

Jefferson City Parks and Recreation



JC PARKS

Summer Volleyball Rules and Guidelines 2024

LEAGUE BASICS

- All players get a team t-shirt
- All divisions will play 6 matches, 3 sets each
- All divisions play 6v6
- All indoor divisions play at the Linc. Sand divisions played at Binder
- Matches are scheduled 50 minutes apart, typically starting at 5:45 p.m.
- All players must register for the grade they will enter next year ('24-'25)

DIVISION SPECIFICS

- 3-4th grades
 - Games on Wednesdays beginning June 19
 - No scores or standings kept
- 5-6th grades
 - Games on Thursdays beginning June 20
 - Scores and standings kept
- 7-9th grades
 - Games played on Tuesdays beginning June 18
 - Scores and standings kept
- 6-7th and 8-9th grade Sand Divisions
 - Games played on Fridays beginning June 14
 - Scores and standings kept

ELIGIBILITY

1. League will be determined by the grade the player will enter fall **2024-2025**.
2. Coaches will receive your team roster in your "Team Site" on Team Sideline. Each roster will have participant name, parent/guardian names and phone numbers, email address and any special notes (i.e. Shirt size and school). If a phone number on your roster no longer works, please contact JC Parks at 634-6482. This is sensitive information. Please do not share with others.
3. Each coach is responsible for the eligibility of his team's players. Use of an ineligible player shall result in forfeiture of the game(s) involved.
4. Players are allowed to play on only one team in the same division during the season.
5. Coaches cannot move/trade players. The responsibility of moving players from team to team will be the Program Manager's.
6. Should it become necessary to add players to a team, the Program Manager will make the addition. Coaches cannot add players to their rosters.

SCHEDULING

1. Volleyball games will be played on the nights mentioned in the chart above.
2. Games will be scheduled 50 minutes apart starting tentatively at 6:00 p.m.
3. Each team will be scheduled for a 6-game schedule.

4. Remember, this program is designed to be fun and to develop skills for the youth. Please emphasize this with your parents.

PARTICIPANT BLEEDING/BLOOD ON A UNIFORM:

A player or coach who is bleeding or who has blood on his/her uniform shall be prohibited from further participating until appropriate treatment, including bandaging as necessary to prevent recurrence, has been administered. If medical care is needed, the player must leave the game until the situation has been resolved. A 70% isopropyl alcohol solution must be used to disinfect skin and uniforms. All affected areas must be thoroughly cleaned before the individual is allowed to continue participating in a game or practice. This may require that the player remove affected clothing and replace it in order to be able to continue participating.

In all youth volleyball leagues, the official may call a time-out and give the player/coach a reasonable amount of time to take care of any situation involving blood on a uniform/person/floor. If, in the opinion of the official, time becomes excessive the game will proceed with a substitute entering for that player. In the event that a substitute is not available, the team will play short until the wound and blood have been properly cared for. If a substitute is used, all regular substitution rules will apply.

DRUGS, ALCOHOL AND TOBACCO

1. We believe that youth sports should be drug, alcohol and tobacco free. Therefore, JC Parks requests that coaches, fans, family, and friends refrain from these activities during games and practices to help set a good example for the children.
2. Smoking, e-cigarettes, and chewing tobacco are absolutely prohibited in the gym. Alcoholic beverages and/or drugs are also not permitted at the Linc. Coaches and fans believed to be under the influence or in possession thereof will be asked to leave the premises immediately by the program supervisor(s). Failure to do so, even if the offender is a fan, will result in termination of the game and the Police Department will be called.

EQUIPMENT

1. The game balls will be provided JC Parks. 3rd – 6th grade teams will use a Volley-Lite, 7-9th grade teams will use a regulation volleyball, and sand leagues will use a sand volleyball.
2. Tennis shoes are required for indoor games. Shoes should be comfortable, have considerable ankle support, light colored soles, and a surface recommended for traction on gym floors.
3. Players should be equipped with knee pads for protection.
4. The net will be at a height of 7'0" for grades 3-6 indoor divisions and 7'4" for grades 7-9 indoor and sand divisions.

UNIFORMS

All players will be provided with a league t-shirt to be worn while playing in the league. Shirts are ordered as specified by parent requests. There are no extra shirts so players will have to make do with what they ordered or trade with a teammate. Sand teams will be allowed to cut the sleeves out of the t-shirts, but please do not slit the entire sides down to waistline.

