



# Youth Volleyball Rules 2024

## Equipment:

| Division      | Volleyball Size          | Net Height                              | Court Size             |
|---------------|--------------------------|---|------------------------|
| 8 – 9 years   | Volley LITE (Soft Touch) | 6 feet 6 inches                         | 30' X 25'              |
| 10-12 years   | Regulation Women's       | 7 feet                                  | 30' X 30' (Regulation) |
| 13 – 15 years | Regulation Women's       | Regulation Women's – 7 feet<br>4 inches | 30' X 30' (Regulation) |

## 1. Game Format

- a. Modified Arizona Interscholastic Association Rules will be followed
  - i. Please refer to each age division for modified rules
  - ii. Rules/situations not covered in the City of Maricopa's youth volleyball games will be governed by the commonly known volleyball rules as understood by the officials.
  - iii. Game Officials are trained by certified AIA Officials.
- b. 6 v 6 format
- c. A team will consist of six on the court, with remaining players will be substitutes or line judges.

## 2. Playing Time

- a. No players will be penalized game time for missing practices or other games

## 3. Jewelry and Player apparel

- a. No jewelry allowed warm-up and game time
  - i. No exceptions, including taping of jewelry, nose rings, etc.
- b. Players must have tennis shoes or court shoes
- c. **Highly recommended for all players wear knee pads**

## 4. Communication and Team Bench

- a. Only the Head Coach, Assistant Coach (two coaches per bench), and players officially listed on the team roster are allowed on the team bench.



- b. Do not approach the score table; scorekeepers and referees may be under 18 years old.
- c. Disagreements should be addressed to the Site Supervisor on duty or Sports Staff via email. Sports Staff contact information is listed in this Rulebook.

## 5. Sportsmanship and Conduct

- a. All players, coaches, parents/spectators must demonstrate positive sportsmanship at all times.
- b. All participants are expected to follow the City of Maricopa Youth Sports Code of Conduct during practices and games, including parking lots.
  - i. Failure to abide by the Code of Conduct will result in removal from facility and/or disciplinary action by City Sports Staff
- c. City of Maricopa Youth Sports programs are to reflect a fun, fair and safe program for all participants involved.

## 6. Game Officials

- a. Referees will be lenient with calls for the first 2 weeks of league play. Beginning at week 3, Referees will be calling games stricter.

### A. Game Time

- a. Each match/game duration is **50 minutes**.
- b. Both teams are able to begin warm-ups as soon as the previous game ends. All teams will have eight to ten minutes to warm-up.
  - o There will be two minutes of shared serving at the end of warm-ups.
- c. Teams will have a maximum of six players on the court.
  - o If a team lacks enough players to start the game with six, the opposing team substitutes players. All players must be registered.
- d. Each match/game will consist of two sets, if agreed upon, three sets can be played within the 50 minutes match/game time.
- e. **Third set will be played if teams are tied 1-1 after first two sets.**
- f. Rally Scoring:
  - o First two sets will be played to 25 points, first to 25 points (no win by two).
  - o The third set will be played to 15 points, first to 15 points (no win by two).

### B. Time – Outs

- a. Teams receive one 30-second time-out per set; time-outs will not carry over.
- b. No time-outs will be charged during injury or illness.
- c. A 1-minute break between sets.

### C. Offensive Regulations

- a. Players will set up with three players in the front row and three players in the back row. Please see Rotation Chart at end of the volleyball rules.
- b. No substitution out of rotation, except for injury or illness.



- c. A player may serve no more than three times in a row; no point is awarded if a player serves three times consecutively.
- d. Encourage playing the volleyball three times in succession on each side for bump, set & spike experience.
- e. Legal Contacts:
  - A ball that strikes a player and bounces off may be continued in play.
  - If two players contact the ball simultaneously, it counts as one contact.
  - A set is legal only if fingertips are re-extended, and wrists are set. A set may not be a double hit or prolonged contact.

#### **D. Serves**

- a. Side arm, over hand or underhand allowed.
- b. 8–9-year division encouraged to serve behind the 25 ft. line
- c. 10-12-year divisions: must serve behind the 25 ft. line. Foot faults permitted during first two game days.
- d. 13-15-year division: must serve behind the 30 ft. regulation line. Foot faults permitted during first two game days.

#### **E. Player substitution**

- a. Continuous clockwise rotation; refer to Rotation Chart at the end of volleyball rules.
- b. Every player must go through the full rotation of all six positions.

#### **F. Line Judges**

- a. For 10-12-year & 13-15-year divisions: Players will rotate to line judge their team's side.
- b. Encouragement for the 8-9-year division to try line judging, with Assistant Coaches or volunteer parents assisting players.

#### **G. Defensive Regulations**

- a. On the serve, players may receive the ball with a bump, set, overhand hit, or any other manner that is not a lift.
- b. Any first ball received can be double hit.
- c. No defensive specialists or rotations (libero, middle hitter, etc.).
- d. No blocking or hitting a serve.

