



South Metro Recreational Volleyball

League Rules

3rd - 9th Grade

Rules and Guidelines (Revised 7/20/2026)

Rule(s) Changes will be highlighted in Yellow

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League Contact Information:

City	Contact	E-Mail	Rainout Line	League Website
Belton	Jared Benson	jaredb@beltonparks.org	(816)348-3744	www.teamsideline.com/belton
Grandview	George Hermanson	ghermanson@grandview.org	(816)316-4990	www.teamsideline.com/grandview
Harrisonville			(816)380-8980 Ext. 1	www.teamsideline.com/harrisonville
Pleasant Hill	Alex Slocum	aslocum@pleasanthill.com	(913)791-2600	www.teamsideline.com/pleasanthill
Raymore	Nick Cook	ncook@raymore.com	(816)892-3131	www.teamsideline.com/raymore
Peculiar	Dharma Gilsdorf	dgilsdorf@cityofpeculiar.com	(816)996-8140 Ext. 1	www.teamsideline.com/peculiar

Section 1: Draft Rules / General Rules

Draft Rules

The South Metro Sports Leagues have draft rules set to ensure fair play between share-play communities. In divisions where score and standing are kept, each coach will be allowed to “freeze” or keep 5 players. The 5 players will include the son/daughter of the coaches and team sponsors. After all coaches have selected their players, the remaining players will be distributed equally at the discretion of league officials by age, grade, and/or talent level.

In rare occasions, additional “freezes” may be allowed at the discretion of the league officials as long as it does not affect the competitive balance of the league. League officials also reserve the right to allow less than 5 “freezes” to help with the competitive balance of teams. Teams and individuals who would like to play with the same players and coaches each season should consider participating in competitive offerings.

General Rules

- 1) The game official, employees of South Metro Recreation Departments, and the area school districts have the right to eject any player, coach, or spectator acting in an unsportsmanlike way or not following the South Metro Recreational League rules and policies
- 2) Participants must accept the referee's decisions with sportsmanlike conduct and without dispute. In case of doubt, clarification may be requested through the head coach only.
- 3) **Rotations:** Coaches must rotate players before each serve except the opening serve of the game.
 - a) Players enter the game in Position 6 (Middle Back) and rotate out after reaching Position 1 (Back Right / Server).
 - i) This rotation helps ensure all players are receiving equal playing time.
 - b) Exception: Players may be substituted at any time in case of injury.
- 4) A team may play with a minimum of 4 players
- 5) Teams may use players from another team if they have less than 6 players (from their team roster) present at game time.
 - a) This must be approved by the League Coordinator as well as the opposing team's coach prior to the start of the game.
 - i) The substitute player must wear their original team's jersey during the game
 - ii) The substitute player must be inserted at the back of the rotation line
 - iii) The substitute player must come from a team within the same grade division or the immediate grade division below.
- 6) **Time Outs:** Each team will be given the option to take one (1) 30-second time out per set.
 - a) Time outs cannot be transferred over to the next set if not used in the prior set.
- 7) **Ceiling:** If the ball hits the ceiling and remains on the same side of the court, it is still in play. If the ball hits the ceiling and bounces to the other side of the court, is it considered out of bounds and will be awarded a point to the opposing team.

- a) Lights, rafters, basketball goals, and anything attached to the ceiling will count as a part of the ceiling.
- 8) **Dividers, Bleachers, Walls:** All dividers, bleachers, and walls are to be counted as out of play. If a player hits a ball that then hits any of these objects, it will be a side out and a point will be awarded to the other team.
- 9) If a ball gets stuck on first contact on the serving team's side of the net, the play will result in a re-serve if an eligible hit remains.
 - a) If the ball gets stuck on the opposing team's side of the net, the play will result in a point to the opposing team.

Section 2: Serving

- 1) Let serves will be allowed.
 - a) A let serve is a serve that hits the net, but still goes over the net inside the boundaries of the opponent's court.
- 2) The first serve of the first set and third set will be decided by a coin toss. One team captain from each team will meet with the official prior to the start of the game.
- 3) Both feet of the serving player must be behind the designated line for each age group.
 - a) The designated serving line will be marked on the floor
 - i) 3rd / 4th Grade Division: 7 feet in from original serving line
 - ii) 5th / 6th Grade Division: 4 feet in from original serving line
 - iii) 7th - 9th Grade Division: Original Serving Line
- 4) Players must wait for the whistle from the referee before serving
- 5) Players may not block or attack a serve
- 6) The server may move freely within the service zone
- 7) In case of a back toss during serving, the serving player may not touch the ball before it hits the ground
 - a) If the ball is touched before hitting the ground, it will result in a side out point for the other team
 - b) After a serve toss error, the referee must authorize the serve again
 - c) One serve toss error is permitted for each serve

