

YMCA Volleyball Rules: 10 – 12 Year Old Division

Playing Time

At the YMCA, we want every player to have a chance to play and learn the game. Coaches should make an effort to give all players equal playing time during each match for the players who are present. Players may participate in a match even if they missed a practice, but everyone is encouraged to attend all practices.

Number of Players

Games will be played 6 on 6. Teams can play with only five players if they don't have enough, but if a team has fewer than five players, they may borrow players from the other team so everyone can play.

Equipment

Players must wear a YMCA Jersey and non-marking tennis shoes. Knee pads are recommended to help prevent injuries.

Court Requirements

The net height will be set at 7 feet 6 inches. Officials will decide if anything on the court interferes with play and will let coaches or team captains know before the match starts. Volley-lite volleyballs will be used for this age group.

Games

- Each match will be the best two out of three games.
- A coin toss will decide sides and who serves first for the match and the third game.
- The first two games are played to 25 points, win by 2, no cap. The third game is to 21, win by 2, capped at 25.
- Rally scoring is used (a point is scored on every serve).
- Teams get one 45-second timeout per game. Timeouts do not carry over to the next game.
- Substitutions can only be made after play has stopped, before the next serve.

Rules of the Game

Serving

- Players may serve from up to the 10-foot line for **underhand serves** and 10 feet in from the end line for **overhand serves**. Officials will adjust based on the player's skill level.
- Players can serve up to five times in a row, then the other team gets a side out (no point scored).
- Serves that hit the net are still playable.
- All players should get a chance to serve during the match. Coaches may not use substitutions to let stronger servers serve more often than others.
- Overhand servers may let the first toss drop without penalty, but they may not catch or touch it. They must serve on the second toss, or the other team gets a point.

Hitting/Spiking

- Players should use an open hand when spiking, but using a fist or knuckle is allowed. Open-hand tips are allowed.

Receiving the Ball

- Players may receive serves and hard-driven balls with a bump, set, overhead double fist, or other methods that aren't lifts.
- You cannot attack a serve. If the ball is received in the front row with an open hand, it may not be sent back over as an attack.
- Double hits are not allowed.

Net Violations

- Accidental net violations will not be called unless they affect play or create a safety risk.

Positions

- No liberos or defensive specialists will be used. All players will rotate through front and back row positions.
- Using 6-2 or 5-1 offensive systems is allowed, but coaches should still make sure all players get experience in all positions and follow the equal playing time rule.

Additional YMCA Rules

- All coaches and players will recite the YMCA Youth Sports pledge before the game starts.
- Opposing parents, coaches, and players will shake hands after each game.
- Parents and coaches are role models for our participants and should follow the YMCA Code of Conduct, showing good sportsmanship at all times.