

# 2023

## Youth Volleyball By-Laws

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### I. ORGANIZATION

The Stafford County Parks, Recreation Facilities & Tourism (PRFT) Sports Division shall be the governing body for three (3) leagues within the Youth Volleyball Program. The Sports Division Recreation Program Manager shall be the Executor of the program.

### II. PURPOSE

- To teach and stress the fundamentals of the game of volleyball.
- To develop good sportsmanship, teamwork and fair play.
- To provide the opportunity for fun and enjoyment in a healthful activity.

### III. LEAGUES

Age groups: 9-11; 12-13; 14-17

### IV. EQUIPMENT

- Participants must wear jersey provided by the Stafford County Parks, Recreation, Facilities & Tourism Sports Division.
- Players should wear black volleyball or athletic shorts for games.
- Players may purchase Volleyball knee pads at their own expense.
- Players should wear athletic shoes which have soles that are white or light in color.

### V. NET HEIGHTS

The net shall be set at 7' for ages 9-11 and 12-13.  
The net shall be set at 7'4 1/8" height for ages 14-17.

### VI. VOLLEYBALL SIZES

Volleyballs will be provided for practice and games, participants ages 11 and under will use Volley Lite volleyballs, and ages 12 and up will use an official sized volleyball.

### VII. INCLEMENT WEATHER

- Cancellations due to inclement weather, etc. will be announced through the Stafford Alert Information Notification System. To check cancellations, enter 22554 for the zip code. **Sign up for Stafford Alert by going to:**  
<https://member.everbridge.net/892807736722299/login> to receive notifications on your PDA, cell phone text message or email address.



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- It is recommended that coaches and team parents register to receive Stafford Alerts.
- The Sports & Facilities Division reserves the right to cancel practices/games when weather conditions present possible dangers. Should the event arise where cancellations were not made prior to the close of business hours the Facility Attendants and Officials possess the right to cancel practices/games if weather is a potential threat. All parties will use extreme caution when making these decisions.
- The Sports & Facilities Division reserves the right to schedule postponed games at its convenience. The Sports & Facilities Division also reserves the right to cancel practices/games due to conditions that are not within the department's control.
- The safety of everyone is our primary concern.

### **VIII. COMMUNICABLE DISEASE PROCEDURE**

- Covid-19: We will comply with the current Governors' orders to help negate the spread of Covid-19.
- While risk of one athlete infecting another with HIV/AIDS during competition is close to nonexistent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example: Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to the following
  - The bleeding MUST be stopped, the open wound covered, and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
  - Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
  - Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
  - Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
  - Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
  - Although saliva has NOT been implicated with HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.



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- Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athlete care until the condition resolves.
- Contaminated towels should be disposed of properly
- Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards, and other articles containing body fluids.

## **IX. UNSPORTSMANLIKE CONDUCT**

- The use of profanity by players and/or coaches is **PROHIBITED**. Violation of this rule may result in suspension of the individual involved.
- The Sports & Facilities Division **WILL NOT TOLERATE** unsportsmanlike conduct from coaches, players or spectators towards opposing team coaches, players and spectators or officials. Coaches, players and spectators may be subject to disciplinary action if unsportsmanlike conduct is displayed.
- Any player or coach that receives two (2) unsportsmanlike penalties in a game will be ejected for the remainder of the game and suspended indefinitely. The coach must report the ejected player's name to the Sports & Facilities Division and is responsible for sitting that player for the ruled number of games.
- Any player or coach ejected from the game by an official shall be immediately suspended indefinitely.
- Any player or coach guilty of unsportsmanlike conduct in any manner on the court or adjacent to the court, towards officials, players or spectators will be subject to suspension by the Stafford County Parks, Recreation and Community Facilities Sports & Facilities Division. Any individual guilty of displaying unsportsmanlike conduct shall be suspended indefinitely and may not assume their duties until permission is granted by the Sports & Facilities Division to do so.
- Any player or coach guilty of striking an official in any manner before, during or after a game shall be suspended by the Sports & Facilities Division and may not assume their duties until otherwise notified.
- Any players involved in fighting at any time during an activity must be reported to the Sports & Facilities office. Players involved in a fight will be suspended indefinitely.



