

# Youth Volleyball Rules/Guidelines

## The Game

### 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.
- \*A match shall include let serves (serves that hit the net and go over).
- \*A match shall entitle each team to one time out per game.
- \*A match shall have two minutes between games during a match.
- \*MSHAA High School Volleyball Rules will govern play with the exceptions listed within these rules/guidelines.

### 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 keeps the 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.

### Section 4: The Game

- \*A coin toss between captains shall determine who serves first; the other team will choose the side they want to play on.
- Each team must provide a volunteer (parent) to keep score. Unless provided by the hosting site.
- \*The first two games shall be to 25 points (no cap) with a team winning by two.
- \*The third game shall be to 15 points, doesn't have to be won by two.
- \*No liberos (defensive specialist) will/can be used in any division.

## 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 it is considered to be a dead ball and a point is awarded to the opposing team.
- \*Balls which land on any boundary line is considered "in".

\*A ball, which touches the net antennas above or within the net or doesn't pass over the net entirely between the antennas, is out of bounds.

## **Game Equipment**

### **Section 6: Equipment**

- \*The net will be set at a height of 7'.
- \*All teams will use the "Tachikara Volley-Lite Volleyball" as the official game ball. Each team is responsible for bringing this ball to games.
- \*Each team is responsible for bringing their own balls to warm up.
- \*No guard, cast or brace made of hard leather, plastic, pliable plastic, metal or any other hard substance, even though padded, is permitted on the finger, hand, wrist or forearm.
- \*Players shall not wear any exposed jewelry during play.
- \*Athletic shoes are required and knee/elbow pads are not required but encouraged.

## **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, however every time the missing player would come up to serve a sideout will occur and a point/score will be awarded to the other team. Each team **must** have a least four players to begin match.
- \*When a team rotates to serve, the player who served the previous turn must come out of the game. Substitutes enter in the center-back position only.
- \*Everyone plays. Coaches will put their starting six on the court and have their subs line up in order on the bench. Before their team serves, they rotate and the next bench player goes into the center back position. Teams cannot change this order during the game.

## **The Serve**

### **Section 8: Definition**

- \*A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, while the ball is held or after it is released. The ball should be contacted following the referee's signal to serve.
- \*5<sup>th</sup> & 6<sup>th</sup> grade league-each player will be allowed to serve from the MIDCOURT (10ft back) LINE. After 3 successful points in a row by one server they are required to move to the SECOND LINE (a mark between midcourt and baseline) after 3 successful serves they move to the BASELINE (regulation) where they can serve unlimited serves.

- \*A re-serve shall be called when the server releases the ball for service, and either catches it or if drops to the floor. All players will be permitted only two reserve attempts per rally.
- \*Let serves (serve which hits the net and crosses over) are legal on both divisions of play.
- \*The team not serving first in the previous game of match shall serve first in the next game.

## **During Play**

### Section 9: Live and Dead Balls

- \*A live ball is in play, from the moment the ball is legally contacted by the correct server until the ball becomes dead.
- \*In the 5<sup>th</sup> & 6<sup>th</sup> grade league a team may play/hit the ball **three** times in a volley.
- \*Blocking a served ball is NOT permitted.
- \*Violations such as lifting, and carrying are judgment calls made by the officials.
- \*Any contact below the waist (an intentional or incidental) is not allowed.