

Smithfield City Recreation  
**Youth Volleyball Rules & Regulations**

**General Rules**

*USVBA rules will govern play with the following exceptions:*

In accordance with the State of Utah's phased guidelines, the following precautions will take place this season. We ask that patrons and participants abide by these guidelines.

- Parents should screen their children for COVID-19 symptoms before participating in practice or games. Those who are symptomatic cannot participate.
  - Participants should sanitize their hands before and after participation.
  - Spectators should maintain 6' distance from other family groups and wear face coverings when physical distancing guidelines are difficult to maintain.
  - Coaches and staff will wear face coverings when within 6' of a participant.
  - If a participant has been in close contact (within 6 feet for 15 minutes or more) with an individual who has tested positive for COVID-19, they will be excluded from participation for at least 14 days from their last exposure.
  - The coaches will take role at each practice and game to assist with contact tracing.
  - The volleyballs and other high-touch surfaces will be sanitized between each game.
1. **Timeouts:** Three timeouts per match, per team. Each timeout will be 30 seconds long.
  2. **Matches:** A team must win by two points with a cap of 27 points.
    - **3<sup>rd</sup>-4<sup>th</sup> Grades:** The best two out of three games to 25 using rally scoring. If the first two games are completed within 45 minutes of the starting time, a third game will be played regardless of the outcome in the first two games. If there is a split in the first two games and more than 45 minutes have elapsed since the match began, the total points required to win the third game may be adjusted by the referee. An example of this might be playing the 3<sup>rd</sup> game to 11 instead of 25. This will help to keep all matches on schedule.
    - **5<sup>th</sup> – 8<sup>th</sup> Grades:** The first five weeks will be considered pool play with each team playing 2 matches per week. The best two out of three games to 25 using rally scoring determines the winner of the match. If a third game is necessary, the total points required to win the third game may be adjusted by the referee. An example of this might include playing the third game to 11 instead of 25. Each game will be recorded as a win/loss; the team with the best record will be seeded first and so on for tournament play.
  3. **Serving:** In the 3<sup>rd</sup>-4<sup>th</sup> grade division, the server will serve from a taped line that is 10' in front of the regular service line. In the 5<sup>th</sup>-6<sup>th</sup> grade division, the server will serve from a taped line that is 5' in front of the regular service line. In the 7<sup>th</sup>-8<sup>th</sup> grade division, the server will serve from the regular service line.
  4. **Free Substitution:** All players **must** receive equal playing time and must play in each position in each game as time allows. Substitutions is left up to the coach's discretion as long as all players receive equal playing time and are given the chance to play all positions. A re-entering player shall assume the original position in the serving order in relation to the other teammates. Tournament play will also follow this ruling.
  5. Smithfield City Recreation along with the SVHS Coaching Staff and Players will provide a game ball, scorekeeper, and a referee for each of the matches. Kneepads are optional.

6. Each league will use a lighter weight volleyball designed to aid in the development of young players.
7. The net height for the 3<sup>rd</sup>-4<sup>th</sup> and 5<sup>th</sup>-6<sup>th</sup> grade divisions will be set at 6' feet 6" inches. The net for the 7<sup>th</sup>-8<sup>th</sup> grade divisions will be set at 7' feet.
8. One server can not score more than 10 consecutive points per rotation.
9. All judgment calls by the referee will stand!

The purpose of this league is to provide a positive, fun experience for the players, and to help them learn the fundamentals of volleyball while developing and enhancing their skills at the same time.