



YOUTH VOLLEYBALL RULES FOR ROOKIE (9-11), JR VARSITY (12-13), AND VARSITY (14-16) DIVISIONS

(NET HEIGHT 7' 4 1/8": WOMEN'S HEIGHT)



“Our mission is not to coach your player to win the game but rather to teach your player how to love the game so that they may go on to win.”

🏐 GAME PROTOCOLS

- Both teams shall line up on the sideline starting at the 10 ft line to the End Line. First player shall be the weekly team captain, second player shall be a libero (if used), and subsequent players will up line via jersey number from lowest to highest.
- R1 – (UP REFEREE) AND R2 – (DOWN REFEREE) (IF AVAILABLE) & 2 Line Judges will line up on each side of the net between the net and 10 ft line.
- R1 – (UP REFEREE) will give the call to “Advance” at which time both teams will walk across the court to the opposite sideline, turn, wave to the audience.
- R 1 – (UP REFEREE) will call “Line Judges to your stations.” At which time, the two Line Judges will assume their respective stations.
- R 2 – (DOWN REFEREE) (IF AVAILABLE) will lead the RECEIVING team across the court via the 10 ft line, direct them to the net and allow players to progress down the net to shake hands with the opposing team traveling the opposite direction.

🏐 SCORING

- Rally scoring will be used.
- Winning team must win by 2 points.
- The serving team will score on a receiving miss.
- The receiving team will score on a serving team miss.
- Games 1 and 2 will be played to 25 with a maximum cap of 27 with no third game.

🏐 POOL PLAY FORMAT

- YMCA will use Pool Play format to increase the number of games that are played. Depending on the number of Teams.
- A pool will consist of 3, 4, or 5 teams depending on the number of teams in the division.
- All teams in the pool will be required to come at the same starting time.
- For 3 Team Pool, Team 1 vs 2, 2 vs 3, 3 vs 1. (1.5 hours allotted time) *2 games per team
- For 4 Team Pool, Team 1 vs 2, 3, vs 4, 2 vs 3, 4 vs 1. (2 hours allotted time) *3 games per team
- For 5 Team Pool, Team 1 vs 2, 3 vs 4, 5 vs 1, 2 vs 3, 4 vs 5, 1 vs 3, 2 vs 4, 5 vs 3, 1 vs 4, 2 vs 5 (3 hours allotted time) *4 games per team

🏐 GAMEPLAY

- Rookie Division will utilize Volley Lite Balls as is recommended by USAV. Jr. Varsity and Varsity will utilize standard official balls.
- For safety reasons, players may not wear any exposed jewelry (earrings, necklace, wristbands, etc. Items for correction AND prescribed by a physician are permissible, such as glasses; casts and/or braces, including padded, are not permitted.
- Athletic shoes are required and volleyball attire, including knee pads, are recommended.
- Both teams shall supply one line judge and one score keeper.
- Maximum of three hits per side.
- Player may not make contact with the ball twice in succession. (A block is not considered a contact.)
- Ball may be played off the net during a volley and serve by an opposing team.
- A ball touching the boundary line is in play.
- A legal hit is contact with the ball simultaneously, which does not allow the ball to visibly come to a rest.
- If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play on the ball.
- A player must not block or attack a serve from above the net.
- Switching positions will be allowed after the serve has been contacted. Players must return to their proper place in the rotation once the play has been called dead.
- A ball that touches the curtain, the back or side wall, basketball hoop/backboard or the track railing, is out.
- Any ball that touches the ceiling and comes down on the same side without crossing the vertical plane of the net is playable.
- If a ball is hit and touches the ceiling and goes on the opposite side of play, the ball is out.
- Each Coach is allowed (2) two, 30 second time out per game played.
- Coaches are encouraged to prompt players to develop higher skill sets and not to stick to what is easiest.

🏐 THE SERVE

- Rock, paper, scissors, OR coin toss with weekly captains will decide who receives the ball first
- Server must wait for the official to call for serve.
- Player is only granted up to three extra tosses if the toss touches the ground first (i.e. the player may not catch the ball.)
- Player has 3 seconds to attempt a serve once the whistle is blown and serve is called for. The 3 seconds "resets" after each tossed ball that is not attempted.
- Ball must be clearly visible to opponents before serve.
- Ball may be underhand or overhand served.
- Development Line serving is ONLY for Rookie (10-11) and Jr. Varsity (12-13) divisions.
- Any player hitting 2 consecutive serves from behind the Development Line in play must serve from behind the End Line the remainder of his/her serves. This will reset when he/she is up to serve again. Coaches have the option of where they place their players for service and will not be determined by the official.
- Any ball hitting the net and going over the net is playable.
- "DEVELOPMENT" line is 20 ft from the net and is directly mid-point between the Attack Line (10 ft line) and End Line.
- After 5 consecutive serves with points awarded to the serving team, a "side-out" (no point) is awarded to the opposing team.

🏐 ROTATION & SUBSTITUTIONS

- Teams will rotate every time they win the serve.
- If the coach elects to use the Rotation Substitution method, a player may only exit the game after their team has won the serve and is rotating from position II to I OR from position V to IV depending on player's bench position to the court.
- If a coach elects to use the standard substitution practices, no player may be used to substitute in more than 1 game of the match. Example: if player "A" substitutes for player "B" in Game 1 of the match, both players "A" & "B" are not permitted to be substituted in the remaining games of the match and both players must remain in games 2 in their entirety. Players "C" & "D" must then be used as substitutes in Game 2.
- A player can only re-enter the game after all previous bench players have entered the game.
- Players shall rotate in a clockwise manner.
- There will be 6 players on each side.

🏐 BASIC VIOLATIONS

- Stepping over or on the End Line on a serve.
- Failure to serve over the net.
- Hitting the ball illegally. (Carrying, palming, throwing, etc.)
- A full foot stepping across the line under the net.
- Touching/contact with any part of the net.
- Ball having any contact with net antenna.
- Failure to serve in correct order.
- Blocks or spikes from a position that is clearly not behind the 10 ft. line when in a back row position.

