



YMCA Volleyball League Rules 3-8th Grade

MATCHES

- All matches will be best two out of three. If a team wins the first two matches, the third optional match will need to end 10 minutes before the next scheduled match.
- The first two games will go to 25 points and a team MUST win by two. If there is a third game it will go until 15 and a team must win by two.
- A COIN FLIP WILL DETERMINE THE SERVER FOR THE FIRST GAME. (IF THERE IS A 3rd GAME IN A MATCH, A SECOND COIN FLIP WILL BE MADE TO DETERMINE WHO SERVES).
- All games will be "rally" scored: Each serve will result in a point.
- Teams may start the game with:
 - 3-5th - 3 players min and 4 players max
 - 6-8th - 4 players min and 6 players max
- Each team will get (2) time-outs per game (45 seconds each).
- Each team will get a (2) minute intermission between games.

SERVING/VOLLEY

- There is NO SPIKING on a serve. The first contact from a serve must be in the form of a pass or dig. Setting on a serve will result in the other team receiving a point.
- All players must start/serve from the back right corner of the court **behind the service line**. If a player cannot get it over the net, that player can move up 3-5 feet from the service line. The coaches must agree on the furthest a player can move up to serve.
- Rotations: The new player becomes the server at the bottom right, the previous server exits the game.
- Serves and volleys off the net are in play for both levels.
- It is LEGAL to contact the ball with any part of a player's body: No intentional kicking.
- A server will ONLY be allowed to serve for 3 consecutive points. After that, the team keeps the ball but makes a rotation.
- The ceiling and railings are playable if the ball is on your side. A ball hitting a boundary line is in. A side out is called if the ball hits the ceiling on the opponents side.
- A ball is considered **OUT** if it hits the antennae (even if it hits the antennae and lands IN bounds on the opponent side).
- Players will substitute into the game on every rotation.
- 3 touches are allowed per team. A 4th touch will result in a point and the ball to the other team.
- At the end of each match, both teams MUST shake hands!