



## Youth Volleyball Rules

### The Game

Games are played primarily on Wednesday's and Thursday's between 6:30pm and 8:30pm, Saturday's between 8am and 3:30pm and occasional Thursday's evenings if necessary. The league typically begins the week of Labor Day.

### Section 1: Definition

- Volleyball is a game played by two teams consisting of six players on a rectangular court separated in two areas by a net with an inflated ball. One team serves the ball over the net, trying to make it land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area.

### Section 2: Match

- A match will consist of three games (teams will switch sides after each game)
- A match shall include let serves (serves that hit the net and go over)
- A match shall entitle each team to a maximum of two (2), 45 second timeouts per game

### Section 3: Scoring points (Rally Scoring)

- The opponent shall score a point each time a fault is committed
- If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve.
- Each time a team gains a serve, it must rotate one position clockwise before serving.
- Each server can only score a maximum of 5 points at their serve turn. After 5 consecutive points are scored the opposing team will receive the ball to serve.

### Section 4: The Game

- A coin toss between the captains shall determine who serves first, the other team will choose the side they wish to play on
- Home team chooses who will call the coin toss
- Each team will play 1-2 matches each week
  - The first two games shall be to 20 points with a team winning by 1
  - The third game shall be played until the **match time limit** is reached, which is 45 minutes from the start of the match.
- **If the match does not start at the scheduled start time because a team(s) where not ready to start, the full 45 minutes will not be given to play the match.**

### The Court

#### Section 5: Out of Bounds

- A ball striking the ceiling and landing on the same side as the team that played

it last is still in play, however if it lands on the opposite side is considered to be a dead ball and a point is awarded to the opposing team.

- A ball is out of bounds and becomes dead when the ball:
  - Touches a wall, objects mounted flush with the wall, or objects on the floor outside of the court *without interfering with a player's legitimate effort to play the ball*
  - Touches the floor completely outside the court's boundary lines
  - Touches the net antennas above or within the net or does not pass over the net entirely between the net antennas
  - Touches the net cables or net not completely inside the antenna, net supports, or referee stand
  - Touches a non-player who is not interfering with a player's legitimate effort to play the ball
  - Touches or enters a non-playable area beyond the vertical plane of the net and its out-of-bounds extension

## **Game Equipment**

### Section 6: Equipment

- The net shall be set at a height that is set by Taylorview Middle School which will likely be set between 7 feet and 7 feet 4 1/8 inches as recommend by the International Volleyball Federation. Volley Lite volleyball will be used for both 4<sup>th</sup>/5<sup>th</sup> grade and 6<sup>th</sup>/7<sup>th</sup> grade division.
- A guard, cast, or brace made of hard leather, plaster, pliable plastic, metal or and other head substance, even though padded, is not permitted on the finger, hand, wrist or forearm
- Players shall not wear jewelry during the warm-up or a game.

## **The Team: Composition and Positions**

### Section 7: Team Players

- A team shall consist of six players to begin the first game of the match. If there are not six players present at the start of the game a team may play shorthanded or borrow players from another team. Borrowing siblings or friends who are not a register player is strictly prohibited.

### Section 8: Player Position

- The position of the players in order of the serve shall be right back, right front, center front, left front, left back and center back,
- At the moment of the serve:
  - All players, except the server shall be within the team's playing area and may be in contact with the boundary lines or center line, but may not have any part of the body touching the floor outside of those lines.
  - All players shall be in correct serving order. Each right side player should have at least part of one foot touching the floor closer to the right sideline than both feet of the center player in the corresponding row. Each left side player should have at least part of one foot touching the floor closer to the left sideline than both feet of the center player in the corresponding row. Each back row player should have at least part of one foot touching behind the floor closer to the backline than both of the feet of the player in front of them.
  - After the ball is contacted for the serve, players may move from their respective positions
- When a loss of rally occurs, the team preparing to serve shall rotate clockwise one position. A point is awarded as this team rotates.

