



Bethel Recreation Association

Girls Volleyball 3rd - 8th Grades

2025

GIRLS VOLLEYBALL LEAGUE RULES

This program will follow the National Federation of State High School Associations (NFHS) volleyball rules with Bethel Recreation's modifications outlined below. **PLEASE SEE RULE UPDATE- Specific Rules Rotation& Substitution #4.**

TEAMS

1. Team rosters will be composed of girls in separate leagues: 3rd/4th, 5th, 6th, 7th/8th.
2. Teams may play with a minimum of five (5) and a maximum of six (6) players.
3. A minimum of four (4) players will be allowed to start a match, with a minimum of five (5) players within ten (10) minutes of the start of the match. A team unable to field a team of at least five (5) players after the 10-minute grace period will forfeit the match.

THE COURT

1. Height of the net shall be approximately 6' for 3rd & 4th grades and 7' feet for 5th - 8th grades.
2. The substitution zone is the area near the sideline between the attack line and the centerline.
3. The playable area includes the court and the unobstructed space outside of the court boundary lines. Non-playable area includes walls, bleachers, team benches, area behind the team benches, and any other areas identified in the pre-match conference, deemed by the official as unsuitable for playable area.
4. Each team must supply one line judge. It can be a student or parent and a game will not start until line judges are found.

EQUIPMENT

1. 3rd-6th grades will use volleyball lites for games. 7th-8th grades will use official volleyballs for games.
2. All participants are required to wear athletic shoes with non-marking soles.
3. **Jewelry is prohibited. This includes earrings (taping jewelry is NOT acceptable).** Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible. No metal or plastic hair barrettes or headbands are allowed.
4. Kneepads are recommended but not required.

SUPERVISION/OFFICIALS

1. There will be a Volleyball Supervisor at the facility each game day to answer questions and provide assistance.
2. Each game is controlled by 1-2 officials or a supervisor who has full authority to enforce the rules of the game.
3. *All decisions of officials on matters of (whether a ball was held, thrown, etc.) are not subject to protest.*

GAME GUIDELINES

1. Score and standings will be kept and it is the coach's responsibility to update their score on the Bethel Recreation website.
2. A match consists of the best two (2) out of three (3) games with all games played to 21 points at all grade levels.
3. Matches will consist of three (3) games to 21 points using the rally score system. In order to stay on schedule if games go long they may be reduced to 19 points. Rally score means a point is scored every rally whether you served or not.
4. **A team must win by 2 points. Games are NOT capped.**
5. All three (3) games must be played.
6. A coin flip will determine the server. Visiting team calls the flip and chooses to receive or serve.
7. Teams will remain on the same side of the court the entire match for **all three games.**
8. Two (1 minute) time-outs are allowed for each team during each game. Two minutes is allowed between each game.
9. CHEERING: Sportsmanship must be emphasized at all times in the Bethel Rec. Volleyball League.
10. No player may encroach on the opponent's court or contact the net. The centerline, under the net, may be stepped on but not over.
11. No player may play the ball twice in succession unless two players touch the ball simultaneously, as in passing or blocking the ball.

SPECIFIC RULES

A. PLAYER POSITIONS

1. Up to six players on the court. Three players may start at the net (front row) with the 3 remaining players positioned behind them in (back row). All players need to be inside the court when the ball is served.
2. **Please Note:** In the game of volleyball players may switch positions but a player who starts in the back row (in the serve receive rotation) may not block and may not hit the ball above the height of the net from the area in front of the 10-foot line.

B. ROTATION & SUBSTITUTION

1. Every participant must be included in the team's rotation and remain in the same position within that rotation for the entire match. Continuous rotation must be used throughout the entire match.
2. **The beginning of a new game the rotation remains the same and serve count starts over. The server of the winning team will continue the serve until there is a side out even if they served 6 in a row the game before, (if they are the first team to serve in the next game).**
3. Receiving team must rotate before their first serve.
4. **Players will automatically rotate on a side out with the right back (1) position rotating off the court while a new player substitutes into the middle back (6) position. The player in the front right (2) position will then serve.**

C. SERVING

1. Allowed serving lines by grade:

a. **3rd/4th Grade** – 10ft, 15ft, 24ft and end line **5th & 6th Grade** – 15ft, 24ft and end line **7th/8th Grade** - 24ft and end line

