



## **JTAA Indoor Recreational Volleyball Rules (rev. 8/23/2025)**

*Spirit of the Rules: ATHLETES FIRST, WINNING SECOND*

### **Section 1: Facilities and Equipment**

All matches will be played at Jupiter Community Center and Independence Middle School unless indicated otherwise.

Net height will be 6 feet 6 inches for U10 Coed; 7 feet 2 inches for U12 Girls; 7 feet 4 inches U14 Girls; 7 feet 4 inches U12 & U14 Boys; 7 feet 6 inches for U18 Coed.

U10 Coed: the court size will be 30 feet wide x 50 feet long  
(30ft x 25ft per side)

All other age groups: the court size will be 30 feet wide by 60 feet long  
(30ft x 30ft per side)

The game ball will be provided by JTAA. Ages U12 and younger (U12 and U10) will play with a lighter ball, such as a Tachikara Volley Lite.

Five Divisions: U10 Coed, U12 Girls, U14 Girls, U12 & U14 Boys, U18 Coed.

Coaches will be responsible for the set-up and takedown of the equipment at the beginning and end of practices and at evening games at IMS. The Town will be responsible to set-up and takedown equipment on game day at JCC.

### **Section 2: Court Etiquette**

Coaches and players shall not purposely distract opposing team servers with noises or by action. This infraction will constitute a penalty and the point will be awarded to the serving team. Cheering for your own team is acceptable during the serve.

Ball must be rolled under the net to opposing teams during games and practice scrimmages.

Behavior of all parties must be appropriate – no threatening, foul or abusive language or gestures toward spectators, referees, coaches or players. Striking in any threatening fashion is prohibited. Spectators or parents cannot interfere with the conduct of the match, which includes talking to the referees/line judges.

Coaches, parents or spectators will be ejected from the facility (red card) in cases of use of alcohol, tobacco or other illegal substances, any threatening, foul or abusive language or gestures, striking in a threatening manner or a 2<sup>nd</sup> offense of interference with the conduct of the match.

Players will receive a warning (yellow card) for 1<sup>st</sup> instance of foul or abusive language. Players will be ejected from the facility (red card) for use of alcohol, tobacco, or other illegal substances, serious foul play, threatening gestures or language, kicking, striking or bodily assault or a 2<sup>nd</sup> occurrence of foul or abusive language (within the season).

A red card for any player or coach results in loss of serve and a point for the opposing team.

Any further disciplinary actions refer to the JTAA Disciplinary Policy.

### **Section 3: Team Rules**

No jewelry of any kind will be allowed. This includes watches, rings, earrings, metal hair clips and any other thing that could, in the view of the referee, cause injury.

Kneepads are required for practice and games. Athletes will be barred from game play without them.

Team jerseys should be worn at all games. Shorts style and color should be consistent per team.

Players, coaches, and assistant coaches are the only ones allowed on the bench. Only registered coaches, board members, or committee members are allowed on the bench. Registered coaches must be wearing the current season coaching shirt. The coaches may stand on the sideline with the benches only behind the 10' line with the rest of their team and give instructions to players, but cannot distract, disturb, delay the game or enter the court. A coach who purposely delays the game to gain an advantage will be issued a warning or penalty. This includes walking on the court in between points. Coaches may enter the court only before the match or in between sets.

**\*\*The designated team captain is the only player allowed to talk with the referee during the game. If a coach desires an interpretation or explanation of a call made by the referee, the team captain, as the coach's representative, must talk with the referee.**

No coaches or players on the bench are allowed to stand on the side of the court where the main referee (Referee 1) is positioned or behind the end line. Coaches and players on the bench must all stand in the "bench" area, on the same sideline where the R2 referee typically stands, subject to the distance requirement below.

No coaches or players on the bench are allowed to stand between the 10' line and the net. This area is reserved for the down referee (R2) only. Coaches may not

speak to the R2 referee during play. All questions should be directed to the upper referee (R1) via the team captain.

Any person who is not a coach or player that enters the court during play is subject to immediate ejection from the gym or sand court area.

## **Section 4: Team Formation**

Teams are to be comprised of eight to eleven players, with six players on the court at once.

For the high school age group, three players on each team are required to start and continue a match. For all other age groups, four players on each team are required.

