



***MCCS Semper Fit, Youth Sports
Volleyball Bylaws 7-9 Age Group
Local Rules – Amended 8 Feb 2024***

0. DEFINITIONS AND GUIDELINES

0.01 MCCS Semper Fit, Youth Sports adheres to the National Alliance for Youth Sports (NAYS) guidance and the Marine Corps Youth Sports directive.

0.02 The 7-9 age group refers to children ages 7, 8 and 9 years old or children turning the specified age during the sports season.

0.03 “Local Rules” refers to these rules.

0.04 “Playing Rules” refers to the playing rules stated in the Semper Fit, Youth Sports Bylaws that follow National Federation Volleyball High School Rules and Regulations with amendments to meet the conditions of the Marine Corps Youth Sports Manual, the MCAS Iwakuni community and to ensure the safety of each individual child participating in the Youth Sports program.

0.05 “Regulations” refers to the regulations of NAYS and the National Federation Volleyball High School Rules and Regulations with the amendments made in these bylaws to accommodate the MCAS Iwakuni Youth League.

1. PLAYER PARTICIPATION

1.01 This league is open to all youth dependents of active duty, retired military personnel, DOD, civilian employees and Japanese Nationals. The eligible participants must fall under the age requirements set forth by MCCS Semper Fit, Youth Sports rules and regulations.

1.02 A player assigned to a team will not be permitted to play until he or she has made at least one (1) practice and is on the official roster.

1.03 The minimum amount of play time will be one set. This is the responsibility of the coaches to insure this.

2. PLAYER’S EQUIPMENT

2.01 Uniforms will be issued to the participants of each team accordingly.

2.02 The following equipment shall be considered illegal and will not be worn by any player:



- Knee, head or hip pads containing sole leather, fiber, metal or any dangerous material
- A cast of any type
- Dangling earrings, watches, rings, chains or other jewelry items
- Beaded or jeweled hair fasteners/designs will not be worn if they impede with proper fit of protective headgear.
- A knee brace may be worn, but shall be wrapped and must be approved by the umpire prior to the start of the game.
- Players wearing prescription glasses must wear a head strap.

2.04 Players MUST wear kneepads and rubber-soled shoes.

2.05 The referee will inspect the player's equipment and uniform prior to each game. If the referee determines that a player is wearing any article prohibited by these bylaws or which may constitute danger to other players, he or she will stop play and order the player off the court to remove the article. The player will not be permitted to play until the article is removed.

3. PRACTICE

3.01 All teams will be given at least two (2), one (1) hour practice per week. Any practices or scrimmages in addition to those scheduled by Youth Sports must be voluntary.

3.02 Players must attend at least one (1) practice before a game in order to play. Players will not be penalized for missing additional practices or scrimmages.

4. COACHES

4.01 Coaches are responsible for creating opportunities for players to acquire the basic knowledge of volleyball skills, to include: Sportsmanship, teamwork, discipline and the value of athletic competition. Coaches are further responsible for the following:

- a. Providing players with quality instruction, matched to the players learning and understanding levels.
- b. Total administration of the team.
- c. Attending the National Youth Sports Coaches Association (NYSCA) training session and become a certified coach.
- d. Be trained in first aid or attend first aid training.
- e. Attend Child Abuse and Neglect Detection, Prevention and Recognition Training.
- f. Ensuring that all league rules and bylaws are complied with by players and spectators.



- g. The conduct of their team participants and spectators. Any derogatory verbalization from anyone towards opposing players or coaches is not allowed. Such lack of control will result in disciplinary action and/or forfeiture of the game in play.

5. DURATION OF THE GAME

5.01 TIME LIMIT: Each set will have a time limit of 15 minutes running time. The clock will continue to run during the duration of the set with the following exceptions:

- a) Each team will be allowed (2) 30-second time-out per set.
- b) Injury to a player.
- c) Referee's official time.

5.02 In each match there will be a total of three sets, whichever team wins the most sets wins the entire match. **If either team wins 2 sets, game is over.**

6. PLAY OF GAME

6.01 A minimum of (5) five players is required for the game to begin.

6.02 All teams should have five (5) players to start a set. Teams are to match the opposing team with an equal number of players. If the minimum requirement is not met, the game results in a forfeit.

6.03 SERVICE LINE, COURT SIZE, AND NET HEIGHT: The full court length will be utilized for all age groups. For the ages 7-9 the net will be at six feet (6'0").

6.04 MAXIMUM POINTS: Rally scoring will be used in every division. The first team to reach 21 points (no deuce) will win the set (time permitting). If neither team reaches 21 points when the time expires, the team ahead in points will win the set. **The third set will be first to 15 points as a tiebreaker.**

6.05 TIE BREAKER: If there is a tie after the 15-minute time limit has expired, the next serve will determine the winner.