- If a player, coach or spectator is ejected from a match, he/she must vacate the gym and go to the parking lot. They are prohibited from any further contact (direct or indirect) with the team for the remainder of the match. Contact with any official during or after the match is prohibited. Failure to comply may result in termination of the game. The Stafford County Sheriff's Office may be called if actions pose as a potential threat to players, coaches, spectators or officials.
- Any ejected player must be accompanied by an adult when leaving the facility.
- If a player or coach is ejected in the final contest of the season, the penalty shall carry over to the next volleyball season.

## **X. COACHES DUTIES**

The Head Coach will be responsible for the following items. Failure to fulfill these responsibilities may result in a coach not being asked to return the following season:

- To know and uphold the Stafford County Parks, Recreation, Facilities & Tourism Sports & Facilities Division rules and be able to advise team players, parents and assistant coaches of their interpretation.
- The official is the authority on the court and his or her interpretation of the rules is binding. If there is some confusion concerning the rules, you (the head coach) should make an attempt to discuss or clarify the matter with the official, but at an appropriate break in the game.
- To have team ready to play immediately following the conclusion of the previous match.
- To insure that the bench area is left in a clean condition following the game. All trash **MUST** be disposed properly.
- To provide each participant with the opportunity to participate and become an integral part of the team.
- To teach each participant the skills and fundamentals of the game.
- To notify all team participants of:
  - Rules, regulations and by-laws set forth by the league
  - Scheduled practices and games.
  - Cancellation and/or make-ups as scheduled by the Sports Division.
- To maintain discipline of all participants and team representatives and report all actions or problems concerning players to the Sports & Facilities Division.



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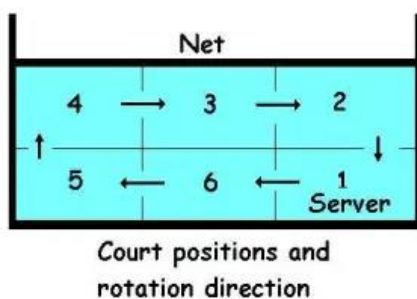
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- To act as a liaison between the Sports & Facilities Division and the team's parents and participants.
- To insure the safety and well-being of participants at all times.
- To insure their team has only one head coach and one assistant coach who were approved by the Sports & Facilities Division.
- To become certified by the National Youth Sports Coaches Association. Assistant coaches ARE NOT required having this certification; however they may become certified.
- Complete the Protecting Against Abuse Training through NAYS.
- To make sure anyone working with the children has completed and passed a background check provided by the Sports & Facilities Division Office.
- To notify the Sports & Facilities Division when players quit or sustain a severe injury resulting in termination of playing in the Youth Volleyball League.
- To insure that each and every team member participates in this program in accordance with the stated by-laws.
- Coaches must complete and return Red Fines Sportsmanship nomination form to the Sports Division by the deadline.

## XI. PLAYING RULES

1. A team roster will consist of at least 8 players but no more than 10 players. Every effort will be made to give each team 9 players. You will have 7 regular season games, and a single elimination post season tournament. All teams participate in the tournament, medals are issued for 1<sup>st</sup> and 2<sup>nd</sup> place tournament champs.
2. Matches will consist of three (3) sets. The first 2 sets are to 25 points; the 3<sup>rd</sup> set is to 15 points. A set is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two point lead is achieved. The team winning the best 2 out of three sets will win the match. If one team wins the first two set, there is no need to play the third set.
3. There will be a maximum of two (2) time-outs, which may be used at any time during each set, coaches or designated team captains may request a time out with the corresponding hand signal, after a ball is out of play and before the whistle for service.
4. Player line up cards with jersey numbers listed by each player name is for your use to help keep track of serving order. Each team will start the match with six players (if available) on the court. All additional players will be rotated-in, maintaining the order listed on your line up card. Location of new players rotating in and current players rotating out is up to the coach and must be maintained during play.

