



SOUTHLAKE PARKS AND RECREATION

Youth Volleyball Rules

Updated: Spring 2026

All league games will be played in accordance with the current National Federation of High Schools (NFHS) Middle School Rules and the Texas Amateur Athletic Federation (TAAF), with the exceptions listed below. The City of Southlake Parks & Recreation Department reserves the right to add, delete, or amend the rules and regulations or policies for the betterment of the program.

I. Eligibility

- a. The age ranges for the divisions shall be as follows and based on the player's age as of September 1st of the current school year. (2024-2025)
 - a. **9U**
 - b. **11U**
 - c. **13U**
- b. A team shall consist of **nine** to twelve players. A team may begin the game with four (4) players and must end with a least four (4) players. Positions are: left front, middle front, right front, right back, middle back, and left back. Teams will not be penalized if there is less than 6 players present.
- c. Players are not allowed to play in a younger age division. They may, however, play up in an older age division upon coach's request and approval of the City of Southlake recreation department. Once a player moves up, they may not move back down.
- d. **Players are not allowed to play in more than one division or with more than one team per season.** Players found to have played for multiple teams will be immediately disqualified for the remainder of the season and any games played in as an ineligible player will be forfeited. Coaches are subject to additional discipline (see G).
- e. All active players must be listed on the official roster. If a non-rostered player is found during or after game play, the game will be immediately forfeited. Coaches are subject to additional discipline (see G)
- f. Roster additions or other roster changes will not be permitted after the first regular season game. **No substitute/part-time players will be allowed.**
- g. Coaches, knowingly or unknowingly, fielding a team in violation of eligibility and roster rules, are subject to additional discipline at the discretion of the Southlake Community Services Department. Additional discipline may include, but is not limited to; game forfeits, post-season bans, and suspensions. Suspensions can extend indefinitely into future seasons with any City of Southlake Sports League.

II. Equipment

- a. **9U and 11U will use the Volley Lite size ball.**
- b. **13U will use an official size ball.**
- c. Jerseys will be provided by Southlake Parks and Recreation. Uniforms that do not have permanently affixed non-duplicated numbers will not be permitted (this includes numbers written on shirts or numbers taped on shirts, but not limited to).
- d. Players shall have a 6" number on the back of their uniforms and a 4" number on the front of their uniforms. Legal numbers are 0-99.
- e. Shoes must be athletic style designed for use on indoor wood floors. No black soled or "turf shoes" may be worn at any time.
- f. For the safety of all players, kneepads will be required to play.

City of Southlake Values:

Integrity ♦ Innovation ♦ Accountability ♦ Commitment to Excellence ♦ Teamwork

- g. **No jewelry may be worn at any time during a game. If a player has a “permanent bracelet” on, the parent/guardian and the coach are responsible for covering the wrist with 1. Athletic tape AND 2. An athletic wristband. There are no exceptions for covering the permanent jewelry.**
- h. We strongly discourage wearing earrings in our league but if they must, players must wear rubber/silicone earring backs for their own protection. No dangling earrings allowed AT ALL.
- i. Officials may ban any equipment that they deem as unsafe or illegal.
- j. Official game ball, regulation net, scorekeepers, scoring equipment, and officials will be provided by the City of Southlake.

III. Court Regulations

- a. The court shall be regulation size (60 feet long and 30 feet wide).
- b. **The ball may be served from anywhere behind the 15’ line (9U), 23’ line (11U) and the back court line for 13U.**

Serving lines for the 9U and 11U divisions will be marked on the playing surface with painters’ tape for easy visibility. There will be no leeway on the modified serving lines since they will be marked.

