

YMCA Volleyball Rules: 13 – 14 Year Old Division

Playing Time

At the YMCA, we want every player to have the chance to play and continue developing their skills. Coaches should strive 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 attendance at all practices is strongly encouraged to improve skills and team cohesion.

Number of Players

Games will be played 6 on 6. Teams may play with only five players if necessary. If a team has fewer than five players, they may borrow players from the opposing team so that everyone can play and the match can continue. Games will be count as a forfeit if teams need to borrow players.

Equipment

Players are required to wear a YMCA team shirt and non-marking tennis shoes. Knee pads are strongly recommended.

Court Requirements

- Net height will be set at 7 feet 6 inches.
- Officials will identify any obstacles or unusual conditions that may affect play and will communicate these to coaches and/or team captains before the match.
- Regulation-weight indoor volleyballs will be used for this age group.

Games

- Matches are the best two out of three games. All three matches will be played.
- Rock, Paper, Scissors will determine sides and first serve 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 played to 21 points, win by 2, capped at 25.
- Rally scoring will be used for all games.
- Each team receives one 45-second timeout per game. Timeouts do not carry over to the next game.
- Substitutions may be made after play has stopped and before the next serve.

Rules of the Game

Serving

- Players may serve from anywhere up to 10 feet in from the end line as needed, based on skill level. Officials will adjust positioning as appropriate.
- Players may serve up to five times consecutively, after which a side out is awarded (no point scored).

- Serves that hit the net remain playable.
- Every player should have the opportunity to serve during the match. Coaches may not use substitutions to allow stronger servers to serve more frequently than others.
- Overhand servers may let the first toss drop without penalty, but they cannot catch or touch it. The serve must be attempted on the second toss, or a point is awarded to the other team.
- Foot faults will only be called after a warning has been issued.

Hitting/Spiking

- Spiking should be done with an open hand. Use of a fist or knuckle is allowed, and open-hand tips are permitted.

Receiving the Ball

- Players may receive serves and hard-driven balls with a bump, set, overhead double fist, or any legal method that is not a lift.
- Players may not attack a serve. If a front-row player receives a serve with an open hand, the ball may not be sent back over as an attack.
- Double hits are not allowed.

Net Violations

- Net violations will be called.

Positions

- No liberos or defensive specialists will be used. All players should rotate through front and back row positions to gain experience.
- Use of 6-2 or 5-1 offenses is allowed, but coaches should ensure all players gain experience in all positions while adhering to equal playing time guidelines.

Additional YMCA Rules

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