



McPherson Recreation Commission Youth Volleyball Rules

NFHS rules used in league play, with exceptions listed below.

1. Net height: 7'4" (Regulation height for women.)
2. Court is regulation size
3. Serving line: You may serve at 10' line over or underhand. Maximum of 4 consecutive serves per serving player. If the player serving overhand obtains an unfair advantage due to 10' serving line, the referee may require them to move farther back.
4. Players: No more than 12 players on a team. Any team that does not have the required number of players (6), must borrow from the opposing team, until the teams are equally balanced, or a difference of no greater than 1 player between teams.
5. Net Serves are legal.
6. Ball Contact: The ball may be played with an underhand or overhand pass. Only short contact is allowed. The ball may not be contacted twice consecutively by the same player with the exception of a touch on a block. The ball may not be caught, pushed, carried, or held. Contact must be above the waist.
7. **After 4 consecutive points** scored by the serving team, the referee will whistle for an **automatic side out** (no point).
8. Balls hit off of the opponent's ceiling or off the opponent's backboard are considered dead (result no point). Balls must be played off of own ceiling. If ball touches own backboard, it will be the referee's discretion on a point, side out or do over. If the ball touches the opponent's ceiling and returns to one's side, the ball is deemed dead and a point/side out will result.
9. Knee pads are recommended.
10. Each team will have one 30 second time out per game.
11. Points are scored on every serve in rally scoring. Teams will play to games to 25 until they reach the 55 minute time limit. The last game can be played from 10 to 25 points depending on the time remaining.
12. Each team will be asked to provide one person to call lines.
13. When the receiving team breaks serve, a side out is called. They then become the serving team.
14. Points or side outs will be awarded for the following violations: Player in the net, player crossing center line, foot fault on serve, illegal contact with ball, more than 3 hits, ball hitting the wall/floor/basketball goals, ball landing in/out of bounds, consecutive contacts with one player.
15. After a side out, the serving team must rotate. Each player rotates clockwise. The player in the server's position goes out and the next player rotates to center position in the back row. First serve there is no rotation.



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COVID-19 Considerations

The MRC will be following the recommendations made by KRPA in our attempt to keep players, coaches, officials and spectators safe. These guidelines are also in place to help prevent the spread of COVID-19 within our communities.

- Players and coaches will not be required to wear face masks when they are actively participating in practice or a game. When a player or coach is on the sidelines and not actively participating in the game they will be asked to put their mask back on when social distancing of 6-foot is not able to be maintained. This is also in concordance with the city mandate No. 3340 set by the city of McPherson's Commissioners.
- Sportsman ship will be conducted in a touchless manner (i.e. no high-fives, handshakes, fist bumps, etc.)
- Refrain from gathering in large groups before and after games or practices.
- For sanitation purposes, the volleyballs will be cleaned/disinfected at the end of each game or practice session.
- If a child is sick, please **DO NOT** bring them to a game or practice, we will see them when they are feeling better!

We look forward to having a fun, great and safe season this fall!