

Junior Volleyball League Rules

Pre-Game

1. Teams shall alternate service and side from first to second games. Service will be determined by a coin flip.
2. A warm-up period of five minutes will be allotted before the games start.
3. Team playing with less than a full team may enter additional players as soon as they arrive. Players may enter anywhere within the existing line up.
4. Teams will line up prior to the start of the first game and shake hands.

The Game

1. A request for a time-out can only be made twice during each game. The time out shall be 45 seconds. Time-outs are not cumulative.
2. There will be a one-minute rest period between games.
3. A team is allowed three (3) successive contacts with the ball in order to return it to the opponent's area. An individual cannot contact the ball twice in succession.
4. Simultaneous contacts by teammates count as one team contact and either may make the next play on the ball.
5. The ball may be legally hit by more than one part of the body on the first contact, providing multiple contacts are simultaneous and the ball rebounds immediately and clearly after contact. A ball rolling up the arm can be considered a held ball.
6. The ball may be legally hit by any part of the body.
7. The ball must be hit, not carried or thrown.
8. A ball contacting and crossing the net shall remain in play provided contact is within the playing area.
9. The boundary lines are in bounds.

Service

1. In order to encourage participation by all players, the server shall serve from anywhere between mid-court and the end line if they are serving underhanded. Those players that are serving over arm must serve behind the end line. Coaches should strive to have all players serving from behind the end line (whether underhand or over arm) by the end of the season.
2. All players, except the server, must be completely within the court as the ball is being served.
3. The ball may touch the net while crossing it as long as it does not make contact with the antennae or other external object.
4. Rotation occurs after a team gains the right to serve. The team shall rotate the players one position clockwise and the back right serves.
5. At the beginning of the game, the second team to serve must rotate before serving.
6. A player may not block a serve.

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Substitutions

1. Each team will be allowed an unlimited number of substitutions each game. Players who re-enter the game must return to their original position in the serving order in relation to other teammates.
2. A team may choose to play with all players on their roster in the serving order. For example, in an eight person serving order, the server would rotate out of the game for 2 rotations before moving to middle back.
3. All players should become familiar with proper substitution rules at some point throughout the season, but in order to keep the games moving quickly, these will not be implemented in this league.

Dead Ball Fouls

1. Contacting the net or any part of it, including its supports, while the ball is in play is prohibited, unless the force of the ball by an opponent pushes the net into a player. There is no foul for hair touching the net. Incidental contact with the net by a player not making a play at the ball is permitted.
2. The ball may be played when it contacts the ceiling or overhead object above the playing surface and falls onto the court, provided it doesn't cross the plan of the net.
3. Any ball that strikes the wall or other vertical surface against the wall is dead. The ball is dead anytime it hits the flagstick.
4. A player may not run into or move the curtain to make a play.
5. A ball may not be held or lifted. Using an open hand to contact the ball in an underhand motion usually constitutes a carry or lift.
6. A ball is dead if it:
 - a. Crosses the net entirely outside the vertical playing area
 - b. Lands out of bounds
 - c. Touches the floor within the playing area
7. A double foul is called when players on opposing teams commit rule infractions at the same instance. A replay is called and the ball will be served over by the serving team.

Scoring

1. A match is completed when a team wins two games.
2. All games will be played according to the "rally score" system with a point awarded on each service.
3. Prior to service the server should announce the score.
4. For the first two games a game is won when a team has scored 25 points and is ahead by two points.
5. A third or deciding game is won when a team has scored 15 points and is ahead by two points. Teams will switch sides at 8 points.

Player Equipment/Uniform

1. Soft-soled, non-marking gym shoes are required. All participants must carry in their gym shoes.

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2. Casts, braces, and supports containing hard material and worn on a finger, hand, wrist or forearm are illegal, even if padded, and cannot be used.
3. Jewelry is not permitted and must be removed, with the exceptions of Medic Alert bracelets.
4. Hats are not permitted.
5. All players must wear their CPD issued shirt during the game.

Sportsmanship

1. Profane or abusive language or any obscene gestures by participants, coaches, and/or spectators—whether directed at other players, coaches, spectators, officials, or Park District staff—will not be tolerated.
2. Any misuse of Champaign Park District property is prohibited.
3. All facility policies should be followed by players, coaches and spectators.

Injury

1. Any player who is bleeding, or has an open wound, or has any blood on her uniform must leave the game for appropriate treatment.

Important Dates

Coaches Meeting	November 28, 6:00 p.m. @ Leonhard
Deadline to Call Players	December 2
First Day of Practice	December 4
No Practices	December 24, 25 and December 31, January 1
Games Begin	January 8