

DCRYS Volleyball Rules and Regulations

The National Federation High School Rule Book and North Carolina High School Athletic Association Handbook will be used with the exceptions listed below.

I. Coaches (All Head Coaches must be 18 years old or older):

All coaches (head and assistants) must complete a volunteer coaches and background check form through the Booster Club, and complete coaches training before they will be allowed to coach in the Recreation program. Anyone not completing the above three requirements will not be allowed to coach.

1. Head Coach is responsible for the actions of all assistant coaches, players, line judges and fans.
2. Coaches are to model and uphold good sportsmanship and maintain a positive, recreational prospective on competition.
3. Coaches are to assist with control of proper behavior and sportsmanship, which includes the behaviors of the coaches, line judges, score keepers and players. If a coach/player/volunteer is asked to leave and refuses to do so, the game may be forfeited.

II. Practices:

1. A team may practice up to two times per week.
2. When season play begins, teams are allowed 1 practice per week. If the team does not have a game scheduled that week, a second practice may be held.
3. All team practices will be limited to 1 hour and 30 minutes.
4. Team practice exists when a team assembles under the direction of the head coach and/or assistant coach.
5. If schools are closed or delay their practices because of weather, practices will be delayed in accordance with Davidson County School Board policy.

III. League Play:

1. No games or practices will be scheduled during School Breaks.
2. Once schedules are issued, there will be no changes made to accommodate teams that have conflicts with games scheduled, unless for a school function that involves participation to receive a grade for the specific League. Special Requests and Conflict dates shall be submitted no later than the end of the first week of practice to try and incorporate into the schedule.
3. Any game that is forfeited beforehand will remain a forfeit whether or not games are played.
4. Players shall always wear appropriate footwear.
5. Gate admission fee will be required for all non-participants aged 12 and up. This includes everyone except players/coaches of the teams playing. There are no exclusions for school employees, player parents, scorekeepers, line judges, discount cards, memberships, etc. This fee is used to pay the cost of the game.

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IV. Sportsmanship/ Ejection Policy

1. Good sportsmanship in volleyball means playing fairly, respecting your opponents and officials while demonstrating good character both on and off the court. It involves accepting decisions, celebrating victories with grace, treating your opponents with respect and shaking hands at the conclusion.
2. Yelling or cheering with the intention of distracting the server is strictly prohibited. A team will be warned only once, and the next offense may result in loss of point.
3. Any coach ejected from a game will be suspended for the next (2) games. Ejected Coach must leave the vicinity of the playing area immediately and is prohibited from further contact, direct or indirect, with the team during the remainder of the game. Failure to do so may result in game forfeiture.
4. Any player who is ejected shall leave immediately. Remaining players will stay on the bench until they have left. Any player refusing to leave will be suspended for additional games and the game may be forfeited.
5. Players meeting one of the five criteria will be suspended for 2 games.
 - A. Taunting, baiting, or spitting toward an opponent.
 - B. Profanity- especially when directed toward an opponent or official.
 - C. Obscene Gestures- including gesturing in such a manner to intimidate.
 - D. Disrespectfully addressing or contacting an official.
6. Fighting: (will not be tolerated and will result in season suspension). Fighting which includes, but is not limited to, combative acts such as:
 - Attempt to strike an opponent with fist, hands, arms, legs, or feet whether contact is made or not made.
 - An attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate.
7. Any person attending any volleyball event may be asked to leave the facilities for showing any type of unsportsmanlike actions, inappropriate behavior, under the influence of alcohol, or harassment of officials, fans, coaches, players, or recreation staff.
8. Any coach, player, line judge or spectator asked to leave the facility and refuses, the team that the person is associated with, may be made to forfeit the game.
9. Any team having multiple incidents with coaches/parents/spectators/players being ejected or removed from game site will be disqualified from participation in post-season tournament.
10. All suspensions must be served and may carry over to the following season.