#### **H. Additional Rules**

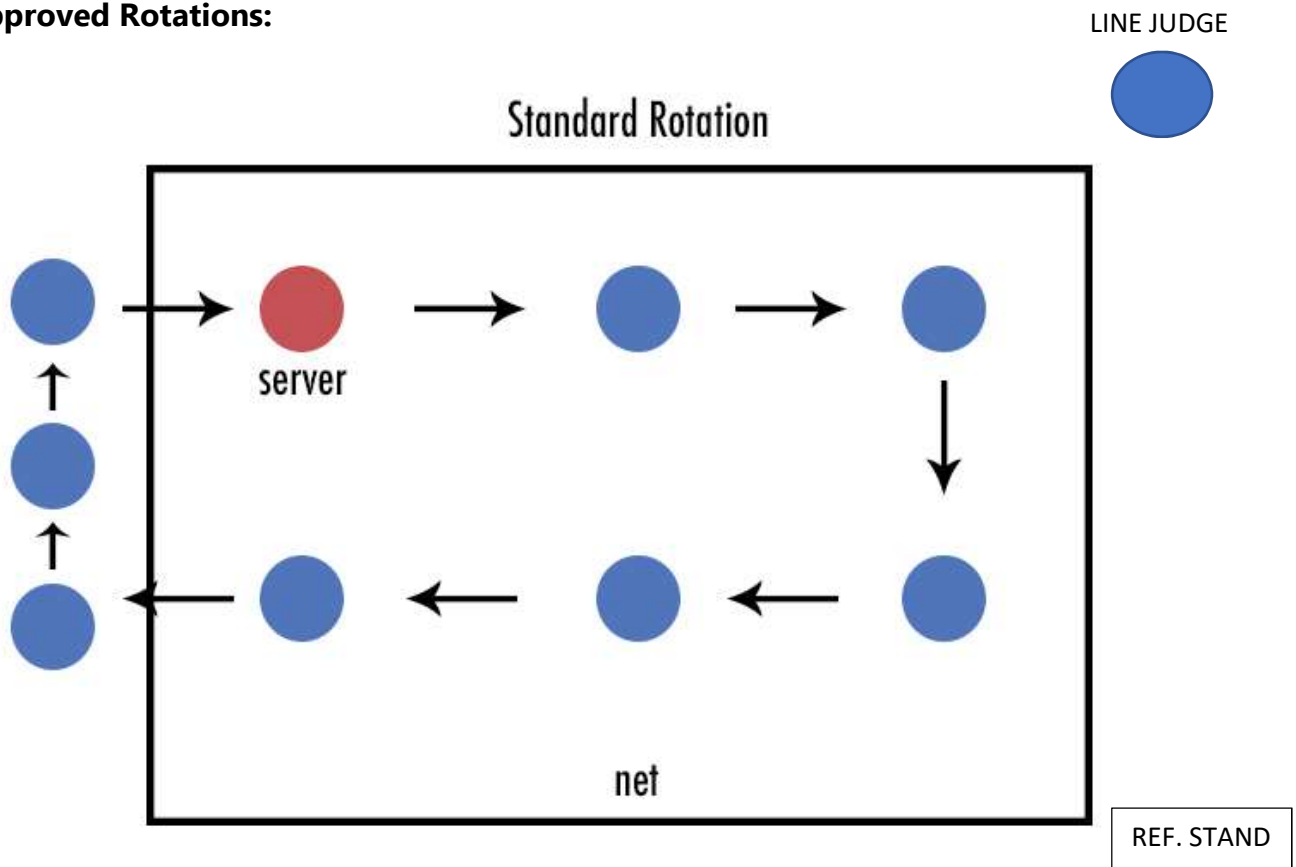
- Coaches may not participate in games but are welcome to demonstrate drills at practices.
- For practices, communicate to parents
  - No player shall be dropped off at a practice location without any adult supervision onsite.
  - No player shall be dropped off earlier than 5 – 10 minutes of their practice start time.



