

Poulsbo Parks & Rec 2026 Fall and Spring Volleyball League Guidelines

Revised: September 16, 2024

Coaches, the following are guidelines used during league play and any playoffs. These are used to benefit the girls in their individual skills development and understanding the game. Our volleyball league follows the same rules as our local public schools (which we refer to as "school rules"), which is governed by the WIAA & NFHS rules. There are a few exceptions we exercise to facilitate play, assist in teaching proper skills and to avoid having an official scorekeeper. The exceptions are as follows:

Serving

Serving handicap is allowed using the attack line (foot fault). If a player can serve from further back than the attack line, the coach should be starting them at a distance that is appropriate. If a player is able to serve 3 times consecutively from that position they start at and reach the back row of the opposing team, the coach shall move the player back 2 steps. If the player still serves 3 times to the back row, then the coach shall move the player back 2 more steps. The Official has the authority to move the player back if the coach does not, but we do not prefer that it gets to that. A player may not step on or over the End line (Foot Fault) when serving. A player will either serve completely on the court or move completely off to avoid issues. Remember our goal for serving is to challenge the girls and ultimately have them serving from the end line.

Points rule:

Teams will have a cap of 6 points per server. If a server scores 6 consecutive points, the team will keep the serve, but must rotate initiating a new server and the 6 pt cap starts over. This rule (similar to other sports) is designed to promote opportunity for all players. Neither team would benefit from 1 player serving numerous times.

Substitutions:

Since we do not have official scorekeepers, we do not track the allowed number of substitutions. It has always been the coach's responsibility not to abuse this. Players are still taught the proper procedure for substitutions (i.e. subzone, waiting for the official's acknowledgement). However coaches may not substitute a player in more than 1 position in the rotation during a set.

Our teams are typically made up of mixed skill level and the goal is to teach the player all positions and not have position specific players. This benefits the girls as they learn all the basic fundamentals skills.

Match Play:

Matches are best 2 of 3, but all 3 sets will be played. The 3rd set will be played to at least 15 points, but may go up to 25 points if time allows (No more than 50 minutes per match) and it is not a deciding set. If the 3rd set is a deciding set then it will be played out to 15 points (with a cap of 25), regardless of time.

Warm-up:

Warm-up time will be 3-3-2 since the Aux gym is available before game. Both teams will get the court for 3 minutes each (team that wins the toss goes 1st), then shared serving for 2 minutes.

Overall Play:

The officials understand that we have mixed skill levels of play and what our overall goal is. They will attempt to make appropriate calls for the skill level. With that said, a lot of calls are judgment based calls: DO NOT ARGUE THESE CALLS. If you have a question about the call, use your floor captain to ask for clarification.

Notes:

- April 21, 2026: Question - If the ball hits something on your own team's side, you can still play it and use up to your three touches.
- If the ball crosses the net and then hits the hoop (or similar) on the other team's side, it's a dead ball and the point goes to the other team.

Answer: From OLYPEN VB Officiating Association, Joe Helander: The only object on your side that you can play off is the ceiling on your side of the net above a playable area (not above the stands or behind the benches). So if a girl digs a ball up into the ceiling or a backboard which has been raised up into the ceiling (which counts as ceiling) and the ball bounces down to her team they can continue to play it (if they still have a hot remaining). If it rebounds off the ceiling and goes over the net or she dug the ball and it hit the ceiling on the other teams side, it's dead.

If the ball hits other things like a backboard that has not been raised, they cannot play off of it. If they could have played the ball had the backboard not interferred, then it is a replay. If it would headed off into the wall had the backboard not been there, it is dead.

A toss for serve or the served ball that hits the ceiling, backboard, rim anything like that, is dead.