### Section 9: Screening

- Players on the serving team shall not take action to prevent receivers from seeing the contact of the serve or path of the served ball. Potential screens

exist, but are not limited to:

- When a player on the serving team waves arms, jumps, moves sideways, or stands close to the server and the ball is served of the player
  - When a group of two or more teammates stand close together and the ball is served directly over them.
  - When a player stands at the net with their hands directly above their head. Hands may be no higher than the ears.
- It is the receiving team's responsibility to adjust themselves if they are being screened.

## The Serve

### Section 10: Definition

- A serve is contact with the ball to initiate play. The server shall hit the ball with one open hand, fist or arm while the ball is held, or after it is released. The ball should be contacted within **5 seconds** after the referee's signal to serve
- The server shall serve from within the serving area
- The server is allowed to move into the court beyond the serving line and allowed **two (2)** attempts on the **first serve**.
- On the first serve, after two failed attempts, the coach will then toss the ball over the net to the opposing team to create more opportunities for a volley. The opposing team will still be awarded a point for the failed serve attempt. This will apply for both 4<sup>th</sup>/5<sup>th</sup> & 6<sup>th</sup>/7<sup>th</sup>. *This only applies on the first serve of a pleyer. If the service scores a point the first serve and fails on the second serve, the coach will not toss the ball over the net.*
- A team's service begins when a player assumes the right back position as the server and ends when a loss of rally is awarded.
- A **re-serve** shall be called when the server releases the ball for service, and then drops it to the floor or catches it without an attempt to hit it. The server is allowed a **new 5 seconds** for the re-serve attempt. ~~Players must wait for the referee to blow the play dead, then blow it again designating a re-serve attempt before they can serve.~~
- **Only 1 re-serve attempt is allowed on the servers first serve attempt.**
- The first server of the game is the right back position. Thereafter, when a team is awarded a loss of rally, the player in the right front position rotates into the serving position
- A team continues serving until it loses the rally, 5 consecutive points have been scored or the game ends. The serve alternates when the serving team loses the rally
- The team not serving first in the previous game of a match shall serve first in the next game
- A serve is illegal and the ball remains dead if the server:
  - Hits the ball illegally
  - Is touching the end line or floor outside the serving area when the ball is contacted
  - Does not contact the ball to serve within 5 seconds
  - Is out of serving order or is from the wrong team
  - Deliberately serves before the referee signals to begin service
  - Releases the ball for service, then catches it or drops it to the floor more than the number of times allotted.

A served ball is a service fault and becomes dead when the ball:

- Does not legally cross the net
- Crosses the net not entirely between the antennas, or lands out of bounds
- Touches the ceiling or any obstructions

## During Play

### Section 11: Team Benches

- All non-playing team members shall be seated on the designated team bench during the game.

### Section 12: Live and Dead Balls

- A live ball is in play, from the moment the ball is legally contacted by the correct

server until a dead ball occurs

- A live ball becomes dead when:
  - The ball touches the antennas or does not pass entirely between the net antennas and passes beyond the plane of the center line extension
  - The ball lands out of bounds
  - The ball contacts the ceiling or overhead obstruction and is not legally played next by the offending team
  - The ball contacts the ceiling or overhead obstruction after the third hit
  - The ball contacts a wall or ceiling obstruction, which is over a non-playable area
  - The ball touches the floor
  - The ball passes completely under the net

#### Section 13: Contacting the ball

- A contact is any touch of the ball by a player
- A hit is a contact/ touch of the ball, which is counted as one of the team's 3 hits  
A team shall not have more than three hits before the ball crosses onto the opponents playing area or is touched by the opponent
- A ball is considered to have crossed the net when:
  - It passes completely beyond the vertical plane of the net
  - It is partially over the net and is contacted by an opponent
  - No part of the ball has crossed the net and it is legally blocked

Simultaneous contact is more than one contact of the ball made at the same instant Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not have successive contacts of the ball unless there is:

- Simultaneous contact by teammates
- Simultaneous contact by opposing players
- Successive contacts by a player whose first contact is a block, then the second contact shall count as the first hit

#### Section 14: Player Actions

- **Pass-** A play in which the ball is hit into the air so another player can get into position to contact the ball
  - **Forearm Pass-** a controlled skill, generally used as a team's first hit in which the ball rebounds from the forearm of the receiver to a teammate
  - **Overhead pass-** two handed finger action directing the ball
  - **Set-** two hand finger action directing the ball to an attacker
  - **Dig-** an underhand or overhand defensive saving skill in which the ball is contacted by the forearms, fists or hands
  