Examples: Each rotation, a new player enters in the serving position (position 1) or enters in the left front (position 4). The choice is yours as coach.



5. Rally scoring will be used in all games of the match (that is, if the serving team wins the point, they score a point and continue to serve; if the receiving team wins the rally, they score a point and serve next).
6. Upon arrival at the court, the “home” team (listed first on the schedule) will select which side they wish to play. Teams will maintain the same side throughout all sets. A coin toss, called by the “visiting” team will determine which team will serve first. If a deciding set is required, the team not calling the initial coin toss will call. Winner will select to serve or receive.
7. When the receiving team has gained the right to serve, its players rotate one position clockwise: the player in position 4 rotates to position 3 to serve, the player in position 2 rotates to position 1 to serve, the player in position 1 rotates to position 6, etc. (Keep this in order to verify player participation is even. (You may sub out a player only for injury, or exhaustion).

Front Row Positions: 4, 3, 2;

Back Row Positions: 5, 6, 1.

8. Once the ball is in play, the ball striking the ceiling or any object extended from the ceiling will remain in play; as long as it stays on that side of the court. The ball can’t strike the ceiling on the serve).
9. The following mixes are acceptable in the coed league:

4 players: 2 boys & 2 girls or 1 boy & 3 girls

5 players: 2 boys & 3 girls or 1 boy & 4 girls  
3 boys & 2 girls

6 players: 3 boys & 3 girls or 2 boys & 4 girls  
1 boy & 5 girls or 0 boys & 6 girls

*A team must have at least four players to start a match.*

*A team cannot play with less than four players*

10. All games will begin as scheduled. There will be a 5-minute grace period for each game before a forfeit may be declared. The 5-minute grace period is from the scheduled starting time.
11. Virginia High School League Volleyball rules will be followed except for the above changes.
12. The Stafford County Parks, Recreation, Facilities & Tourism Sports Division office is the only one responsible for placing players on a team. No coach has permission to use, as a player, someone not registered to play.
13. Players cannot play unless they are wearing their game jersey in its original form issued by the Stafford County Sports Division. Players will not be permitted to participate in a jersey in which the sleeves have been removed or frayed in any manner.

## **XII. GENERAL RULES**

1. Players will not be permitted to wear jewelry such as earrings, rings, necklace, hard hair accessories, etc.  
Rule Change 4-1-7: Allows small, secured stud or post jewelry to be worn above the chin. Glasses may be worn but a safety strap is recommended. Beads are allowed for hair well above the shoulders, or tied back, free flowing beads on long hair is not allowed due to risk of injury to others. If jewelry must be worn, (medical or religious) it must be taped down with athletic tape.
2. Game and practice balls will be provided by the Sports Division. Please return all volleyball to the designated volleyball carts.
3. No teams will be permitted on the playing court between sets or time outs except those playing that scheduled game.
4. Teams should not use volleyballs out of doors to warm up for practices or games, this property should remain inside the gymnasium at all times.
5. Volleyballs should not be hit against the side walls of the gymnasium intentionally, as they can break or damage acoustic tiles.
6. All games will be scheduled by the Sports Division and the original schedule is final. Coaches will not be permitted to change the schedule. Rescheduled games will be played as scheduled. There will be no exceptions to change the schedule.
7. Special Serving Rules for our league:
  - A. After a player has (3) successful serves in a row, the team will side out-rotate and a new server will take over the serve. (The team keeps possession of the serve).
  - B. Position of the server. If you have a strong server, serve near the service line. Foot violation is not called in this league due to gym size.
    1. Early season – place server where they can successfully get the ball over the net – continue to encourage them to back up, a few steps, each serve.
    2. By Mid-Season:
      - 9-11 should be serving from mid court (15' from the net) \*
      - 12-13 should be serving from the back third (20' from the net) \*
      - 14-17 should be serving from near or behind the back line (30' from the net) \*
8. Have fun and encourage good sportsmanship always!