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V. General Rules:

1. Play

- A. No volleyballs should be hit inside of the hallways or against the buildings. Warmups shall only occur in the gym and outside.
- B. Teams may start and play the game with 5 players.
- C. Modified Jewelry rule to the NCHSAA is to allow stud earrings, stud nose rings and soldered anklets (NO DANGLING JEWELRY).
- D. Little League will use the Volley Lite ball and Junior/Senior League will use NFHS approved ball. The recommended pressure range is 4-5 PSI.
- E. Games will be played with a net height between 7' 0" to 7' 4".
- F. Home Team will provide the ball for play to the referee, serve first and will play on the **left side facing the court from the bench area**. Teams will not swap sides beginning 2026 Fall season.
- G. Visiting Team coach has option to check ball prior to first serve, once the ball is placed into play, it is considered approved and will only be changed under the direction of the referee.
- H. Teams are allowed only three hits to return the ball over the net into play.
- I. Players can NOT hit the ball twice in a row.
- J. Players tossing the ball up for serving are allowed one re-toss and must allow the ball to drop to the floor. If the player makes contact it is a violation. *LL will allow coaching on catching the ball for re-toss.
- K. Balls striking an immobile object in the rafters may be played and will only be considered a dead ball if it crosses the net.
- L. Balls striking the antenna on the net is considered out.
- M. A foot foul occurs when any part of the player's foot touches the line.
 - a. In LL only, the referee will have the discretion to give each team one warning and will call for a re-serve of that point.
- N. Touching of the net by a player during play, will result in a violation.
 - a. LL may be allowed relaxed net fouls and offered warnings except on contact that impedes play of the ball or could cause injury.
- O. Going under the net, other than incidental crossing with your foot/leg while striking or blocking is a violation. If the incidental crossing of the foot/leg under the net impedes the opponent's play, it is a violation.
- P. Hitting the ball illegally (Carrying, Palming, Throwing, etc.) is a violation. Examples of these violations are when the player uses an open hand underhand motion, the ball is behind their head, and they carry it forward or they catch the ball and throw it in a different direction.
 - a. LL may be allowed relaxed hitting foul rules and offered warnings.

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2. Scoring

- A. All games will be rally scoring, meaning a point will be awarded to one team after each play.
- B. A point will be scored each time a ball touches the floor and is “in” the boundary of play on the opponent’s side.
- C. A point will be scored when the opponent is unable to return the ball to the scoring team’s side “in” their boundary or play in three hits or less.
- D. A point is scored when the opponent has a service fault or commits a foul listed in the general play section.
- E. Teams will play the best 2 out of 3 sets.
- F. Sets 1 and 2 will be played to 25 points and must win by two or the first team to reach 30 points. Teams will NOT swap sides beginning Fall 2026.
- G. The third and decisive set will be played to 15 points and must win by two or the first team to 20.
- H. Before the third game begins, a coin toss is used to determine who is to serve the ball. The winner of the coin toss will serve first.
- I. At the conclusion of play, both teams (including coaches) will line up along the net and shake hands. The team on the “visiting” side at the conclusion of the match will line up on their side of the net beside the referee’s stand. The team on the “home” side will line up on their side of the net in front of the benches.
- J. Scoresheets will be submitted by the referee to the Recreation Youth Sports Director at the conclusion of the game(s) and filled out as shown in the rules.

3. Warmups

- A. Warm up times will be based on game start time.
- B. Teams will be allowed 2 minutes of half court warm up time followed immediately by one minute of combined serving time before the game.
- C. Additional warm up time will be based upon referee’s decision.
- D. No warming up is allowed in the hallways.
- E. Coaches, teams and fans shall vacate the court and bench areas immediately following the game to free the court for next game.

4. Time Outs

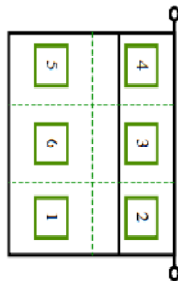
- A. Each team will be allowed two (2) 30 second time-outs per set and in the third set you are allowed one (1) 30 second time-out.

