



DELHI TOWNSHIP PARKS & RECREATION  
2025 YOUTH VOLLEYBALL RULES

LEAGUE PHILOSOPHY

This program exists to serve the needs of our youth. All involved should be allowed to participate on an equal basis in a low competitive atmosphere. The focus should be on individual development, fundamentals and teamwork. The main emphasis is on having fun, involving the family, and developing a positive self-image. Good sportsmanship is always expected from the players, coaches and parents.

GENERAL PROGRAM GUIDELINES

1. PLAYING TIME - It is the intention of this program that all players are given an equal opportunity to participate. Therefore, all coaches are expected to allow each team member equal playing time in each game. The only exception would be in case of an injury, illness or disciplinary action. In the event of disciplinary action being imposed by a coach and a player is not going to receive equal playing time, the following parties must be notified:
  - The parents of the player
  - The parks & rec. department
  - The opposing coaches
2. FORFEITS - There will be no forfeits. If one team is short players, they may borrow from the other team.
3. RULE INTERPRETATIONS- All questions on rule interpretations will be decided on the floor by the coaches. If there is a specific rule interpretation in question, please contact the Parks & Rec. Office so we can address the situation for future games. Please keep in mind that the example you set as a coach will be one your players are sure to follow.

PLAYING THE GAME

1. SCOREKEEPERS - Each team supply's a scorekeeper
2. REFEREES - Coaches serve as referees, one on each side of the net
3. JEWELRY - For safety, players are not permitted to wear jewelry during a game (i.e. earrings, bracelets, necklaces)
4. LENGTH OF MATCHES - Matches consists of three (3) games to a score of 15. First team to 15 wins.
5. SUBSTITUTIONS - There will be unlimited substitutions.
6. BREAKS - There will be a one-minute rest between games for teams to switch sides of the net.

7. TIMEOUTS - There will be no timeouts.
8. SCHOOL CANCELLATION - When school is canceled for any reason all practices and/or games are automatically canceled. Coaches may not cancel games. Games will be rescheduled upon availability.
9. CONDUCT - Coaches, players or parents whose conduct conflicts with league philosophy will be reprimanded.
10. SPORTSMANSHIP - Shake hands at the conclusion of the contest.
11. Parks & Recreation Department is the final authority on all issues and will act in the best interest of the program.

#### "TWO-BALL WASH" RULES

1. Play starts with a serve and that ball is played out. If the serve hits the net and goes over, this is a legal play and the ball should be played.
2. Then the coach of the serving team tosses a free ball over the net to their own team and that ball is played out.  
*Note: If a team wins these two balls, they win the point. If the teams split, then a second free ball is tossed to the serving team and that ball is played out. Not all three balls will be played in each turn of service.*
3. The team that won two of the three balls gets a point.
4. If the serving team wins the point, they serve again.  
If the receiving team wins the point, they rotate and serve.  
The server may only serve 5 consecutive points. Once their team scores 5 consecutive points, the other team rotates and serves.
5. The tosser should be a person from the serving team, a coach or other adult, who can toss balls accurately to facilitate play.

They must toss the ball to a different player each time.

If the serve hits the net and goes over the net, this is a legal play and the ball must be played.

Teams may play the ball off the ceiling, vents, lights, etc. on their side of the net. If the ball hits the ceiling, vents, lights, etc. and goes over the net, this is out of play, other team wins the point.

For the 3<sup>rd</sup>/4<sup>th</sup> grade division only; coach tosses the ball over the net and the player bumps the first hit to a teammate. That teammate will "CATCH" the ball and toss it underhand to another player for the 3<sup>rd</sup> hit over the net.