

South Jordan Fitness & Aquatic Center

Youth Volleyball League Rules

- A. High School Volleyball Rules will govern with the following modifications.
- B. Match will consist of best out of three games. First two will be played to 25. The third will be played to 15. Must win by two points-cap of 30 points. Rally Scoring will be used in all games.
- C. Rock, paper, scissors will determine which team will serve first and from which side of the net. Teams will switch sides between games.
- D. One time-out permitted each game, not to exceed 1 minute. Unused time-outs do not carry over to the next game.
- E. Net Height (approx.)
 - a. The 3rd-6th grade division will play on a 6'6" net.
 - b. The 7th-9th grade division will play on official women's net height (7'4")
- F. Game ball
 - a. 3rd-6th grade division will play with a volleyball light ball.
 - b. 7-9th grade division will play with a high school standard ball.
- G. Players may choose to serve at the out of bounds line or up to 9 ft closer to the net.
 - a. Each successful attempt the server will need to take a step back and continue serving.
- H. Playing Time: Continuous substitution will take place with players rotating in at the serving position.
- I. 5-Point Rule: Any team that has a player who serves his/her team to 5 consecutive points will be required to rotate, but the team will keep the serve.
- J. If there is confusion on a call, players will be instructed on why the call was made by the league officials. All calls will be made beginning on week one, as to create a proper learning environment.
- K. All specific rule interpretations are at the discretion of the official and site supervisor.
- L. A team may play with fewer than 6 players. The opposing team may still play with all 6 players.
- M. This league is purely recreational. Rules may be modified at the discretion of the staff and program coordinator.
- N. Officials have the final say in any controversy. **HIS/HER DECISIONS ARE FINAL.** Any concerns/issues need to be brought to the program coordinator.