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5. Injured Player

- A. The player's safety is our core **principle**.
- B. An Injured Player will induce a "medical" timeout. The player should be removed from the field of play as soon as it is okay to move her.
- C. The players' spot in the rotation will be removed, and the team will rotate in a manner to not have a player serving twice in the rotation. If the injured player has served, the team should rotate backwards towards the server position to allow every player their chance to serve. If the injured player is serving or has yet to serve on this rotation (Injured player in Visitor side positions 1-4 or Home side position 1), the team will rotate forward as normal towards the server position.

Home



These are the VB position numbers when facing the net:

1: Back court right side 2: Front court right side.

3: Front court center. 4: Front court left side.

5: Back court left side

Visitor



- D. An injured player may return to the game but must return to their original spot in the rotation either during a timeout or when it's her turn to serve.
- E. Teams may continue to play with less than 5 players if a player cannot return to the game. Referee will make the decision on how to proceed if it goes below 4 active players on the court.

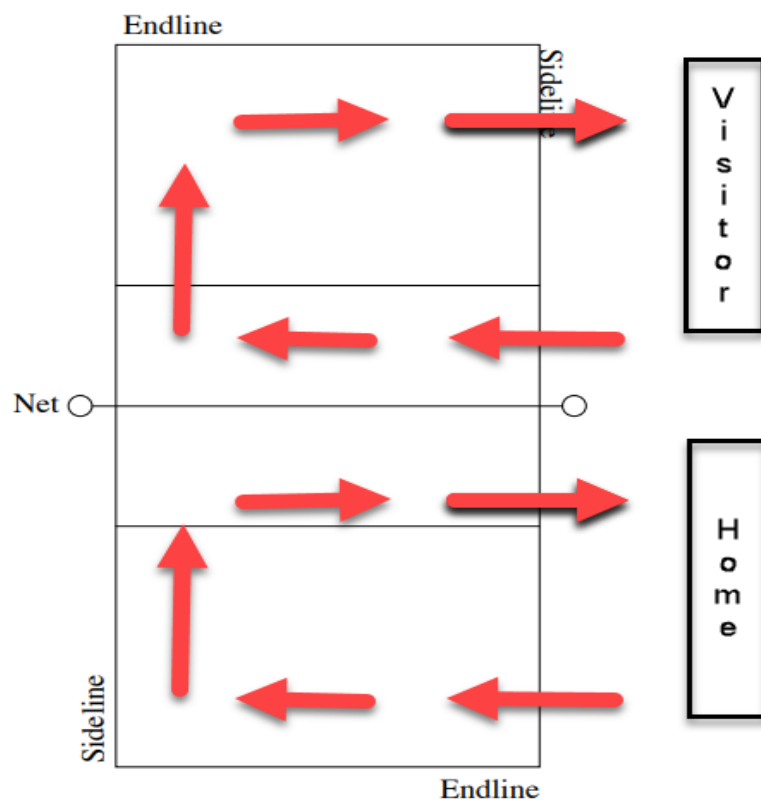
6. Serves

- A. UNDERHAND Little League serves will be from 5 ft. inside the baseline boundary. This will be marked with a small section of tape or a specific identified mark before game play begins. Any questions on the reduced service line shall be directed to the referee before the game begins and their decision is final. OVERHAND Little League serves are allowed and must be made behind the original baseline boundary.
- B. Little League players can consecutively serve 5 points. After the 5th point, there is an automatic side out and the serve goes over to the other team.
- C. JL/SL must be behind the baseline boundary for ALL serves.
- D. JL/SL has no limits on consecutive serves.
- E. Serve receives may not be "attacked" or "blocked" above the net.

