

Glacial Community YMCA Volleyball League Rules



Unless it is specifically noted, all rules apply to all grade divisions.

Serving –

- 1st-2nd Grade –
 - Servers get two attempts; after a point is scored, they no longer get 2 serves that round
 - May start from the 10' line for the first two serves that are in play but will be required to move back two steps for all remaining serves.
 - Overhand or underhand serves are allowed, but underhand is encouraged for this grade level.
 - If a server wins 5 consecutive points, the ball goes to the other team on a side out.
- 3rd-4th Grade –
 - May start from the 20' foot line for the first two serves. Players will be required to move back to the 25' line for all remaining serves.
 - Overhand or underhand serves are allowed.
 - If a server wins 5 consecutive points, the ball goes to the other team on a side out.
- 5th-6th Grade –
 - May start from the 25' foot line for the first two serves. Players will be required to move back to the service line for all remaining serves.
 - Overhand or underhand serves are allowed.
 - If a server wins 5 consecutive points, the same team keeps the serve but it is a side out and they must change servers.

Sideouts –

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| <ul style="list-style-type: none">✓ Illegal contact with ball✓ Player in the net✓ Player crossing the center line✓ Foot fault of service (5th- 6th grade only)✓ More than 3 hits✓ Ball hitting the wall/floor✓ Ball landing in/out of bounds | <ul style="list-style-type: none">✓ Consecutive contact of the ball with one player, with the exception of a block.✓ Any caught, pushed, carried, or held ball.✓ Ball that is hit by a team that hits the ceiling and drops on the same side can continue to be played; if it drops on the opponent side, it is a side out. |
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MISC –

- Players substitute into the center-back position & occur on every side-out for the opposing team.
- Players must stay in order for duration of match.
- A team shall consist of no more than 12 players, with 6 on the court at a time.
- Teams can play with 4 players if necessary.
- One 1-minute timeout per game; no carry-over.
- The receiving team may not block or spike from the front row on a serve.
- All matches are 3 games or 45 minutes, and must win by 2 points.
 - Every game counts
 - Rally scoring, up to 25 points
 - 3rd game will be played to 15 if game clock reads 15 minutes or less
- A team will be awarded a point on every serve.
 - Score will be kept; standings will be posted on the league website
- Type of Ball – 1st-2nd (Molten Light Touch); 3rd-4th and 5th-6th (Volley Lite)
- Net Height - 1st-6th (7 feet)



YMCA at Pabst Farms Youth Volleyball Court Diagram

