

YOUTH VOLLEYBALL RULEBOOK

YMCA OF GREATER OKLAHOMA CITY



Number of Players, Uniforms, Position, and Rotation

- 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.
- All players are required to wear the Green/Gray All Sports Jersey.
- There will be 3 front line players and 3 back line players per side.
- 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.
- 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.
- All players must receive equal playing time.
- For 12U and above, please addendum at end of rules for using designated setter.

Playing Area, Net, and Ball

- A regulation size court will be used.
- Service Line:
 - 8U-9U: 15-foot service line.
 - 10U-11U: 20-foot service line.
 - 12U & Up: 30-foot service line.
- The service zone is the area within the sidelines (30 feet) and behind the service line for appropriate age league
- The height of the net will be 7'0" for all ages.
- Ball Size:
 - 8U: Volley-Trainer
 - 9U-11U: Volley-Lite
 - 12U & Up: Official Size Volleyball

The Service

- 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.
- 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.
- The server must contact the ball within 5 seconds after the referee whistles for service.
- A service executed before the referee's whistle is cancelled and repeated.
- If the service is considered to be "good":
 - The ball may not touch the ground outside the playing area in the receiving team's court;
 - The ball may not touch any object above the playing area;

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- 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. Teams must change possession after 12 consecutive points scored from serving.
- The ball may touch the net provided it lands in the receiving team's court.
- 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

- 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.
- The ball must be played over the net after a maximum of 3 hits.
- The ball may not be contacted by the same player consecutively (exception: blocking). The ball may not be caught, pushed, carried, or held.
- 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.
- 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.
- In the event it hits an object on the receiving team's court, the play will be ruled dead.

Play at the Net

- 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.
- 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.
- 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.
- If 2 opponents touch the ball at the same time, the receiving team has the right to 3 hits.
- 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-footline. A back-row player may never block the ball. Players must be in legal positions until the ball is served.

Interruption of Play

- After the service, the ball is played until the referee blows the whistle (dead ball).
- Each team is allowed 2 timeouts per game. Each timeout will last one minute.
- Timeouts may only be made in dead ball situations.
- 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

- All ages will play Rally Scoring.
- Matches will be best 2 of 3 sets.
- A set is won by the first team to reach 25 points, with a 2 point lead.



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Addendums

- **Score Keeper Policy (All Ages)**

- Home team must provide an adult volunteer to serve as score keeper. The game will not begin without the volunteer. Failure to provide a volunteer could lead to forfeit of the game.

- **11U and Above Designated Setter Policy**

- Teams may elect a designated setter for each set.
- An identifier will be placed on the setter chosen to help the recognize the player chosen.
- Setting or overhead passing, typically is the second shot in a three-shot sequence. The player will be able to stay in the whole game/will not have to sub out of rotation. The intent of this rule is to focus on passing to a setter, who can set other players to hit.
- The designated setter must start each serve in their appropriate rotation spot and cannot release until the ball is served.
 - Example: If the setter is in the left back, the setter must clearly position themselves behind left front and to the left of middle back.
- If a team chooses not to attempt a Pass/Set/Hit then the team must have every player share equal time by rotating out.
- A back row setter cannot block, attack the ball, or hit the ball at all above the net.
 - Example: The setter cannot jump up to hit the ball with their body elevated above the top of the net. Front row players on the opposing team could force the setter to illegally block the ball, by hitting the ball into the setter's hands while positioned above the net. Contacting the ball above the net constitutes an illegal block. If the setter touches the ball at the same time as a blocker on the opposing team, the setter has committed an illegal block.
- The back row player attacking a ball inside the front zone (area inside the 10 foot line),when at the moment of contact the ball is completely above the net, is an illegal attack.
- A front row setter may block and attack above the net.

- **8U Two- Serve Allowance**

- A server is allowed a maximum of two consecutive serves during a single service attempt, under the following conditions:
 - The first serve does not result in the ball crossing over the net.
 - If the ball crosses over the net on the first serve (whether it lands in or out), the serve is considered complete, and a second serve is not permitted.
 - If the server has already completed one successful serve, they are no longer eligible for a second-serve allowance.
 - Any unsuccessful serve after a successful one — including failure to get the ball over the net or serving out of bounds — results in a change of possession.
- The two-serve allowance resets after all other players have served in the lineup, or after one full team rotation has occurred.
 - Example: A player who was previously denied a second serve due to a successful serve may be allowed two serves again the next time they rotate into the serving position, as long as they have not yet completed a successful serve during that new turn.

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Rules Disputes

- The preceding rules shall be the official playing rules for YMCA Volleyball. Should a dispute occur, we will refer to the following set of rules first and then to the current NFHS Rules.
- If a coach or a fan is ejected from the game, they will automatically be ineligible for the next game. Further penalty may be assessed if necessary.
- There are no rules protests regarding officials call or game challenges.
- The Sports Director, Sports Coordinator, or Court Supervisor will have the final ruling in all disputes.

YMCA Mission

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