Section 3: Playing Court and Equipment

- 1) **Net Heights:**
 - a) 3rd / 4th Grade: 6'6" nets
 - b) 5th / 6th Grade: 6'6" nets
 - c) 7th - 9th Grade: 7'0" nets
- 2) All age groups will play with the full-sized boundaries
- 3) Coaches and players on the bench must stay at least 5 feet back from the court boundaries
- 4) **Volleyballs:**
 - a) 3rd / 4th Grade: "Volley-Lites", these are same size as regulation but lighter and softer
 - b) 5th / 6th Grade: "Regular Volleyball", the SV-5WS or an equivalent ball of same size and regulation

- c) 7th - 9th Grade: "Regular Volleyball", the SV-5WS or an equivalent ball of same size and regulation
- 5) Players are recommended to wear knee pads but are not required to wear them.
- 6) All jewelry must be taken off to ensure the safety of the players.
 - a) Exceptions: Medical bracelet or necklace, if worn, must be taped to the body to prevent flopping around on the body.
 - b) No earrings may be taped, they must be removed.

Section 4: Game Play

- 1) All regular season games will consist of three (3) sets
- 2) All regular season games will be rally-scoring, meaning a point will be awarded to one team after each play.
 - a) All three (3) sets will be played to 21, with no two-point difference being required. (This applies to regular season games only)
- 3) A single player will only be allowed to serve up to 5 consecutive points. It will be a side out after that, **NO** points will be awarded to the opposing team. They will rotate and will be allowed to serve.
- 4) Each team will be entitled to a maximum of 3 hits to return the ball to the opponent.
 - a) Hits include intentional and unintentional contact with the ball
- 5) A player may reach into the opponent's court and/or space under the net, provided this does not interfere with the opponent's play.
 - a) This rule is at the discretion of the referee
- 6) It is a fault to touch any part of the net except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball.
- 7) Enforcement of two-handed lifts will be a point of emphasis for officials
- 8) Enforcement of "Hitting" or "Attacking" a serve will be a point of emphasis for officials.

Section 5: Tournament Game Procedures

- 1) Tournament games will continue to be played the best of three (3) sets.
 - a) If a team wins the first two sets of a tournament game, the game will be completed.
 - b) If teams split the first two sets of a tournament game (1 to 1), the third set will be played to determine who will advance to the next game.
- 2) All tournament game sets will be played to 21 points, win by two

Section 6: Game Schedules

- 1) Schedules will be posted on each city's teamsideline webpage
- 2) Games will be primarily played on Saturdays
- 3) The league consists of six (6) regular season games.
 - a) The seventh (7) week of the season will be the tournament weekend

Section 7: Officials and Line Judges

- 1) League officials / referees will be provided by the South Metro Parks and Recreation Departments
- 2) Line Judges will be volunteers from each team. The referee will ask coaches to provide line judges prior to each game.
 - a) Occasionally, line judges will be volunteers from area school districts
 - b) Line judges must be high school aged or older (13 and up)
 - c) Line judges must line up on the opposing team's side of the court during game play

Section 8: South Metro Sportsmanship Policy

As a league, we encourage positive reinforcement from coaches, officials, parents, and teammates for every player. Harassing, shouting, or engaging in any sort of emotional or physical harm to an opposing coach, league official/umpire, or any player will not be permitted. Individuals who fail to comply with this policy will be asked to leave the game or, at the discretion of league officials, will be removed from the league. We thank you for your cooperation with this matter as we strive to provide a safe and fun environment for the children in our communities to learn the fundamentals of youth sports.

- A Coach, player, parent, or bench personnel shall not:
 - Deliberately throw a ball, water bottle, or team equipment
 - Call a time out while the opposing team is serving
 - Use words to act to incite or try to incite spectators to demonstrate, or use profanity or remarks which reflect upon opposing players, officials, or spectators
 - Use amplifiers, speakers, or bull horns on the bench / stands to during live plays
 - Maliciously run onto the court
 - Verbalize in any way with the opposing team for the purpose of intimidation
 - Exhibit behavior that is not accordance with the spirit of fair play
- Officials and league coordinators have the right to remove a coach, spectator, or player from the game if they feel they are not adhering to the sportsmanship policy or are not demonstrating behavior within the realm of fair play
- If a coach, player, or spectator is ejected from the game, the offender will be suspended for a minimum of one additional game. The one game suspension will be served at the next scheduled HOME league game. League officials reserve the right to suspend individuals for more than one game if the league officials deem it necessary, or the offender has been suspended before.
- If a coach, player, or spectator threatens an official, city employee, opposing coach, spectator or player, that individual will be removed from the league