



Chosen Youth Volleyball League

Rules & Expectations

League Philosophy

At Chosen Sports Leagues, our goal is to provide a safe, competitive, and fun environment where athletes grow in skill, teamwork, and character. These rules ensure fairness, consistency, and development across all divisions. **“Development over winning”**

Gym Protocol

Please pay attention to children at all times. This means no climbing on bleachers or unsupervised bathroom visits. Failure to comply could result in ejection with no refund. You are welcome to stay for practices. We recommend you bring a lawn chair.

Practices

Please be sure that your athlete brings a volleyball to practice. Please note that if a player misses practice for any reason, they will lose 4 minutes of playing time for every missed practice. Please notify your coach if you have to miss for any reason.

General Game Rules

Match Format

Matches are best 2 out of 3 sets.

First two sets played to 25 (win by 2).

Third set (if necessary) played to 15 (win by 2).

Court & Net Height

Court dimensions: 30 ft x 60 ft.

Net heights:

Grades 5–6: 7 ft

Grades 7–8: 7 ft, 4 in

High School: 7 ft, 4 1/8 in

Ball Size

Youth divisions: Volley-Lite (official 12 & under ball).

Older divisions: Official adult-size volleyball.

Playing Rules

Serving

Players must serve from behind the end line.

A serve that contacts the net and lands in play is legal.

Maximum of 5 consecutive serves per rotation (Starter/Youth Divisions only).

Rotation

Standard 6-player rotation.

Clockwise rotation each time possession changes.

Contact Rules

Each team may hit the ball up to 3 times before sending it over.

No player may hit the ball twice in succession.

Legal contacts include forearm pass, set, or spike.

Net Violations

No player may touch the net while the ball is in play.

Crossing the center line is not allowed unless part of normal follow-through without interference.

Scoring

Rally Scoring (a point is awarded every rally, regardless of which team served).

Winning margin: Must win by 2 points.

Player & Team Expectations

Sportsmanship First

Respect referees, coaches, and players at all times.

No taunting, arguing, or unsportsmanlike conduct. Failure to behave with good sportsmanship may result in a warning or ejection and can be applied to players, parents, and spectators.

Play Time

Equal playing time is encouraged in developmental divisions.

Coaches will balance competitiveness with player development.

Uniforms

Official Chosen Sports Leagues uniform is required.

Jerseys must be tucked in during games.

Coaches & Officials

Only head coaches may address referees during play.

Referees' decisions are final.

Coaches are responsible for team conduct on and off the court.

Parent/Guest Guidelines

Encourage all athletes positively.

Allow coaches to coach and referees to officiate. Parents/guests are not allowed to approach the coaches or scoretable.

Negative behavior may result in removal from the gym.

✨ At Chosen Sports, we believe the game is bigger than the scoreboard. We play for growth, respect, and community.