2. The 15ft and 24ft lines will be marked on the court with tape.
3. **Serving area: Players may serve the ball from across the entire width of the court.**
4. Players may catch or drop the ball for a re-serve opportunity. Only one (1) re-serve per term of serve is allowed.
5. The server may strike the ball in any manner-underhand, sidearm or overhand.
6. **Once a player has served twice successfully in a row from a line, she must move back to the next line. This player may not serve from the closer line for the duration of the MATCH (3 games against same team) since she has already demonstrated an ability to serve up close. If this player again serves from this line twice successfully in a row she must then move back to the next serving line and the same procedure is in effect. EXCEPTIONS to this rule are allowed only with agreement of the opposing coaches and notification to the referee.**
7. Players will be allowed to serve no more than six (6) successful serves in a row. After the sixth (6th) successful serve in a row by a player, the ball then goes over to the opposing team. That team does **NOT** get a point but they DO rotate to the next server. The program encourages skill development and fun and this rule modification will help maintain that premise.
8. The scorekeeper will monitor the number of serves by each player.

D. SCORING

1. When a team commits a fault, the result is a loss of rally and the opponent shall receive a point.
2. A point is scored when:
 - a. A team fails to return the ball legally within a maximum of three hits.
 - b. The ball is dead or out of bounds.
 - c. A player contacts the net or steps over the centerline.
 - d. A team uses excess time-outs or is guilty of unsportsmanlike conduct.
 - e. A team is not in proper rotation order as the ball is served.
 - f. The server serves out of turn. Serving out of turn can be discovered by official or if receiving team notices serving team is serving out of order, receiving team must approach the official with the complaint prior to the next serve.
 - g. Any service fault occurs or the server fails to serve the ball over the net.

E. PLAYING THE BALL - The following rules will apply when playing the ball:

1. The ball must be visibly hit (not caught or held) and returned legally over the net within three (3) hits.
2. Simultaneous contacts of teammates are considered one play.
3. A player may not make successive contacts of the ball except following a simultaneous contact.
4. A player may go outside her court to play the ball if she does not cross the centerline or enter a non-playable area.
5. If two opposing players contact the ball simultaneously directly above the net, either may play the ball on the next hit.
6. If a spike strikes a multiple block, it is considered one play and any player making the block may play the next ball.
7. If the serve from the server hits the net but goes over to the in-bounds playing area of the receiving team (let serve), it is a live serve.
8. ***A ball striking the ceiling or an overhead obstruction on the side of the net extended that is occupied by the team that last played the ball, may be legally played by the same team. The three (3) hit rule still applies.***

F. DEAD BALL A dead ball occurs when:

1. Any fault occurs by either team.
2. The ball touches the net antennas above or within the net or does not pass over the net between the net antennas.
3. The ball lands outside of the boundary lines. (If a ball touches the boundary line it is good.)
4. The ball crosses the net completely outside the net antennas or touches the posts holding the net.
5. A player enters a non-playable area including another court.
6. A team fails to return the ball legally within three (3) hits.

BETHEL RECREATION CODE OF CONDUCT

1) Coaches, players, and spectators:

- MUST follow all BSD rules and regulations including- NO use of alcohol, tobacco, smokeless and vapor/e-cigarettes, marijuana and **NO animals (including DOGS)** on BSD property.
- MUST follow all current COVID-19 health and safety protocols and guidelines of the BSD & Bethel Rec.
- May not disrespectfully address or yell at an official, other coaches, players, parents or spectators.
- May not attempt to influence an official's decision or use profane or inappropriate language or obscene gestures.
- May not disrespectfully address, bait, or taunt an opponent or confront officials before, during or after a game.
- May not make a threat of physical harm or use physical force towards an official, supervisor, staff, or other coaches or players.

2) The head coach is responsible for the conduct and behavior of their team players, bench personnel and spectators.

3) All children/siblings must be supervised and all garbage (including water bottles) needs to be picked up.

4) If coaches or spectators have questions regarding particular calls, rules, or a referee, or wish to give feedback please contact: During Games: Supervisor **Before or After Games:** BR Director/Board

PENALTY: Any coach, player or spectator who fails to comply with the above rules will be subject to Code of Conduct disciplinary action. Depending on the severity of the violation, supervisors and officials have the authority to remove individuals.