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7. Substitution/Rotation: (Both Leagues)

- A. In an attempt to simplify the rotation process for our youth volleyball program, we will use the “snake rotation” where ALL members of the team serve in the same order throughout the match. Once all players have served, the rotation is established and can only be modified if a player cannot continue (see injured player section) or player(s) arriving late (if mutually agreed upon by both coaches and referee before play begins). Teams starting with 5 can insert a late player into the rotation immediately and does not require approval from opposing coach.
- B. Before the ball is put into play, players must be in their rotational position.
- C. With the coach facing the court and occupying the bench area on the RIGHT (Visitor side), the back row player closest to them on their right will rotate off the floor and the substitute will enter the front on their left. (4-3-2-1-6-5 positions – see position summary under injured player)
- D. With the coach facing the court and occupying the bench area on the LEFT (Home side), the front player closest to them on their right will rotate off the floor and the substitute will enter at the back spot on their left and serve. (1-6-5-4-3-2 positions – see position summary under injured player)



- E. Serving out of rotation is a violation and may result in loss of point/serve.
- F. Teams will rotate with each side out point as per standard volleyball rules.

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8. Bench Area:

- A. Only personnel permitted on the sidelines are Players, Head Coach, and Assistant Coaches.
- B. The only personnel allowed to stand is the Head Coach and up to 2 Assistant Coaches.
- C. Coaches must remain off the volleyball court outside of the basketball court perimeter during play. If a coach encroaches on the floor during play it could interfere with play and line judging. Any interference to the game may result in a loss of point.
- D. Coaches & players SHALL not impede referee's vision of the score table.
- E. All bench areas SHALL be cleaned by the team that occupied them at the end of the match and all associated team balls should be collected. This is the head coach's responsibility.

9. Officials:

- A. There will be one official referee for all matches.
 - a. Referee makes ALL final decisions pertaining to the game play.
 - b. Referee can request any person to be removed from the venue at their discretion and does not have to provide a warning based on the severity of their concern.
 - c. Coaches may request clarification on a game ruling by requesting a conference at the podium with the opposing coach and referee during a stoppage of play (point over, set ending, timeout, etc). Referee's decision is final and any disagreements with their rulings should be brought to the booster director's attention after game.
 - d. Referee reserves the right to assess a timeout for intentional excessive delay of game.
 - e. Any coach or player being disrespectful to the referee in front of the players may be ejected.
 - f. All ejections are for the duration of games being played and will be reported by the referee to the head referee for reporting to the program coordinator.
 - g. Referee will start the games based upon scheduled time and court availability. If games end early, the referee and coaches will have the option to begin play earlier than scheduled if ALL parties agree.
- B. Each venue will have a booster club representative taking the gate entry fees. They will provide the scoresheets to the referee before each game and function as a liaison for the referee as needed to help facilitate game play for the duration of the games.

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- C. Each team will be responsible for providing two responsible volunteers for each match. (1-Score Keeper 1-Line Judge)
- a. **Line Judges (14 and up):** It is the responsibility of the head coach to provide one volunteer to line judge for every match they play. The line judge will be assigned a location and set of lines by the referee at the beginning of play. The line judges will meet with the official before the match for a review of their duties. The match official reserves the right to overturn any call made by the line judge volunteers. If the line judge is deemed inattentive by either coach and confirmed by the referee, the referee will reiterate role expectations. If the volunteer still does not adhere to the expectations, they will be replaced by another volunteer from the same team.
 - i. Flag above the head, indicates the ball is out of bounds.
 - ii. Flag pointing down towards the court, indicates the ball was in. Balls that touch the line are classified as “in”.
 - iii. Flag upward at shoulder height with an open palm from the other hand on the top indicates a touched ball by the receiving team that went out of bounds and will be classified as “in”.
 - b. **Scorekeepers (14 and up):** It is the responsibility of the head coach to provide one volunteer to keep score for every match they play. One score keeper will keep the score/timeouts on the scoring sheet and the other will run the clock and keep the score on the board. They will confer throughout the match to ensure accuracy at the official's declarations of points. At the conclusion of the match, both will review the scoresheet and attest it is correct prior to submitting it to the referee at the end of each match.