If a team has less than the required number of players then it must forfeit the match. The match will still be played as practice with one of the following two options:

(1) Players from another JTAA rec team in the same age group not currently playing a match may play for the team that is short on players.

(2) The two teams scheduled to play will divide the players equally. For example, Team A has 7 players and Team B has 3 players, for a total of 10 players. Each team will be assigned 5 players.

Players arriving late may be added to the line up during current ongoing game or wait until next game. This will be at the Coaches discretion.

To be eligible to participate in the playoffs, a player must play in at least half of the regular season games.

If an injury occurs and the team drops below the minimum, matches can continue. If an injury occurs and there are players on the bench, the next player that was set to come off the bench will take the injured player's spot on the court.

## **Section 5: Match Format and Information**

Every regular season match will consist of three games. If the third game is not needed to break a tie, it can be played for practice only if time permits. Game won-lost records will be used to determine standings and seeding for playoffs. Match play consisting of two out of three games will be used in the post-season tournament.

Every team must provide two adult or minimum high school-age volunteers for every match. Each match requires a work team consisting of two score keepers and two end-line judges working with the official on the stand. One adult or minimum high school age volunteer from each team will share the score keeping duties. The

other adult or high-school age volunteer from each team will serve as linesperson and call the end and sidelines, on the opposing team's side. The match referee reserves the right to overturn any call made by the linespersons. These volunteers should not be on their phones, listening to headphones or otherwise not fully present for the game. Line judges stand at the closest corner to the 1st referee's right hand and across the court from the 1st referee's left hand.

Matches will begin at scheduled times as posted and total time per match is one hour or less. Teams should arrive at the playing site at least fifteen minutes prior to scheduled match times.

The referees will be the official timekeepers and are responsible to see that the matches start and end on time.

## **Section 6: Start of Game**

The referee will call a captain's meeting at least five minutes before the scheduled start time of each match. The two team's captains and coaches will meet with the referee for instructions and to conduct a coin toss or rock, paper, scissors. Short servers (12U and under – U12 Girls, U10 Coed and U12 & U14 Boys divisions) will attend the captain's meetings for referee identification.

The winning team will get the choice of either first serve or the side of the net to defend in the first game. Teams will switch sides and first possession in the second game. In the case of a third game, another coin toss will occur.

The referee will instruct all work team volunteers on their responsibilities prior to the start of the match, including signals for in/out/touched balls and that the ball is called in or out based on the part of the ball that touches the floor, not the shadow of the ball. A ball traveling over the net outside of the antenna or touching the antenna is out of bounds.

Teams will share the court during warm up time, including hitting. At the start of the game, the players go directly to their positions on the court without directions from the referee.

At the end of the match (third game) the teams will be signaled to the base line by the referee. Subsequently, the referee will signal the teams forward to shake hands at the net. All players on the benches and the coaches are expected to participate.

Breaks between games during a match will not exceed two minutes. Each team will be allowed two time-outs, 30 seconds each, per game.

## **Section 7: Scoring**

JTAA Recreational Volleyball will use rally point scoring. In rally point scoring, every play results in a point being awarded. A serve into the net or out-of-bounds is a point for the other team.

### *Regular Season*

A match will consist of two games to 25 points. Winner must win by 2 points with a cap of 27 points. The first team to 27 points with or without that 2 point lead is declared the winner. A third game to 15 will be played to break a tie, with a cap of 17. The first team to reach 17 with or without a 2 point lead is declared the winner. If the third game is not needed to break a tie, it can be played for practice if time permits.

### *Playoffs*

A match will consist of two games to 25 points. Winner must win by 2 points; there is no cap. A third game to 15 will be played only to break a tie; there is no cap.

## **Section 8: Rotations (all divisions are circulation style)**

All divisions: Each team must rotate the next player from the bench into the server position to keep playing time equal provided there are more than six players on the team. There are no substitutes that go in/out for certain players and no liberos.

Circulation is circular clockwise in pattern and occurs upon every server side out of competing team. Note this includes the first side out of the game (i.e. the team that does not serve first still rotates and their first server is therefore the first player coming off the bench).

