



2024-2025 Fall & Spring 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.

Organization:

The Davidson County Recreation Youth Sports will offer a Little League (9-10), Junior League (11-13) and Senior League (14-17) girls volleyball program. The Davidson County Recreation Youth Sports will provide officials and function as the administrative unit over league play.

I. Eligibility: Age Cut-off Date: August 31 (See Current Season Age Chart)

1. Little League (9-10 years old/4th-5th grade): Any girl is eligible if she is 9 years of age on or before August 31 and not 11 years of age on or before August 31 of the playing year and is attending school in 4th-5th grade.
2. Junior League (11-13 years old/6th-8th grade): Any girl is eligible if she is 11 years of age on or before August 31 and not 14 years of age on or before August 31 of the playing year and is attending school in 6th-8th grade.
3. Senior League (14-17 years old/9th-12th grade): Any girl is eligible if she is 14 years of age on or before August 31 and not 18 years of age on or before August 31 of the playing year and is attending school in 9th-12th grade.
4. Participants are eligible to play up a level based upon evaluations and booster team needs.
5. Any student suspended from school will not be permitted to participate in any games, until the suspension has been completed, and the student has returned to class.
6. A child shall not participate in the youth sports volleyball program while actively playing on the middle school or high school volleyball teams.
7. All participants shall be listed on the roster submitted to the Davidson County Youth Volleyball (DCYVB) Director.

8. When entering the Davidson County Recreation Youth Sports volleyball, each youth has a choice to participate with the Booster Club that represents the public elementary school district in which she lives or if the child attends a different public elementary school, she may participate with the booster club of that district. If the affiliated booster does not offer a program, the child should select a booster that feeds into the same high school district.
 - i. Changes in Elementary School zoned domicile will allow the option to transfer to the new Booster Club or continue to play where she is.
 - ii. A Parent/Guardian may request a Participation Transfer Request Form to allow their child to participate with another Booster Club.
 - iii. ALL transfers will require a completed Transfer Request Form with both affected boosters approving the transfer. See Appendix II.



P.O. Box 2057
Lexington, NC 27293-2057
or
250 County School Road
Lexington, NC 27292
Phone: 336.249.8182
Fax: 336.249.1062
Web: www.davidson.k12.nc.us

East Davidson High School

E. Lawson Brown Middle
Brier Creek Elementary
Fair Grove Elementary
Pilot Elementary

Davidson County High School

System-wide

Davidson Early College High School

System-wide

Yadkin Valley Regional Career Academy

System-wide

Ledford High School

Ledford Middle
Friendship Elementary
Hasty Elementary
*Wallburg Elementary

North Davidson High School

North Davidson Middle
Northwest Elementary
Welcome Elementary
*Friedberg Elementary
*Midway Elementary

Oak Grove High School

Oak Grove Middle
*Friedberg Elementary
*Midway Elementary
*Wallburg Elementary

Central Davidson High School

Central Davidson Middle
Davis-Townsend Elementary
Southmont Elementary
Southwood Elementary

