

Youth Volleyball Rules and Regulations

The following information is applicable for all leagues unless otherwise noted. Any questions about specific situations should be directed to YMCA staff or the referee.

Net height/Serving line: The Middle School League will use a net height of 7'4" and the regular baseline for serving. The U12 League will use a net height of 7" and can move in up to 7.5ft from the regular baseline to serve. The U10 League will use a net height of 6'6" and can move up 15ft from the regular baseline to serve. An overhand server that consistently scores will be asked to step back from the serving line in order to continue developing their skills. * Each league will use the standard court (composed of the red lines).

Start Time: All coaches and players should arrive at least 15 minutes prior to game time. The last two minutes of warm-up will be reserved for the two teams to serve to each other. All matches will last 60 minutes. This will include a 10 minute warm-up. The visiting team is listed first on the schedule. The home team is the second team on the schedule. The game will begin with a coin toss to determine who will serve or receive. Each team must provide a volunteer to help with the book or clock.

Game Length: The first two games will be to 25 points using Rally scoring. The team scoring 25 points and having a two point advantage wins. You do not have to "win on serve" you can win on a side-out. The third game would be played to 15 points. The team that wins two out of three games wins the match. Remember that the time limit may come into play. If the time limit is exceeded the referee will call the match and the leading team is awarded that game. If a team wins the match in two games a third game can be played under game conditions if the coaches both agree.

Dress: All players will be required to wear the provided team t-shirt. Black shorts are recommended. Kneepads are mandatory and must be worn at all times during the match. Players should not wear jewelry. Religious or Medical alert medallions are not considered jewelry, but must be worn under the uniform. If a player is found to have jewelry on in the match the official will ask that it be removed and the team will forfeit a point. No player may wear a guard, cast or hard brace on a finger, hand, wrist or forearm. Supports and braces are allowed on other body parts. Hair fasteners should be soft, no metal barrettes are allowed at any time.

Playing Time: To assure equal participation, all players will "rotate in". Substitutions will occur at the same position for the entire game. The coaches will indicate which position has been chosen prior to the start of the game. At least five players are needed to start or complete a game. After each game the teams will switch sides of the court.

Fouls: Each team is allowed a maximum of three successive hits to return the ball to the opponent's area. The ball may touch any part of the body above the waist and may contact any number of body parts if it does so simultaneously. If two team mates contact the ball simultaneously, it is considered one touch. When a ball comes to rest momentarily in the hands or arms of a player, it is considered held and therefore a foul. This is a judgment call on the part of the referee and should not be questioned. Except for the blocker, "double contact" is when one player hits the ball more than once with no other person touching the ball between these contacts. This is considered a foul. A player may not contact any part of the net or a foul occurs. If the ball has been hit by one team and comes in contact with an overhead obstruction and returns on that team's side of the court it is a live ball and should be played. If the ball has been hit by one team and comes in contact with an overhead obstruction and moves into the other team's court it is a side out and a point will be awarded. Obstructions are the discretion of the referee.

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Service: The server must hit the ball with only one hand. The serve can occur in any position along the designated serving line. The player must start and end behind the line. No spectators will be allowed to stand behind the serving line.

U10 and U12 League Only

The first foot fault or missed serve will be forgiven (no point will be credited) for the first serve a player attempts. The serve will be repeated. The server will be allowed five seconds after the referee blows the whistle. One re-toss per point will be allowed. Each server will be allowed a maximum of five points per service rotation. After the five points, there will be a side out, (no point will be awarded) and the other team will be given the serve. If the ball hits the net on a serve and continues across the net into the opponent's court, without touching the net antenna, it is a playable live ball.

Middle School League Only

The server will be allowed five seconds after the referee blows the whistle. One re-toss per point will be allowed, the ball must be allowed to hit the floor (not be caught) before the re-toss. Each server will be allowed a maximum of five points per service rotation. After the five points, a rotation will occur so that the next player in the rotation will become the server. If the ball hits the net on a serve and continues across the net into the opponent's court, without touching the net antenna, it is a playable live ball.

Blocking: If the first touch is a block at the net, that touch does not count as one of the three hits for that side. Blocking a service ball is not permitted. Blocking a ball which is entirely on the opponent's side of the net is permitted if the opposing team has had time to complete its attack (after the last hit). The hands may legally cross the net after a spike follow-through, so as not to touch the net. A player may not attack the ball until part of the ball is on that player's side of the net. Only front line players for the current rotation may jump to block or spike the ball at the net (inside the 10' line). Back row players may jump to spike only from behind the 10' line or hit with feet on the ground in front of the 10' line.

Out of Bounds: The ball is considered out of bounds if the point of contact of the ball is over the red line. A player may leave the court to play a ball, but may not cross the imaginary extension of the center line. Opponent's hits thought to be out must be allowed to touch an out of bounds area and not be caught. Screening opposing players (a group of two or more players standing close together) during a serve is not allowed. A player may step on the center line, but they may not cross it.

Replay: Replay may be chosen by the official without awarding a point to either side if the official inadvertently whistles to interrupt play, a player serves the ball prior to the official's signal, there is a double foul during a live ball, player injury or an extra ball rolls onto the court. An option of a replay is at the sole discretion of the official.

Coaches must be off the court during play. They must encourage all players to participate during the games. Each team is responsible of picking up trash and water bottles around the court after each match is played. No player, coach, parent, scorekeeper, referee or spectator shall act in an unsportsmanlike manner while on or near the court before, during or after the games. No player, coach or spectator in the stand should make derogatory comments to the players, coaches or officials. An official or YMCA staff member will have discretion to remove any person from the facility.