [Rebecca@fsieusa.com](mailto:Rebecca@fsieusa.com)

Phone: 623-326-4267