

PROVO PARKS & RECREATION YOUTH VOLLEYBALL RULES 2025



Play will be governed by USA Volleyball rules. Full rules - www.usavolleyball.org

- 1. TIME RESTRICTIONS:** Each game will be timed 40 minutes. Please be warmed up and ready to play at match time. Matches will be played to the best 2 out of 3 sets to 25 (cap at 27) points, using the rally scoring system. Rally scoring to 15 (cap at 17) points will be used if a third set is needed. A team must win by 2 points except for caps, first team to 27 or 17 wins.
- 2. NET HEIGHT AND BALL SIZE:** 3rd-6th grade youth net height will be 7'0" according to the USA volleyball rules. 7th-9th grade net height will be 7'4" according to USA volleyball rules. 3rd-4th grade will use a Volley Lite Ball. 5th-9th grade will use a Tachikara Official Size Ball.
- 3. TOSS OF THE COIN:** The official will choose one of two team coaches to call the toss of the coin. The winner of the toss chooses: to serve/receive service or side for the first game. The loser of the toss receives the remaining option(s).
- 4. FOOD & DRINK:** No food or drink (excepting water bottles for players) is permitted in the facility. If teams wish to have team snacks, they must be distributed and consumed outside the facility. Recreation staff will not supervise treats during games.
- 5. TEAMS:** At match time, a 6-member team may begin with 4 players. As other team members arrive, they may enter the set following the side out when their team regains service. Teams have a maximum of 10 players per team.
- 6. LINE JUDGES:** Teams should provide a volunteer to serve as the line judge for each match. Coaches should find the volunteer and have them check in with the official before the captains meeting.
- 7. SERVING:** Players are limited to 5 successful services and then players must rotate. 3rd-4th grade teams serve from a taped line 10 ft. in front of the regulation service line. 5th-6th grade teams serve from a taped line 5 ft. in front of the regulation service line. Balls may touch the net on a serve. Participants may re-serve after their first serving attempt if their first serve does not clear the net. Subsequent serving errors result in loss of serve. If a third set is needed, only one serve will be allowed.
- 8. SUBSTITUTIONS:** Players will all substitute in on the serve. 7th-9th Grade teams have the option of playing rotations.
- 9.** Players can touch the ball with any part of their body.
- 10.** At the first hit of the team, the ball may contact various parts of the body consecutively, if the contacts occur during one action.
- 11. NET CONTACT:** Contact with the net by a player is not a fault unless it interferes with play. A player interferes with the opponent's play by (amongst others): touching the top band of the net or the top 80 cm (2' 7.49") of the antenna during his/her action of playing the ball, or - taking support from the net simultaneously with playing the ball, or - creating an advantage over the opponent, or - making actions which hinder an opponent's legitimate attempt to play the ball.
- 12. TIME OUT REQUESTS:** Requests for time outs may be made by the designated coaches while at the team bench, and/or playing captain when the ball is out of play. Each team is allowed two 20-second time outs per set. Only one 20-second time out per team will be granted in set 3. All time outs stop the official game clock. Teams must return to the court upon notification by the referee.
- 13. JEWELRY, HATS, ETC.:** Jewelry and any type of hat are not permitted while playing. These restrictions are for your safety. Athletic shoes must be worn at all times, no bare feet or sandals will be allowed.