The player circulation lineup for games 1 and 2 must remain the same. At the start of game 2, the rotation must start where it left off at the end of game 1 (i.e. the server at end of game 1 starts out as the server at the start of game 2).

At the start of game 3, the player rotation can be reset to any order.

If there are more than six players dressed out for a match, each player must rotate into the game in order without skipping a player. If there are six or less players dressed out for a game, the players must rotate in a circular clockwise pattern on the court upon every server side out of competing team. JTAA is a recreational level sport and promotes all members playing equal time. A player can be benched legally when it is due to disciplinary actions as determined by the team coach and or ref.

Teams can only consist of the official JTAA paid roster team members. Absolutely no friends, family or other substitutions will be tolerated. Any deviation from this rule will substantiate a forfeit by the offending team.

## **Section 9: The Game**

Each team is entitled to a maximum of three touches to return the ball to their opponents with only one exception. If the ball comes off the player's hand during a block, it can then be touched four times on that side.

A ball may NOT be caught, thrown, held, or lifted.

A player may not contact the ball twice in succession in general. However, a "double" on serve-receive/first ball over the net or on a team's second hit if a teammate makes the subsequent touch is **not** a fault. It may hit the player's chest and bounce off the arms or platform. They may not pass the ball up in the air and then touch it again in succession. For 12U and younger (U12 and U10), unintentional double hits are allowed and only blatant carrying will be called. Unintentional double hits or carrying will be called at referee discretion, no challenges will be discussed.

A player may NOT touch the net during the action of playing the ball or immediately thereafter. A brush of the net with the hair or ponytail is incidental contact and IS allowed. The action of playing the ball includes (among others): Take-off, hit (or attempt) and landing safely.

If an opponent sends the ball into the net, forcing the net to contact a defensive player, the contact does NOT constitute the net violation.

A ball driven into the net may be recovered within the limits of the three team hits, so long as the contact with the net is within the antennae.

A player's feet or hands are allowed to be on the centerline, but NOT across the centerline without touching it with some part of the foot.

The three back row players cannot jump above the top of the net in front of the 10 foot line and hit the ball across the net. This violates the backrow attack rule and results in a point for the other team.

### *Reaching Beyond the Net*

In blocking, a player may touch the ball beyond the net provided that he or she does not interfere with opponent's play.

After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

## **Section 10: The Playing Area**

The lines on the court are considered part of the playing area. If any portion of the ball falls on any portion of the line, that ball is IN.

A ball off the walls or divider curtain of the gym is out-of-bounds.

A ball in the bleachers is out-of-bounds.

If during a volley, the ball hits the ductwork, ceiling/rafters, basketball hoops etc., and comes back to the team that hit it, they may continue to play it if they are still within their three-hit maximum. If the ball hits the ductwork, or ceiling/rafters, basketball hoops etc., and goes over to the net to the other team, it is a dead ball, and the other team is awarded a point.

A ball traveling over the net outside of the antenna or touching the antenna is out of bounds.

## **Section 11: The Serve**

The 1<sup>st</sup> referee authorizes the service, after having checked that the two teams are ready to play and the server is in possession of the ball.

The team on the receiving side (serve-receive team) of a serve shall not block or attack the service ball. It may be hand passed or passed back over the net (commonly referred to as a "free ball") but no contact with the ball above the plane of the net is allowed on serve-receive. The goal is to teach players how to make a serve-receive pass to the target (normally a setter). A let serve, where the serviced ball contacts the top of the net and rolls or continues over, is playable and in play.

Receiving team players are prohibited from raising their hands above their head during a serve until the ball crosses the net (preventing the receiving team from seeing the server and the flight path of the ball). This is called screening and is illegal in all volleyball governing bodies.

All divisions: A server who completes five consecutive service points must forfeit the next serve or service series to the next in line server on the same team (does constitute a rotation and or substitution, but no loss of point). This "run on points" by one server is similar to other JTAA sports and is designed to minimize large scoring differentials and let other members of the team serve as well. The server must always wait for the referee to signal for serve with the whistle and hand gesture prior to serving. If a serve is executed before the signal to serve, the referee will signal a re-serve.

The server is allowed eight seconds to serve the ball once the official has signaled for the serve.

Servers must always be positioned behind the end line prior to contacting the ball. The entire width of the court is available to the server.

