

# Youth Volleyball Rules

## 1. Players

- a) Each player must play equal time in every game; coaches must strive to provide equal time for all players present.
- b) A player will be allowed to participate in a game if the player has missed a practice, **however** all players should be encouraged to attend all practices.
- c) Each player must wear a team shirt and non-marking shoes. We recommend all participants wear knee pads.

## 2. Games

- a) Each game will start on time whenever possible.
- b) Games will be played 6 on 6. If there are less than 6 players, borrow a player from another team (must be same grade level).
- c) Matches will consist of up to 3 sets.
- d) All games will be played with rally scoring (no side-outs)
- e) The first two sets are played to 25, win by two, with a cap at 27. The third set will be played to 15, win by two, with a cap at 17.
- f) The team to win two of the three sets is the winner.
  - If one team wins the first two sets, if there is enough time, and if both coaches agree, a third set can be played.
- g) Teams will be given 1 time out per set, 45 seconds in length. Time-outs do not carry over.
- h) There will be 2 minutes between sets.
- i) Substitutions may be made after play has ended before the next serve.
- j) Net height will be set at 7 feet 4 inches

## 3. Offensive Regulations

- a) **Coaches must decide where their players need to serve from.** Keep in mind, that serving too close or too far will not help the players in the long run. **Service position on the court is suggested as the following:**
  - 3<sup>rd</sup>/4<sup>th</sup> grade divisions – players may serve from the ten foot line.
  - 5<sup>th</sup>/6<sup>th</sup> grade division – serve near normal line.
- b) Servers may serve either side arm, over hand or underhand.
- c) Servers must allow the ball to drop on a poor toss.
  - 3<sup>rd</sup>/4<sup>th</sup> grade division will be allowed 5 tosses, the ball must be hit on the 5<sup>th</sup> toss
  - 5<sup>th</sup>/6<sup>th</sup> grade division will be allowed 3 tosses, the ball must be hit on the 3<sup>rd</sup> toss
  - If a server exceeds the number of tosses and does not hit the ball, a point and the ball will be given to the other team.
- d) Server must wait for a whistle before they serve.
- e) All spiking must be done with an open hand.
- f) A five-serve rule will be in effect for each team. If after the 5<sup>th</sup> serve the service team gains the point, the point will be awarded to them, but the ball will be given to the other team (receiving team) to serve.
- g) Serves that hit the net and go over are still playable.
- h) All players will be given an opportunity to serve during the match.

#### **4. Defensive Regulations**

- a) On the serve and first hard driven ball players may receive the ball with a bump, set, overhead double hits or any other manner that is not a lift. Non-purpose double hits are also allowed.

#### **5. Additional Rules**

- a) Opposing parents/coaches and players will shake hands after each game.
- b) If the first serve of a player is out or does not make it over the net, they are awarded a reserve.
- c) Other rules such as crossing under the net, carries, players in the net will be called at the referee's discretion.