IV. Playing Rules

- a. **Competitive and Recreational subdivisions will be determined pre-season by Southlake Parks and Recreation staff. If a subdivision split is not feasible, all teams will be in a combined division for their respective age group. If a combined division is big enough, the age group will be split and all teams will be randomly selected into the subdivisions.**
- b. Teams should be present at least ten (10) minutes prior to match time. A 10 minute grace period will be allowed if teams are below 6 players. Coaches should make it known to the officiating team and Southlake Parks and Recreation staff if there will be a delay or if their team will play with less than 6 players.
- c. **If a player is more than 5 minutes late after the game has started, they may not play in the 1st set. If they do arrive late, they must check in City of Southlake staff to verify their status with the team (i.e. Paper roster verification, secondary verification, etc.). After the 1st set is complete, they may be added to the rotation. This prevents any game delays since there is a 20 minute time limit for the first 2 sets, 15 minutes for the 3rd (first to 25 and/or must win by 2).**
- d. Team lineup must be turned into the Official Scorekeeper prior to game time on provided scoresheet. Line-ups must include first initial-last name and jersey number.
- e. All divisions will play the best 2 of 3 sets per match.
- f. All divisions will play rally point scoring and will play to 25 points or until time expires (20 minutes) in the first two sets. If needed, a third set will be played to 15 points or until time expires (15 minutes) for all divisions. Teams must win by 2 points.
In the event that time expires/buzzer goes off to indicate that time expired while a ball is in play, play will continue until a point is awarded. If time expires and a team is ahead by 2 or more points the set will be final. If teams are within one point, play will continue untimed until a two-point lead is established.
- g. First service will be determined by the winner of the coin toss. The other team will have choice of court side. The second set will begin with the original first set receiving team serving first. The third set will begin as the first set began (coin flip, etc.)
- h. If the server does a bad toss, the ball must be caught or let it drop to the floor. The server may only let the ball drop once during her time of service.
- i. At the moment of the serve, all players except the server shall be within the team’s playing area and have contact with boundary lines or center lines, but no part of the player’s body may be outside those lines. When a side-out is awarded to a team, that team shall rotate clockwise one position (front row rotates right, back row rotates left).
- j. **9U and 11U only:** The player serving will receive two chances to serve the ball in play. **The second serve must be an underhand serve in 11U.** Once the player serves the ball during their turn in play, they will not receive a second chance again until after going through the rotation.
- k. **13U only:** The player serving will receive only one (1) chance to serve the ball in play.

City of Southlake Values:

Integrity ♦ Innovation ♦ Accountability ♦ Commitment to Excellence ♦ Teamwork

- l. Service may be performed underhand or overhand in any age division as long as the ball makes contact with the body only once (no double-bump).
- m. **13U Only:** The server has 5 seconds to begin the serve from the time the official signals the serve with a whistle.
 - 9U and 11U are encouraged to use a 7 second clock but will not be penalized for exceeding the time.
- n. Regardless of new NCAA rules, there will be no double contact hits.
- o. When serving, the receiving team is not allowed to block or spike a served ball.
- p. In all divisions, after 5 consecutive points scored by the offensive team (team serving), the referee will whistle for an automatic change of possession and the opposing team will be awarded the serve.
- q. There will be no use of a libero.
- r. **Substitutions:** Substitutions may only be made when the teams subbing is rotating. Teams will substitute players in and out of the match during each rotation and maintain the same order throughout all three (3) sets. **No player shall serve again until every player in that rotation has served.**
***(If a player rotates to start the second set but does not have the chance to serve, the team will maintain their position until that player has served.)** Players must be rotated in and out of the match at the same position throughout the match. *Only in the case of an injury may a team change substitution order/skip a player.* **At the start of a new game, the rotation will start where the lineup was previously left off i.e. server #5 server served to end Game 1, server #6 will serve to start the 2nd game, and so on. The coach is responsible for keeping up with who is next to serve.**
- s. **Each team manager shall sign the scorekeeper's game report after each match.** This will ensure that all records are correct and have been accepted by both team managers. Failure to sign the game report will be an indication that the team manager has accepted the game report and has forfeited their right to a review. **League standings will be based upon these reports and posted on the website www.teamsideline.com/southlake**
- t. Time Outs: Each team may have two (2) 30 second time out during each of the first two sets (two time out per set). In an event of a 3rd set, one (1) additional 30 second timeout will be allotted.
- u. **Intermissions:** The time period between matches will not exceed three (3) minutes, and play will begin when the official signals.
- v. **Playoffs** – Top 4 teams per division will be awarded a playoff spot. Recreational and Competitive divisions will have their own playoffs. If a division is combined, top 2 teams from each subdivision will be awarded a playoff spot.
- w. **League Seeding** - In case of a tie for award positions at the conclusion of the season, the following tie-breaker procedure will be used:
 - a. Head-to-head results between teams tied. If all tied teams did not play head-to-head games against each other, head-to-head results will not be considered, and tie breaker c will be used.
 - b. If teams split in head-to-head matches, point differential in those matches will be used.
 - c. If teams are still tied, point differential all league matches for the teams tied will be used.
 - d. If teams are still tied after the first three tie breakers a coin flip administered by two (2) members of the Southlake Recreation department to break the tie.
 - e. After first place team has been determined, revert back to “a” (above) to determine second place from remaining teams tied.