South Davidson High School

South Davidson Middle
Denton Elementary
Silver Valley Elementary

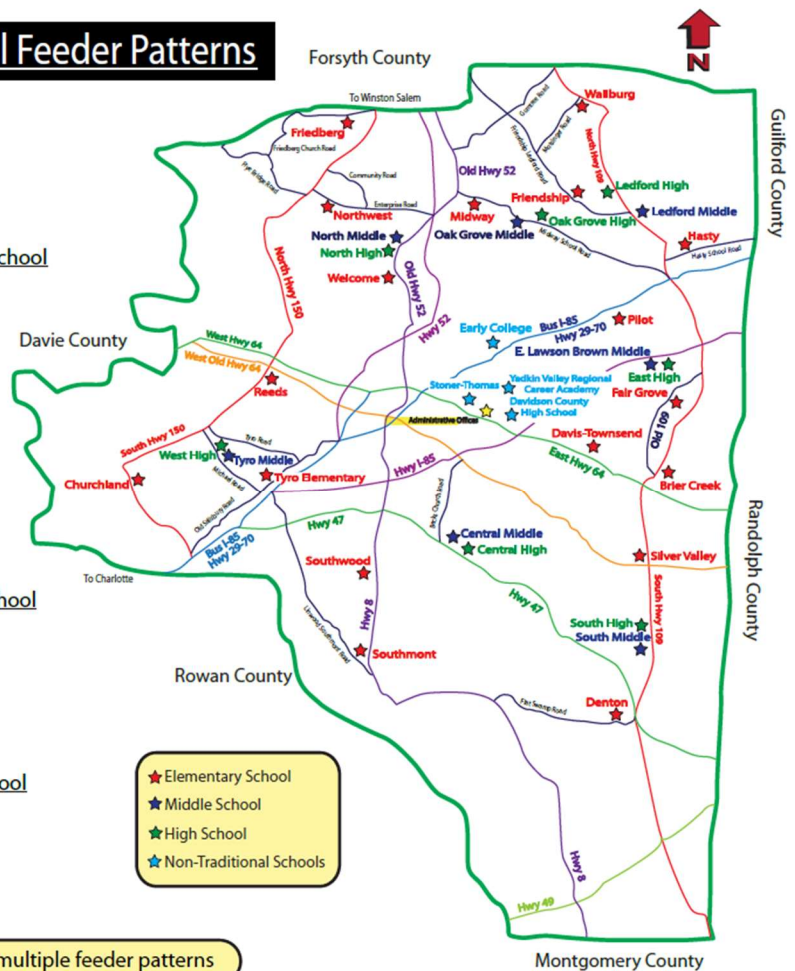
Stoner-Thomas School

System-wide

West Davidson High School

Tyro Middle
Churchland Elementary
Reeds Elementary
Tyro Elementary

School Feeder Patterns



II. 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.

III. Practices:

1. A team may practice 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. A 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.

IV. 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.

V. 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 to distract 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, will 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 will 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 teams 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.

VI. 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 begin on the **left side facing the court from the bench area**.
- 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 players 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.

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 a 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.
- G. The third and decisive set will be played to 15 points and 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 and the courtside. The winner of the coin toss may pick the courtside they want OR may serve first. The other team receives the remaining option.
- 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.

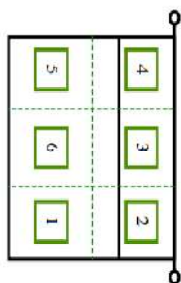
4. Time Outs

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

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.

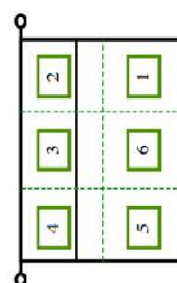
Home



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



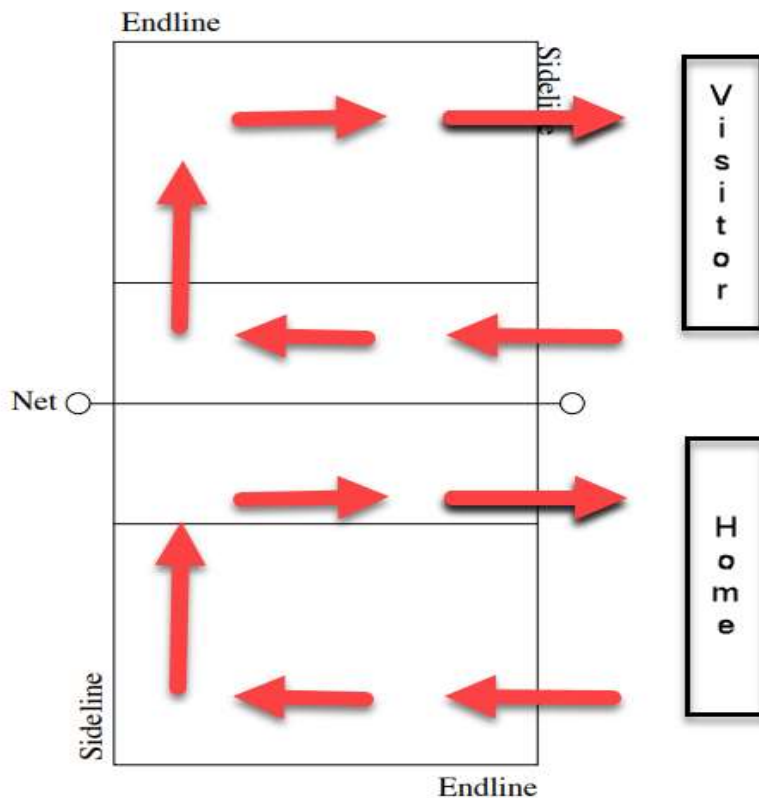
- D. An injured player may return to the game but must return to their original spot in the rotation either during a timeout or when it's her turn to serve.
- E. Teams may continue to play with less than 5 players if a player cannot return to the game. Referee will make the decision on how to proceed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