PRACTICE

1. Each team will receive two volleyballs for practice, if needed.
2. It is recommended that you contact your school and/or church for information regarding a practice site and equipment for practice purposes. The Linc will be available to reserve on a first come first serve basis – rental rate is \$12.50 per hour (discounted rate for our teams). Binder sand courts are in use Sun - Fri for leagues. To check on any of these locations, please call 573-634-6482.
3. No team will be permitted to require more than one practice in any Sunday to Saturday period.

PLAYER/TEAM CONDUCT

1. All players and teams are expected to display good sportsmanship.
2. Undue harassment of the official before, during, or after a game may result in the ejection of the individual(s) involved from the game/match. Any player, coach, or fan who is ejected from a game by a sports official or JC Parks representative will be suspended from attendance and participation in his/her team's next match (Depending on the severity of the situation the suspensions may last the remainder of the season and possibly go into next season as well).
3. After an ejection, the individual ejected must immediately leave the gym and spectator area. Failure to do so, or continued harassment of the official, may lead to a second ejection and forfeiture of the match by that player's team. If the game is forfeited for this reason the team will be required to pay a re-entry fee.
4. REMOVAL FROM THE PROGRAM: Any player who strikes or verbally threatens to strike an official; who fights with another player; or who is ejected for unsportsmanlike behavior for the second time within one season is suspended from participation for the remainder of the program's season.
5. Any team or individual who intentionally damages a facility or equipment being used for JC Parks play will be billed for the full replacement cost of said property and will be suspended from all JC Parks programs until such restitution is made.
6. Any team or individual who fails to heed the request of on-site JC Parks personnel regarding program operation or facility care will be suspended from all JC Parks programs until he/she/they submit a written account of the incident and is reinstated by the Program Manager.
7. JC Parks reserves the right to lengthen any suspension for any length of time if circumstances so warrant.

Volleyball Rules

1. The National Federation of High School Volleyball Rules will govern play except as stated herein.
2. All members of both teams may line up at the backline prior to the first game and wave at their opponents when directed by the official. The starting players will then proceed to their starting positions.

3. 7-9th Grade Indoor and Sand Divisions: Matches will be played with rally scoring to 23 (winning by 2) with a 25-point cap with score and standings being kept; 5-6th Grade Indoor Division: Matches will be played to a 13-minute time limit or 23 points, whichever comes first with score and standings being kept; 3rd-4th Grade Indoor Division: Matches will be played to a 13-minute time limit with no score or standings being kept.
4. Game time is forfeit time. Teams must have at least four players ready to play at game time or the match will be forfeited. Ten minutes will be allowed to elapse before the second and third games are declared forfeits. When, for any reason, a team is reduced to less than four (4) players, the remaining games will be forfeited.
5. Warm-up time: There will be no formal time for warm-ups. If the game before yours finishes under their time allotment, each team will be given a couple of minutes to warm-up. Otherwise, teams can warm up along the sides of the courts or on an open court in the gym. However, we will not put down a net on an open court for this purpose.
6. Teams shall change courts after each set in the match/game.
7. Substitutes may enter the game only in the center-back position unless an injury occurs. A late arrival must wait to rotate in until her team has the service.
8. Substitution in JC Parks play is unlimited, unless in the opinion of the official, he/she considers a team to be using substituting as a method of stalling.
9. Each team must supply a line judge for each game.
10. It is recommended that players carry their game shoes into the gym to help keep the playing surface clean.
11. A ball may be played off the ceiling on the same side of the net, but a ball hitting the ceiling and crossing the net will be dead. Balls hitting basketball goals are also out of play, unless in the opinion of the official, the ball could have been played (in that case a reserve will be called).
12. Net contact (any part of the net) by player is not allowed.
13. Service Toss: If the ball, after having been tossed or released by the server, lands without touching the player, it is considered a service tossing error. After a service tossing error, the referee must authorize the service again, and the server must execute it within the next five seconds. One service tossing error is permitted for each term of service. PLEASE NOTE: we will allow the players to catch the ball in the summer league.
14. Serving Line: The serving line is 15' from the net for 3rd-4th grade, 20' for 5-6th and regulation (30') for 7-9th grade. Sand divisions' serving line will be at the back line (6-7th grade sand may take one step in).
15. Violations such as lifting, carrying, and spiking are judgment calls and may not be protested.
16. Intentional kicking is not allowed. Unintentional or inadvertent contact below the waist will be allowed, but intent is a judgment call by the referee.
17. 3rd - 4th grade: each team will serve three (3) serves then side out. We will not use rally scoring.
18. 5-6th and 7-9th grade indoor: the service limit per term of service is 5 serves.