



Youth Volleyball
2025
League Rules

GENERAL

1. The goal and objective of the league shall be to provide enjoyment and instruction of the game of volleyball. Good sportsmanship and basic fundamentals should be stressed by all coaches. The sole purpose of winning should be played down. An atmosphere of learning and relaxation is the objective of this program.
2. The matters concerning the league of rule interpretation shall be administered by the Apex Parks, Recreation & Cultural Resources (APR&CR) Department.
3. All volunteer coaches shall be selected by APR&CR, and governed by the policies and procedures set forth by APR&CR.
4. All new players shall be selected by the coaches at the pre-season draft. All players returning from the year before will remain on the same team (unless they request otherwise). Sisters in the same age division shall be placed on the same team. Coaches will pick in the reverse order of finish from the previous season.
5. All coaches shall attend each practice or have their assistant attend in their place. Players shall not be allowed to practice without supervision. No player not officially registered and on the roster through APR&CR will be allowed to practice.
6. No player shall be dropped from a team without the approval of APR&CR. Coaches shall report to APR&CR any player that missed practice repeatedly.
7. If a player withdraws from the league, the first player on the waiting list may be placed on the team by APR&CR per the waiting list policy.
8. All rules will be governed by NC High School rules except for the local rules stated here.

OPERATING GUIDELINES

Registration

Registration for participation shall be coordinated and conducted by APR&CR. Under unusual circumstances, individuals may be added or deleted to/from the program at the discretion of APR&CR. This shall be done only after taking into consideration those involved and the ramification on the league.

Scheduling

Schedules for all regular practice, game and makeup game situations, shall be coordinated through APR&CR taking into account court availability.

- Each team will be provided the same number of practice opportunities per week.
- Any deviation from allotted schedule must be cleared through APR&CR and player attendance at such practices is not a player requirement.
- An end of season single-elimination tournament will be held for all divisions. There will be no trophies given to the tournament winners.

Player Assessments

To be organized and operated by APR&CR according to facility availability and weather.

Draft Procedures

To be organized and operated by APR&CR and the league coaches under the following guidelines:

1. Teams shall draft in reverse order of their finish in the previous season. Teams with no returning players shall be treated as a new team and will start at the top of the draft (see #2).
2. New teams added to the league and teams with no returning players shall be placed at the top of the draft order. These teams will be ranked based on number and age of option players
 - Teams with the fewest option players will draft first.
 - Coin flip will determine draft order of new teams with same number of option players.

3. Each team shall be permitted to keep returning players under the following conditions:
 - Options may be awarded to a coach and /or coach's child who has registered to participate. All options must be declared in writing prior to the draft. All options on the oldest age for the league will be protected through the second round. All options on the next oldest age will be protected through the third round. Sibling options will be protected in the last round. A team is allowed two option players.

Note: A team may not have more than two option players on its roster during a season. Any player designated an option player the previous year who returns to the same team will remain an option player.

4. Based on the total number of players needed to equalize the number on each team, each coach will draft until he reaches this number and then withdraw from the draft.
 - Exception: When a team reaches 6 players on their roster, that team must hold until all other teams reach 6 players. Note: Any team that returns 6 or more players will receive a first round choice, and then have to hold until all other teams have the same number of players.
 - If any teams are short players after the draft, players will be assigned to the team at the discretion of APR&CR. Appointments shall be made per draft order and waiting list policy.
 - If a player drops from a team prior to games beginning, APR&CR will attempt to replace that player from the established waiting list.

Cancellations/Inclement Weather/Make-up

1. Information Hotline: 249-3348

In case of inclement weather, a decision about game/practice status will be made by APR&CR. Information may be obtained by calling (after 4pm).

2. Make-Up Games

The department will reschedule games within 3 working days. Please contact us if you have not received your notification within this time period. If at all possible, all games that are canceled due to weather or other conflicts approved by APR&CR will be made up. However, if extenuating circumstances occur, **APR&CR reserves the right to decide which games will be made up**. It is the responsibility of the coach to notify their players as to the make up date. APR&CR cannot be responsible for contacting players on an individual basis.

Players and Substitutions

A team will consist of 6 players on the court, with 11-12 players on the roster.

Forfeit:

A team will forfeit their game if they are unable to field 4 players. If the team does not have 4 players at games time it will be a forfeit. There will be **no grace period** given for any scheduled game.

Substitutions / Rotation:

1. The rotation of players must be made by the serving team before they start their service.
2. The rotation spot is the service position.
3. A player may be substituted for at any time in case of injury. The substituted player must assume the same spot on the floor as the injured player.

General Game Rules

Scoring:

1. First serve of the first and third games will be decided by a coin toss.
2. All games will be rally scoring, meaning a point will be awarded to one team after each play.
3. All games will be played to 25 and win by two or the first team to 30. A match will be best two out of three.
4. If a team wins the first two games, the third game will be played as practice, but only as time allows.
5. Each team will have the option of **one 30-second time out per game**.

Service:

1. The Major League (10-12) will serve 5 feet inside the baseline boundary. Overhand serves are allowed, but must be taken from the baseline boundary.
2. The Junior & Senior Leagues will serve will use the baseline boundary.
3. Players must wait for the whistle from the referee to serve.
4. Players may not block or attack the serve.
5. One service tossing error is permitted for each service. A second service error results in a side out and point for the other team.

6. Let serves are allowed.
7. **Players can serve a maximum of 5 times.** After the 5th serve (win or lose the point), the service goes over to the other team.

