

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 must start on time.
- b) Games will be played 6 on 6.
- 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) Player's may serve from the ten foot line for 3rd/4th grade divisions only. 5th/6th Serve from the normal line. If needed they can scoot up a couple steps.
- b) Servers may serve either side arm, over hand or underhand.
- c) All spiking must be done with an open hand.
- d) A five-serve rule will be in effect for each team, then side-out.
- e) Serves that hit the net and go over are still playable.
- f) 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) In 5th & 6th Grade a player may step over the line to serve if they are serving overhand.
- d) Adjustments