

Co-Ed Youth Volleyball Rules



Games: All games will be played at the Farmington Gymnasium. Courts will be assigned for game days and are listed in the schedule on www.quickscores.com/farmingtonutah

Practices: The practice days and times will be determined by the coach, with one 50-minute practice session per week. Volleylite volleyballs will be provided for 3rd-6th grade, Regular volleyballs will be provided for 7th-12th grade. The net height will be 6ft. 6in. for 3rd/4th Grade, 7ft. for 5th/6th grade, 7ft 4 1/8in for 7th-8th grade, and 7ft 11 5/8in for 9th-12 grade.

Uniform/Equipment: Players must wear all equipment and uniforms as intended by the manufacturer. Gear cannot be altered or worn incorrectly. Any illegal or unsafe equipment must be repaired before a player can participate. Supervisors and officials will enforce this rule for the safety of all participants.

League: The season consists of 6 league games, which will be played on Saturday mornings. No practices or games during the week of Thanksgiving break.

WARM-UP/SKILL BUILDING: Coaches will have 12 minutes to warm up with their team and to work on skill-building drills. If a team is late, the above will not be accomplished.

GAME TIME: At game time, if any team has fewer than 6 players, players from the opposing team can join the team in need. Players who join the opposing team can be switched during the sets. Players from a different age group CANNOT play in a lower or higher league. **If both teams have less than 6 players** they can have a player from the same league fill in as a sub, however, that player can only sub for one game a week. In the 9th-12th grade league, if neither team has enough players (less than 6) and no subs, coaches can step in and play.

GAME: Two sets (games) will be played to 25 points (cap of 27). If time allows, a third game will be played to 15 points (with a cap of 17).

RALLY SCORING: "A point scored on every score of the ball." A team scores a point any time the opposing team makes an error.

THE SERVE:

- 3rd-6th grade players are allowed to move up to mid-court if needed to serve. As skills and strength increase, have the server move back. For the first two weeks, players will receive two chances to serve the ball over the net before the ref will call it out and reward a point to the opposing team. On the third week, they will only get one chance to get their serve over the net. Coaches, please guide your players and encourage them to challenge themselves by serving from behind the baseline (service line). The ball may be served underhand or overhand.
- 7th-12th grade will serve behind the service line, if a player crosses over or touches the line before the ball is hit, it will be considered a side out. The ball may be served underhand or overhand.
- All ages- if a player successfully serves the ball 5 times in a row, the team will rotate and a new server will take their place to prevent one server dominating the game. The team that is serving will keep possession until they make an error. Net serves are legal. Players may not attack a served ball. One service tossing error is allowed for each service. The server may have one “re-toss” as long as the server allows the ball to drop to the floor untouched. If they catch it, it will be a side-out.

NET: Players may not touch the net or step over the line under the net. A side-out will be awarded. If the ball touches or goes on the outside of the antenna the ball will be called out.

TIMEOUT: Two (2) - 30-second time-outs per team per set can be called when the ball is dead on either side

ROTATION: Teams will rotate clockwise each time they win the serve. Every player must rotate in at the designated position, with one player coming out and a new player taking their place. No player may be skipped—everyone must take their turn before the rotation starts over. Substitutions happen during this rotation and are not optional.

JEWELRY/CASTS: Players shall not wear anything dangerous to themselves or other players, such as watches, rings, earrings, or casts, padded or not. Permanent jewelry (such as studs, earrings, or other items that cannot be removed) must be covered completely during practices and games to ensure the safety of all participants.

FORMAT FOR PLAYING THE GAME:

- Maximum of three hits per side
- Player may not hit the ball twice in succession
- Ball may be played off the net during a volley or net serve
- A ball touching a boundary line is good
- If the ball hits the ceiling on your side and comes down on your side, it is playable if you have hits remaining.
- If a ball hits the ceiling on the opposite side it is considered a side-out.
- A ball that hits the walls or the curtain will be considered a side-out

BASIC VIOLATION: Hitting the ball illegally (carrying, palming, throwing), blocking or attacking a served ball.