Court / Equipment:

1. All leagues will play with the full sized boundaries.
2. **Ceiling** – If the ball hits the ceiling and bounces to the other side of the court, it is considered out of bounds and a point will be awarded to the other team.
 - Lights, rafters, basketball goals and anything attached to the ceiling counts as part of the ceiling.
3. Dividers, bleachers and wall – **For safety reasons, out of bounds is the red line that goes around the court.** Balls that are hit beyond the red line cannot be played back into the court.
4. Players are encouraged to wear knee pads.

Bench Area

1. The only personnel permitted on the sidelines are:
 - Players, head coach and up to 2 assistant coaches
2. All bench areas should be cleaned by the team that occupied them at the end of the match. This is the responsibility of the head coach.
3. Coaches must remain on the sideline during the game.

Exception: To attend an injured player - with the permission of the referee.

Conduct / Sportsmanship

1. No coach or player shall belittle or berate the players, officials or coaches of another team. This type of action will not be tolerated.
 - First offense: Warning
 - Second offense: Ejection from game of offending person and/or head coach.
 - Any time a player, coach or spectator is ejected by an official or APR&CR staff member, they must leave the playing site immediately. That person shall be automatically suspended for a minimum of the next game the team plays in. More games can be added to the suspension at the determination of the Department. A suspended coach or parent a may not be present at the playing site for the game(s) in which they are suspended.

Failure to abide by this will result in further disciplinary action. A suspended player may be allowed to attend the game to support their teammates, at the discretion of the Department. Game suspensions may apply to regular season games, tournament play, and may, at the discretion of the Department, be carried over to the next season the player or coach registers for.

2. Harassment of officials or court supervisors will not be tolerated. Questions should be asked by the Head Coach only and done calmly about rule interpretations only. Judgment calls are not to be argued. Failure to comply with this rule will result in immediate ejection of the guilty party and possibly forfeiture of the game. **No warnings will be given.**
3. Coaches are accountable for the behavior of their assistant coaches, players, parents, and related supporters. Game officials may penalize the coach per above for any unsportsmanlike conduct.

Reminder: The purpose of this program is to teach volleyball, have fun, and learn sportsmanship. Players look to their coaches as role models and the things players see you do leave lasting impressions as they continue to play the game in later years. We're all human, and as such we ALL make mistakes including officials, coaches and parents. It's the kid's games so let them be the one that benefits most!

4. Players will be allowed to cheer for their own team but not jeer the other. This includes songs, cheers, etc.

Participation

1. It is the philosophy of APR&CR that the emphasis of youth recreation should be on participation and skill development rather than winning or losing.
2. Every player must be placed into the rotation. No player may be skipped or sit out during the game. Exception: injured player.
3. A team must play with 6 players and rotate in the others. There is a minimum of 4 players needed to start the game.
4. Failure to comply with these participation rules shall result in forfeiture of the game.

5. Protests shall be the responsibility of the coach and must be submitted in writing to APR&CR by 12:00 noon the next business day.
6. It is recommended that a coach alternate their rotation each game (use different starters each game).

Penalty: For failure to abide by these participation rules (upheld participation protest), the following penalties shall apply to the head coach:

- 1st offense: suspension of one game
2nd offense: suspension for rest of season

Protests

The following procedure shall be used for all protests involving APR&CR Youth Volleyball league.

1. Protests will be allowed for rule misapplication only. No discussion will be permitted concerning judgment calls or the referee's integrity.
2. Protest must be noted by the gym supervisor before the coach leaves the gym.
3. All protests must be submitted in writing to APR&CR by 12:00noon the next working day. All protests should include:
 - a. A brief description of the play involved and the ruling that was made.
 - b. A rule reference (page and statement) detailing what ruling should have been made.
 - c. A \$25 protest fee will be returned if the protest is upheld. If the protest is declined, this money will be set aside to buy equipment for the league.
4. Protests will be ruled on by the Program Supervisor.
5. Notification of protest ruling will be given within one week after submission.
6. APR&CR reserves the right to deny completion of protested game if it has no bearing on league standings or is not in the best interest of the league.

Uniform

APR&CR will issue each player of each team a uniform. The uniform will consist of a game jersey. Each player must wear this jersey, unaltered, to each game. **A player not in uniform or in an altered uniform will be declared ineligible.** Each coach will be given extra shirts, for emergency fill-ins.

Note: Altered uniform definition is when a player defaces the shirt in any way.

Examples: Cutting sleeves or adding name to game jersey. Coaches are responsible to make sure that every player is wearing an official uniform that will satisfy this rule.

Jewelry / Equipment

No jewelry allowed once play has begun. Officials may ask that a player take off all jewelry. Also by rule they may ask a player with glasses to wear a protective strap while they are playing. Players with earrings will have to either take the earrings out or wear tape over them to be able to play. Other facial piercings, such as nose rings, will be treated like earrings. They will either need to be removed or covered with tape.

The referee shall not permit any player to wear equipment in their judgment, is dangerous or confusing to other players. This includes, but not limited to, items such as:

1. A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance - even though covered with soft padding - when worn on the elbow, hand, finger, wrist or forearm.
2. Head decorations, head wear and jewelry. Exception: Head bands no wider than 2 inches and made of nonabrasive unadorned single-colored cloth, fiber, soft leather or rubber may be worn. Rubber (elastic) bands may be used to control hair.
3. Equipment which is unnatural and designed to increase a player's height or reach or to gain an advantage.