Foot faults will be called for grade U14 and U18 divisions: a foot on the line at the time the ball is contacted is a foot fault violation and will result in loss of serve and a point for the opposing team. Jump serving is allowed. If a player jump serves, he or she can land on or inside the line after the ball has been contacted.

If the ball, after having been tossed or released by the server, lands on the floor without touching the player, the server is allowed to re-serve. This is called a service error. The server is allowed one service error per serve.

A team serving out of rotation will forfeit the serve and result in a point being awarded the opposing team. The rotation must be corrected at this time.

A team serving out of rotation forfeits the serve and a point will be awarded to the opposing team. Non-serving players positioned out of rotation at the time of the serve will be warned (yellow card). A 2<sup>nd</sup> occurrence or more of a team out of rotation forfeit the serve and result in a point being awarded the opposing team. The rotation must be corrected at this time.

Players may not kick the ball for a serve. Other contact by foot is allowed during game play. Kicking a ball between points or games may result in a warning (yellow card).

## **Section 12: U12 Division Server Rules**

No foot faults will be called as long as the player starts the serving motion from behind the line, unless the referee determines the player is gaining a clear advantage from the foot fault. Each team in U12 division will be allowed to designate two short servers per match.

Each designated short server will be required to check in and declare themselves as short servers with the referee prior to the match beginning. Failure to do this will prevent the team from using short servers for the entire match.

Each short server will be allowed to take one giant step in front of the end line and serve from there. Note this step should be no more than approximately 3 feet. There will be no line to call a foot fault for short servers. Gross abuse of this will be called a fault by the referee and a point awarded to the other team.

If a short server makes two serves over consecutively during any game they are no longer allowed the benefit of the short server rule for the duration of the match. The short server rule is for underhanded serves only. No player will be allowed to serve



over handed and benefit from the short server rule. If they attempt this, a point will be awarded to the other team.

Any questions on this should be discussed with the opposing coach and referee prior to the match beginning.

### **Section 13: U10 Division Server Rules**

The court dimensions per side are 30 feet wide by 25 feet long. There is also an additional 21-foot line for underhand serving.

Any player may underhand serve from the 21-foot line. No foot faults will be called as long as the player starts the serving motion from behind the line - unless the referee determines the player is gaining a clear advantage from the foot fault.

All overhand serves must be from behind the 25-foot line. Foot faults will be called for overhand serves.

Each team in the U10 division will be allowed to designate two short servers per match. Additional short servers can be agreed by both coaches and the referee.

Each designated short server will be required to check in and declare themselves as short servers with the referee prior to the match beginning. Failure to do this will prevent the team from using short servers for the entire match. If a short server makes two serves over consecutively during any set, they are no longer allowed the benefit of the short server rule for the duration of the match. The short server rule is for underhanded serves only. No player will be allowed to serve overhanded and benefit from the short server rule. If they attempt this, a point will be awarded to the other team.

Each short server will be allowed to serve up to 15 feet from the net. The spirit of this rule is to allow those who do not have the power or coordination yet to get the ball into play. Coaches should be working on the short servers to move back farther from the net throughout the season.

### **Section 13: U12 & U14 Boys Division Server Rules**

The court dimensions per side are 30 feet wide by 30 feet long. Due to the use of a full weight ball in this division, there is also an additional 25-foot line for underhand serving for use by only U12 or younger players. U12 players would typically be playing with the lighter volleyball for full matches. A list of U12 serve eligible players was notified to the affected coaches.

For U12 or younger servers, no foot faults will be called as long as the player starts the serving motion from behind the line - unless the referee determines the player is gaining a clear advantage from the foot fault.

All overhand serves must be from behind the normal 30-foot line. Foot faults will be called for overhand serves.

Each U12 or younger server will be required to check in and declare themselves as short servers with the referee prior to the match beginning. Failure to do this will prevent the team from using short servers for the entire match. These short servers are permitted for the duration of the match. The short server rule is for underhanded serves only. No player will be allowed to serve overhanded and benefit from the short server rule. If they attempt this, a point will be awarded to the other team. Coaches should be working on the short servers to move back farther from the net throughout the season.

**Any rule concerns that are not detailed in this document will be resolved by referring to the USA Volleyball rules.**