



2022 Youth Volleyball Rules

Number of Players, Uniforms, Position, and Rotation

- A. A team consists of 6 players on the court and substitutes. A minimum of 4 players must be present before a forfeit is called for the 1st game of the match at 10 minutes past the scheduled game time. The team will have an additional 10 minutes before forfeiting the 2nd game of the match.
- B. All players are required to wear the Green/White All Sports Jersey or Custom Y uniform.
- C. There will be 3 front line players and 3 back line players per side.
- D. The right back player will serve the ball. When the receiving team has gained the right to serve, its players must rotate 1 position clockwise, including substitutes.
- E. Teams must choose one spot on the court to rotate in their substitutions. This spot must remain the same every time a serve is won.
- F. All players must receive equal playing time.

Playing Area, Net, and Ball

- A. A regulation size court will be used. A 15 foot service line will be used in the 9&U leagues. The 10&U and 11&U leagues will use the 20-foot service line.
- B. The service zone is the area within the sidelines (30 feet) and behind the service line for appropriate age league.
- C. The height of the net will be 7'0" for all ages.
- D. Official Size Volleyballs will be used for age divisions 12U and Up. Volley-Lite balls will be used in the 9U through 11U leagues. The 8U league will use the Volley-Trainer.

The Service

- A. The service is the act of putting the ball into play. The service is executed by the right back line player, who hits the ball with one hand or arm from the service zone.
- B. The server may move freely within the service zone. At the moment of the service hit, the server must be completely in the service zone and not touching the court (end line included) or the playing service outside the zone. After the service, the player may step or land outside the zone, including inside the court.
- C. The server must contact the ball within 5 seconds after the referee whistles for service.
- D. A service executed before the referee's whistle is cancelled and repeated.
- E. If the service is considered to be "good":
 - a. The ball may not touch the ground outside the playing area in the receiving team's court;
 - b. The ball may not touch any object above the playing area;
 - c. A maximum of 6 consecutive points may be scored by any one server. When this total accrues, the team serving shall retain the serve but one full rotation must take place;
 - d. The ball may touch the net provided it lands in the receiving team's court.
- F. The players of the serving team must not screen the opponents from seeing the server or the path of the ball during the serve.

Hitting the Ball During Play

- A. After the service, the ball may be hit either with both hands, both arms, one hand, one arm, or with any part of the body.
- B. The ball must be played over the net after a maximum of 3 hits.



- C. The ball may not be contacted by the same player consecutively (exception: blocking). The ball may not be caught, pushed, carried, or held.
- D. The ball may not touch the ground of the playing team's court, or touch the ground outside the playing area after being contacted by a player of the same team.
- E. The ball remains playable if it hits an object above the playing team's court provided it has any of its 3 hits remaining, but it may not hit an object above the receiving team's court.

Play at the Net

- A. The players may not touch the net when playing the ball including net cables or antennas. Insignificant contact with the net, such as a player's loose hair or the force of a ball hit by an opponent pushes the net or cables into the player, will not be called. They may step on but not completely over the centerline. However, they may step over the centerline outside the court if they do not interfere with opponents play.
- B. Players are permitted to penetrate the opponent's court beyond the center line with the hand or foot, provided some part of the hand or foot remains in contact with or directly above the center line. No other part of the body may go under the net at any time.
- C. The ball may touch the net. Players may reach over the net (blocking) only when defending their own court, only after the opponents 3rd hit.
- D. If 2 opponents touch the ball at the same time, the receiving team has the right to 3 hits.
- E. A back-row player is allowed freedom in moving about the court but may not jump and attack ("spike" or "kill" the ball) in front of the 10-foot line. A back-row player may never block the ball. Players must be in legal positions until the ball is served.

Interruption of Play

- A. After the service, the ball is played until the referee blows the whistle (dead ball).
- B. Each team is allowed 2 timeouts per game. Each timeout will last one minute.
- C. Timeouts may only be made in dead ball situations.
- D. Substitutions may also take place during dead ball situations and must do so without delay of the game and must enter the game in the same service rotation i.e. center back.

Scoring

- A. A team scores a point if it is serving and the opponent commits a fault. A team keeps the right to serve until they commit a fault. When the serving team commits a fault, a change of service takes place and no point is awarded (side-out except in rally scoring). The player of a team will change their positions upon receiving the ball for service.
 - a. Exception: 12U and Up leagues will play rally scoring.
- B. A team wins a game by scoring 15 points with a 2-point advantage and wins the match by winning the best out of 3 games. In the event of a 16-16 tie, the team scoring the 17th point wins a non-deciding game with a 1-point advantage.
- C. Exception: 12U and Up leagues will play to 25 with a cap of 27 for non-deciding games.
- D. The 3rd game of all deciding matches will be scored on the "rally scoring" basis. A deciding game is played to 15 points with no cap.

YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