6.06 SERVING: Server must serve within 5 seconds after the referee's whistle sounds. If the ball hits the net on a serve and goes over the net it is still in play. **Teams must rotate clockwise after gaining the serve.**

6.07 CROSSING: A player cannot cross completely over the centerline (i.e. foot, hand etc.). Majority of the body has to remain on the players own courtside without creating a safety concern.



6.08 PLAYERS POSITIONING: Players must stay in the same rotational positions throughout the duration of the set. Players may switch positions after the ball is served but must return to their proper position after the ball is declared dead by the referee and before the next serve.

6.09 SUBSTITUTION: Substitutions will be only allowed in-between the first and second sets except for injury. In the third set substitutions will be allowed.

6.10 SPIKING, BLOCKING, AND BACKCOURT PLAYERS:

Spiker cannot reach over the net and hit a ball that is entirely on the opponent's side of the court. Spiker is allowed to attack the ball at the net within the 10 foot line and is also allowed to leave his feet while attacking the ball, as long as he/she is a front row player. When blocking, a player may reach over the net but cannot touch the ball until the opposing spiker hits it or until the ball breaks the plane of the net. A blocker may not reach over the net and block a ball that is being set up by the opponent's setter. A backcourt player may not spike a ball if the player is in front of the 10-foot line or block the ball anywhere above the height of the net when contact is made.

6.11 BOUNCE BALL

Age division 7-9 will allow one bound off serve and between passes. Max of 3 contacts before returning over the net.

6.12 DOUBLE CONTACT: Double contact is made when the ball is hit by a player and contact with the ball was made by his or her body with 2 deliberate attempts. It is the referee's discretion to determine if double contact with the ball was made with 2 attempts. Ball may not stay in hand or be bumped with both hands separated or open fisted.

6.13 Dead Ball:

1. Violation of any of the above rule.
2. More than three contacts are made per play. Serve and point.
3. Ball hits the antenna or goes over net outside of antenna. Serve and point.
4. Player touches net while ball is in play. If hair touches the net, this is not a violation. Serve and point.
5. Ball goes out of opponent's court. Serve and point.
6. Interruption of the game (another ball comes into the court or referee stops play). Replay Serve.
7. Ball hits walls. Serve and point.
8. Ball hits basketball backboard or rafter (roof) and falls on opponent's side. Change serve. (Exception: Ball hits basketball backboards or rafter (roof) and falls on own side, playable as long as within 3 touches).

6.14 VOLLEYBALL PROTOCOL:

Entire team line up on their perspective end line once both teams are at the end line R1(top referee) whistle which both teams then proceed to center court to wish



each other a good match. Team cheer to follow in center of court. Non starts leave the court once team cheer is complete. R2 (bottom referee) then checks line up. Once the Set is over then the players on the court will be signaled to line back up on the back court by R1 and then will be signaled again to rotate at which time the teams will rotate clock wise on the other side of the net.

6.15 COACHES MUST STAY IN DESIGNATED COACHES BOX.

7. CONDUCT

7.01 All participants in this league will observe the highest level of conduct to include: Sportsmanship, team camaraderie and respect to all involved while playing, watching, coaching or officiating. Disrespect to fellow players, coaches or officials is unacceptable conduct and will not be tolerated by Youth Sports. Youth Sports staff has the option to order any player, coach, official or spectator off the field and out of sight and sound of the game for violation of conduct standards. Once the order of removal has been issued, the game will be stopped until complied with. Should the offender refuse to comply with the order the game will be terminated.

7.02 The intentional commission of any of the below offenses will result in the ejection from the game of the player committing the offense.

- a. Kicking or attempting to kick an opponent
- b. Tripping or attempted tripping with leg or body
- c. Charging an opponent from behind
- d. Striking or attempting to strike an opponent
- e. Holding an opponent
- f. Pushing an opponent with hand or arm
- g. Charging an opponent in a violent manner
- h. Tackling an opponent
- i. Verbal exchanges to opposing players, officials or coaches.
- j. Any unsportsmanlike conduct as decided by the acting officials

7.03 Any player or coach being ejected from the game for poor conduct will be asked to leave the "sight and sound" of the court for the rest of the game and for the next game of the season. Playing a disqualified player is not allowed and is a valid ground for forfeiture.

7.04 A player who provokes a fight with another player will automatically be suspended for his or her next regular season game.

8. ALCOHOL & TOBACCO

8.01 The use of any tobacco products by anyone at any Youth Sports Program activity is strictly prohibited.



- a. No alcohol of any sort will be allowed at any Youth Sports event.
- b. No one will be allowed to observe or participate in any Youth Sports Program while under the influence of alcohol.
- c. No glass containers will be allowed at any sporting event.
- d. Smoking is not permitted at the field or near any play or spectator area.