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 leaving no need for substitutions with the ONLY exceptions being allowed for an injury where the player cannot continue (see injured player section).
- B. Before the ball is put into play, players must be in their current service rotational position.
- C. With the coach facing the court and occupying the bench area on the RIGHT (Visitor side), the back row player closes 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.

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. 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 call by requesting a conference at the podium with the opposing coach and referee. Referee's decision is final.
 - d. Any coach or player being disrespectful to the referee in front of the players will be ejected.
 - e. All ejections are for the duration of games being played and will be reported to the head referee for reporting to the program coordinator.
 - f. 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 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.
- 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 and will not rotate with the teams. 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 volunteer. If the line judge is deemed not attentive by either coach and confirmed by the referee and does not conform to the expectations after receiving a verbal warning, they will be replaced by another volunteer from the same team. If the second volunteer is also deemed inattentive, that team may forfeit the match.
- 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 to the referee at the end of each match.

10. Forfeitures/Reschedules:

- A. A team forfeits 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. No qualified timekeeper or score keeper at game time.
 4. Playing with an ineligible player (see section I).
 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.

11. Tournament:

- A. Tournament play will begin after the conclusion of the division's regular season.
- B. 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.)
- C. 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.
- D. Volunteer requirements will remain the same for each team.
- E. 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.

12. Protest:

- A. There is no 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.

13. 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 is not limited but must include six players on the roster.
- C. All-Star matches may be started with 5 players.
- D. Boosters may combine players to form a team when approved by DCYVB Director.
- E. Booster coach(s) not coaching All-Star Team during the game, should assume the line judge/scorekeeper duties for All-Star tournament play.

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

Gate: Lexington

Visitor Team

Greensboro Giants

VS

Home Team

Charlotte Chimpunks

Venue:

The Gym

Date:

1/11/2025

Time:

6:00

League:

Junior

Visitor Team	Set	Points Won																														Time Outs	
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	Set	Points Won																												Time Outs			
Charlotte Chimpunks	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	Greensboro Giants	25	26	20	2
Home Team	Charlotte Chimpunks	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

Score Keepers:

Verify Team Names match schedule.

Collaborate to ensure scores match.

Verify Results section is filled out.

Scorekeepers Signature:

Scorekeepers Signature:

Appendix II – Transfer Form Example:



Booster Club Participation Transfer Request Inside/Outside High School District

Each Booster Club may accept unlimited transfers inside of the High School District. Each Booster Club may accept the following transfers outside of High School District: 2 per Age Group/Division

I understand that if this requested transfer is approved, it is for one year only and subject to revocation at any time by the Davidson County Youth Sports League. Renewal of this agreement will require the family to reapply at the beginning of the next year.

Part I. Parental Request

As the parent or person with legal custody of _____ (Name of Athlete) I request permission to allow him/her to participate at _____ (Name of Booster Club)

Address: _____

Home Phone: (____) _____ Cell Phone: (____) _____

Signature of Parent or Legal Guardian _____

Date _____

Part II. Releasing Booster Club

As Booster Club Volleyball Coordinator _____,

I give permission for _____ (Name of Athlete) to transfer to _____ (Name of Booster Club)

Booster Club Volleyball Coordinator Signature _____

Date _____ and

Booster Club President Signature _____ Date _____

Part III. Receiving Booster Club

As Booster Club Volleyball Coordinator _____,

I accept the above-named athlete for the _____ sports year.

Booster Club Volleyball Coordinator Signature _____

Date _____ and

Booster Club President Signature _____ Date _____