- **Attack-** an action other than a block or a serve which directs the ball toward the opponent's side of the court. A team's third hit is always considered to be an attack. A completed attack occurs the instant the ball completely crosses the vertical plane of the net or is legally blocked.
  - **Spike-** an attack play in which the ball is forcibly hit into the opponents court with a one hand overhead motion
  - **Tip-** a fingertip attack on the ball which directs the ball into other opponents court
  - **Dump-** a fingertip attack most commonly used by a setter on the second hit to direct the ball into the opponents court
  - **Overhead Pass-** two hand finger action directing the ball over the net
  
- **Block-** the action of a player close to the net that deflects the attacking ball coming from the opponent by reaching higher than the top of the net at the moment of contact. A block may involve wrist action provided there is no prolonged contact
  - **A blocker can reach above the net and cross planes to the other side of the court. The blocker can only block the ball during an attack. If the blocker interferes with a pass, it is a penalty and becomes a dead ball.**

- A player may touch the floor across the centerline with one or both feet/ hands provided a part of the foot or hand remains on or above the centerline. Contacting the floor across the centerline with any other part of the body is illegal.

#### Section 15: Net Play

- A ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas. A serve contacting and crossing the net shall remain in play provided that the ball is entirely within the net antennas
- Recovering the ball hit into the net should be permitted
- Blocking a served ball is NOT permitted
- A net foul occurs while the ball is in play and a player contacts any part of the net including the net cables or antennas.

#### Section 16: Fouls

- A foul is a failure to play as permitted by the rules
- A double hit occurs when a player's successive or multiple contacts are illegal
- A foot fault occurs when a player violates the serving area or centerline restrictions. Introductory league will not play by this foul.

#### Section 17: Rotation

- Players must remain in the same rotation at all times.
- Players may enter into any position on the floor, but must then maintain the same rotation throughout.
- Players may enter from the right or the left side of the court.

#### Section 18: Substitution

- A substitution is the exchange of at least one player in the game by a teammate who is listed on the roster
- ALL PLAYERS MUST PLAY EQUALLY

##### To request a substitution:

- The head coach must visibly signal to the referee that substitution is desired. Once the signal is made the players will have 10 seconds to make the swap.
- The substitute may enter the substitution zone (the area near the sideline between the attack line and the center line)
- The referee recognizes the request and the substitutes shall immediately move to the sideline between the attack line and the centerline of that team's playing area.
- The player and substitute shall remain in the substitution zone until the referee releases them
- If multiple substitutions occur at one time, each substitute must stand behind one another until recognized individually
- Substitution may be made during a timeout, but must be reported to the referee
- Each player is allowed unlimited entries
- A re-entering player shall not return to the game during the same dead ball in which the player was replaced.

## **Conduct**

### Section 19: Definition

- Unsportsmanlike conduct includes actions that are becoming to an ethical, fair and honorable individual. It consists of acts of deceit, disrespect or vulgarity and includes taunting.
- No player or coach shall act in an unsporting manner while on or near the court before, during, or between games
- The use of any tobacco product is prohibited.
- Coaches may stand and be around the court to help kids learn and understand the game.
- Non-playing team members shall remain seated on the team bench except to:
  - Spontaneously react to an outstanding play by a member of their team
  - Stand at the bench to greet a replaced player, then immediately sit down

Unsportsmanlike conduct includes, but is not limited to:

- Use of disconcerting acts or words when an opponent is about to play the ball
- Entering the court while the ball is in play
- Attempting to influence a decision made by the referee
- Disrespectfully addressing a referee
- Questioning a referee judgment
- Disrespectfully addressing, baiting, or taunting anyone involved in the contest
- Holding unauthorized conferences
- Attempting to re-enter a disqualified player
- Illegally leaving the designated bench during the games
- Making any excessive requests designed to disrupt the game
- Abusing the re-serving rule
- Using profane or insulting language or taunting anyone involved in the contest
- Making contact with an opponent which is deemed unnecessary and which incites roughness
- Delay of Game