V. CONDUCT/SPORTSMANSHIP ZERO TOLERANCE POLICY

The City of Southlake has zero tolerance for unsportsmanlike conduct by any coach, player or spectator before, during or after a game. This includes but is not limited to: booing, shouting at the officials, or arguing any call. Expressing any negative behavior or comments, threats or obscene gestures to players, coaches or officials is also unacceptable.

NOTE: Coaches must abide by the “1-Up and 1-Down” rule. Only one coach may stand while on the sideline and the other coach must sit. **In conclusion, only 2 coaches are allowed on the bench during games. At no point are parents or spectators allowed on the players bench. All coaches must have Southlake Recreation badge present at all times during game.**

- a. Any player, coach, or spectator ejected from any league game is subject to additional suspensions.

City of Southlake Values:

Integrity ♦ Innovation ♦ Accountability ♦ Commitment to Excellence ♦ Teamwork

- b. Players, coaches, and spectators who have been suspended must leave the complex and may not return until the completion of their suspension.
- c. Each team coach is responsible for the conduct of their spectators and team participants. During serves, spectators, coaches and players shall refrain from trying to distract the player serving in anyway, not limited to booing, shouting, yelling, waiving, loud noises. Serves can be re-attempted due to distractions listed above at the discretion of the officials.
- d. No player, coach or spectator shall interfere with the scorekeepers/officials. Any concerns regarding the scorekeepers/officials must be brought to the Recreation Specialist, Athletics Coordinator, or Athletics Supervisor.
- e. Verbal or physical violence, especially attacks on a game or tournament official immediately before, during, or after a game or fights between players/teams will result in a minimum of **one (1) year loss of eligibility** in all league play or indefinite suspension in all league play, subject to annual review if requested.
- f. Suspensions carry over from season to season.
- g. An official or Parks and Recreation staff member will have the authority to remove a player, coach, or spectator from a game and/or forfeit the game due to unsportsmanlike conduct. Unsportsmanlike conduct shall include, but not be limited to, illegal equipment, profanity, threats of any kind toward the officials, Parks and Recreation staff, and/or scorekeeper, fighting (before, during, or after the game), or any flagrant foul as determined by the official.
- h. City of Southlake City Ordinance #515 states, "It shall be unlawful for any person to possess or consume any alcoholic beverage on city property."

VI. Protests MUST be filed in the following manner:

- a. Judgment calls and game scores cannot be protested. Rule interpretations and eligibility are the only means for protests.
- b. Protests must be filed in the following manner:
- c. Must be filed before the game is over.
- d. Notify game official and City of Southlake staff that the game is being played under protest.
- e. See that the official or City of Southlake staff notifies the scorekeeper and that the protest is recorded on the official score sheet.
- f. On the first regular business day following the protested game, the coach must submit a written protest with all available details to the City of Southlake with a \$50 protest fee. The protest fee will be returned if the protest is upheld.
- g. If the protest is deemed time sensitive in nature, the Supervisor on Duty will provide a payment option and the review will be conducted on-site. Time sensitive is to be determined by City of Southlake Community Services staff.
- h. NOTE: Protests can only be submitted during a scheduled league game. Any protest not submitted during a league game will not be reviewed.

Any questions, comments, concerns, etc., please contact the Athletics Coordinator Luis Marquez at lmarquez@cityofsouthlake.com or call at (817) 748-8911.