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10. Forfeitures/Reschedules:

- A. A team may incur a forfeit under any of the following criteria:
 - 1. Less than five players on site at scheduled game start time.
 - 2. Canceling games less than 4 hours before game start time*.
 - 3. Playing with an ineligible player.
 - 4. No Score Keeper or line judge (referee's decision).
 - 5. Referee discretion based upon team and/or coaches' behavior.
- B. A game may be rescheduled based upon one of the following criteria.
 - 1. Informing the DCYVB Director and opposing booster director/coordinator, earlier than 4 hours before game time*.
 - 2. Venue needs at the discretion of the DCYVB Director.
 - 3. Unexpected school events that affect multiple athletes' grades.
 - 4. Specific booster requests (requires agreement of ALL affected clubs and DCYVB Director).

*Safety emergencies will ALWAYS be considered when making decision.

Tournament:

Tournament play will begin after the conclusion of the division's regular season.

- A. Tournament format will be a seeded single elimination bracket based upon league play standings and derived in the order below.
 - 1. Division Wins
 - 2. Divisional Heads-Up Results
 - 3. Fewest Division losses - *If any scoresheet data is incomplete- Division Losses maybe omitted*.
 - 4. Random Selection (coin flip, hat draw, random generator, etc.)
- B. The number of teams making the tournament will be decided based upon the total number of teams in a division and will be disclosed at the start of the season. Formats may change based upon teams and venue availability.
- C. Volunteer requirements will remain the same for each team.
- D. Admission Gate (See League Play section) fee may be higher for tournament play to cover additional costs and excess will be redistributed to the participating team's booster clubs.

11. Protest:

- A. There is no game time protest process for officiating, but head coaches may request clarification on a ruling to better understand the reasoning or rule, the official ruling is always final. If there are recurring concerns with deviations from the set rules, they should be submitted to the director for review to be taken to the board for discussion to remedy future concerns of a similar fashion from occurring.

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12. All-Stars:

All-Stars is optional and format will be based upon gym availability and participation each season. Each booster participating will be required to pay an upfront fee to ensure expenses are covered and gate admission may be increased. Specific rules, cost and schedule for each season's All-Stars will be sent out when determined. The booster clubs will decide their All-Star teams.

- A. Players must have played during the current regular season.
- B. Team size limit is 12 players but not all players have to play each set.
- C. Allstar teams can substitute up to 3 eligible players between sets.
- D. All-Star matches may be started with 5 players.
- E. Boosters may combine players to form a team.
- F. Booster coach(s) not coaching All-Star Team during the game, should assume the line judge/scorekeeper duties for All-Star tournament play.

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Appendix I – Scoresheet Example:

This example shows the first set being won by two going to 25, the second set went to 28 until winning by 2 and the third set when the max of 20 points. First team to reach “Max” wins the set.



Volleyball Scoresheet

Visitor Team: Greensboro Giants

Venue: The Gym

VS

Date: 1/11/2025

Time: 6:00

League: Junior

Home Team: Charlotte Chimpanunks

Calle: Lexington

Visitor Team		Points Won																									Time Outs						
Set		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Greensboro Giants	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2
	2	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2
	3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20							1					

Home Team		Points Won																									Time Outs						
Set		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Charlotte Chimpanunks	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2
	2	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2
	3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20							1					

Results				
Team Name	1st Set Score	2nd Set Score	3rd Set Score	Sets Won
Visitor Team	25	26	20	2
Home Team	12	28	19	1

Max: Win by 2 or first to reach Max

1st and 2nd set goes to 25 and up to 30

3rd set goes to 15 up to 20

RAC: Final scores in Results

Score Keepers:

Verify Team Names match schedule.

Collaborate to ensure scores match.

Verify Results section is filled out.

Scorekeepers Signature: _____

Scorekeepers Signature: _____