

FFY Athletics - Youth Volleyball League

Rules and Code of Conduct

Updated - August 4, 2025

Code of Conduct

All participants, spectators, coaches, officials, and staff are expected to demonstrate respect, sportsmanship, and safety at all times. By attending or participating in Foundation For Youth (FFY) sports events, you agree to the following Code of Conduct:

1. Refrain from unsportsmanlike conduct toward staff, coaches, officials, players, parents, or spectators.
2. Avoid behavior that could endanger the health, safety, or well-being of others.
3. Do not use or be under the influence of drugs, alcohol, or tobacco at any FFY event.
4. Use respectful and appropriate language at all times.
5. Treat all attendees with respect and dignity.
6. Do not engage in threats, abuse, or acts of aggression—verbal or physical.
7. Do not provoke, instigate, or participate in fights or retaliation of any kind.

Violations of the Code of Conduct may result in the following disciplinary actions, applied in any order or combination:

- Verbal warning
- Immediate ejection from the event
- Suspension from one or more events
- Season-long or multi-season suspension

24-Hour Rule

All concerns or disputes regarding games must wait at least 24 hours before being discussed with officials, coaches, or FFY staff. This rule ensures a respectful environment and time for reflection before addressing concerns.

Parent & Guardian Acknowledgements

By registering a child in this program, parents/guardians agree to the following:

- Children may not be dropped off before staff are present.
- FFY is not responsible for children left unattended outside of program hours.
- Individual supervision outside of scheduled programming is not provided.
- Parents/guardians are responsible for their child before and after program hours.

General Rules

- The team must rotate before each time you serve.
- The same player may not strike the ball twice in a row.
- A ball that hits any of the aforementioned and goes to the opponent's side is out.
- A ball striking any line is considered in.
- The volunteer coaches are not allowed on the court during live play.
- **The bench is for team players and coaches only.**
- You must wear tennis shoes during practices and games.
 - o You will not be allowed to play without proper shoes.
- The volunteer coaches are allowed two (2), one (1) minute time out per set.
- **o Volleyball Match Timeout Example**
 - Set #1 - 2 Timeouts Maximum (*1 Minute Each*)
 - Set #2 - 2 Timeouts Maximum (*1 Minute Each*)
 - Set #3 - 2 Timeouts Maximum (*1 Minute Each*)

Serving Rules

- The last page of the rules has a diagram of a standard volleyball court.

The serving lines shown for the two divisions are **required** to be served behind.

- o The volunteer coach should use their best judgement and have the player serve from a line that is appropriate based on the player's serving skills.

3-5th Grade:

- Players must serve from behind the 10ft line (Also known as the attack line) unless instructed otherwise from the official. Any contact with or crossing over the 10ft line results in a foot fault and side-out.

- A player is given a second serve if they miss their first serve.
- The other team is awarded a point and the ball if they miss the second serve.
- The ball is awarded to the other team anytime a player has served for 5 straight points.
- A ball that strikes the net and goes over is in play.

6-8th Grade:

- Players must serve from behind the blue line on the volleyball court unless instructed otherwise from the official. Any contact made with or crossing over the line results in a **foot fault or side-out**.
- Players may serve underhand, overhand, or jump serves

Jump serve rules:

- Jump serves must be **executed from behind the regulation line** (end line).
- If the player steps on or over the line before contacting the ball will result in a **foot fault**
- **Foot faults** (All serve types): stepping on or over the serving line before contacting the ball will result in a side out
- A player is given a second serve if they miss their first serve.
- The ball is awarded to the other team anytime a player has served for 5 straight points.
- A ball that strikes the net and goes over is in play.

Scoring Rules

- A point is awarded on every serve (rally scoring).
- The best 2 out of 3 sets constitutes a match.
 - o The first two sets are played to 25 win by 2.
 - o The third set is played to 15 win by 2.
- The teams will play all three sets, regardless of one team winning the first two sets, unless otherwise noted.
- The end of the season tournament is most frequently played using the “best two out of three” format. The tournament brackets will have a note on the format of play.

Stage