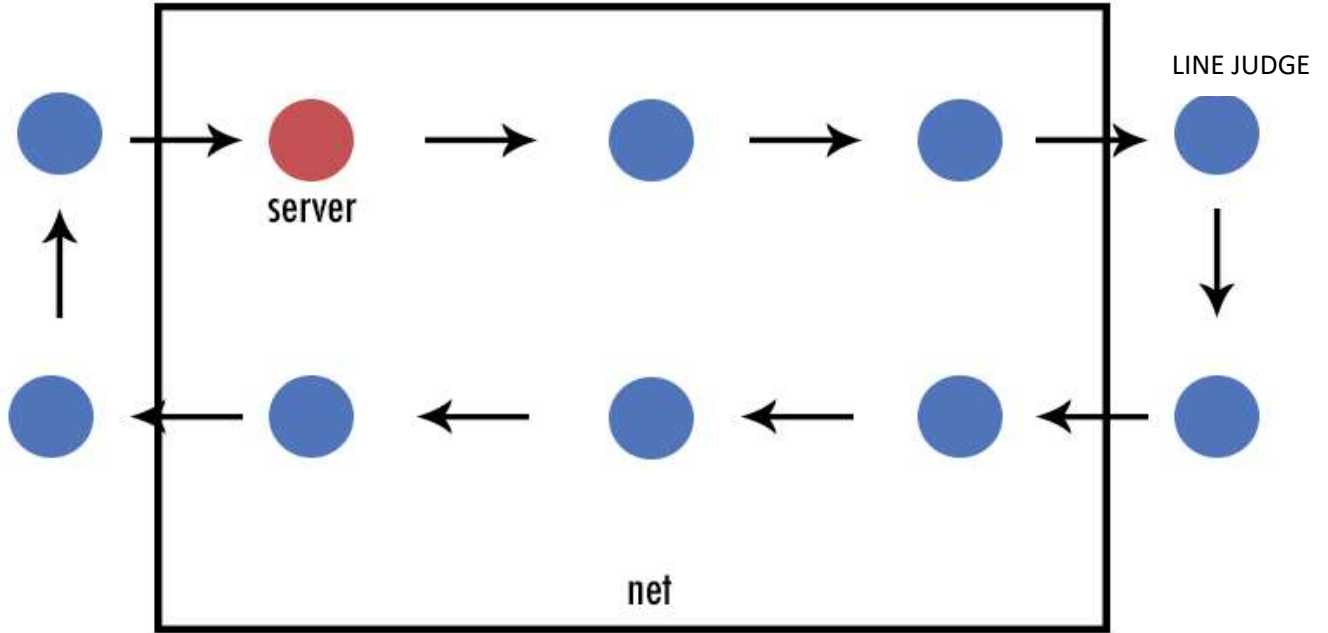
## Sports Staff Contact Information

For more information or to contact Sports Staff please visit <https://www.teamsideline.com/sites/maricopaaz/> and submit a "Contact Us" ticket.

### Approved Rotations:



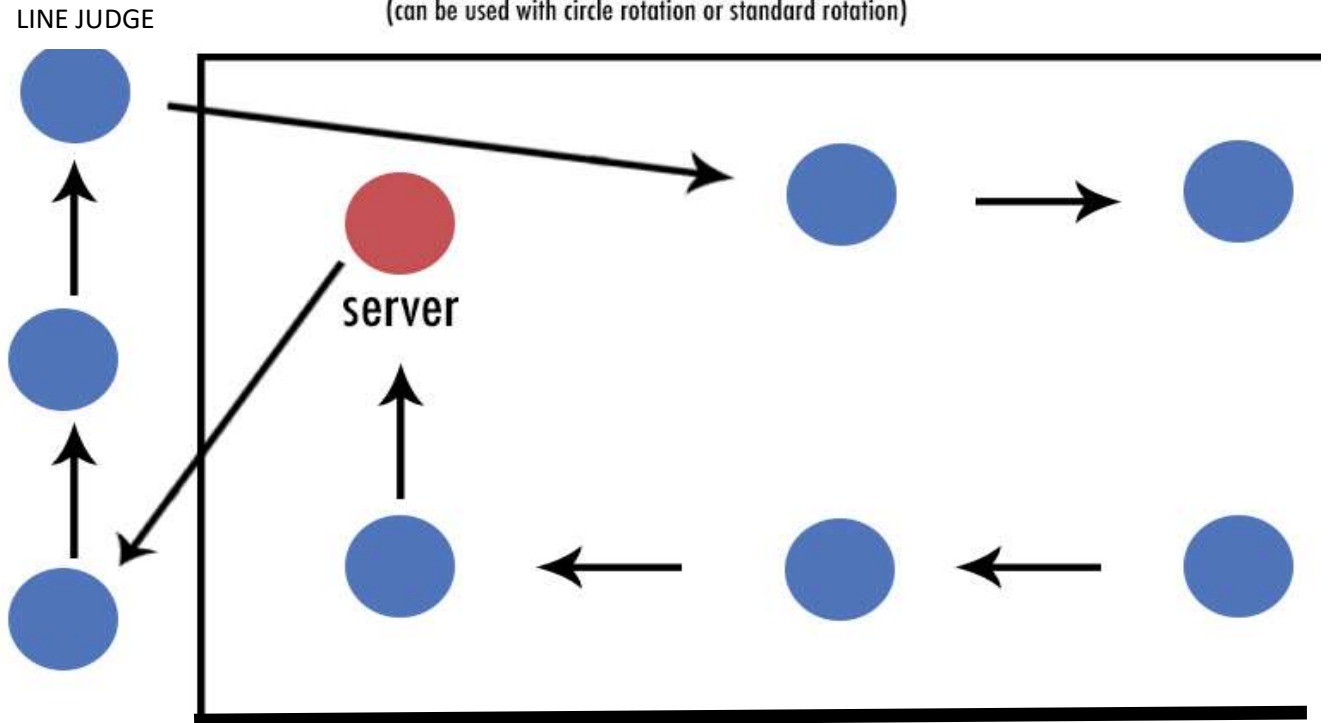
### Circle Rotation



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### Server Last

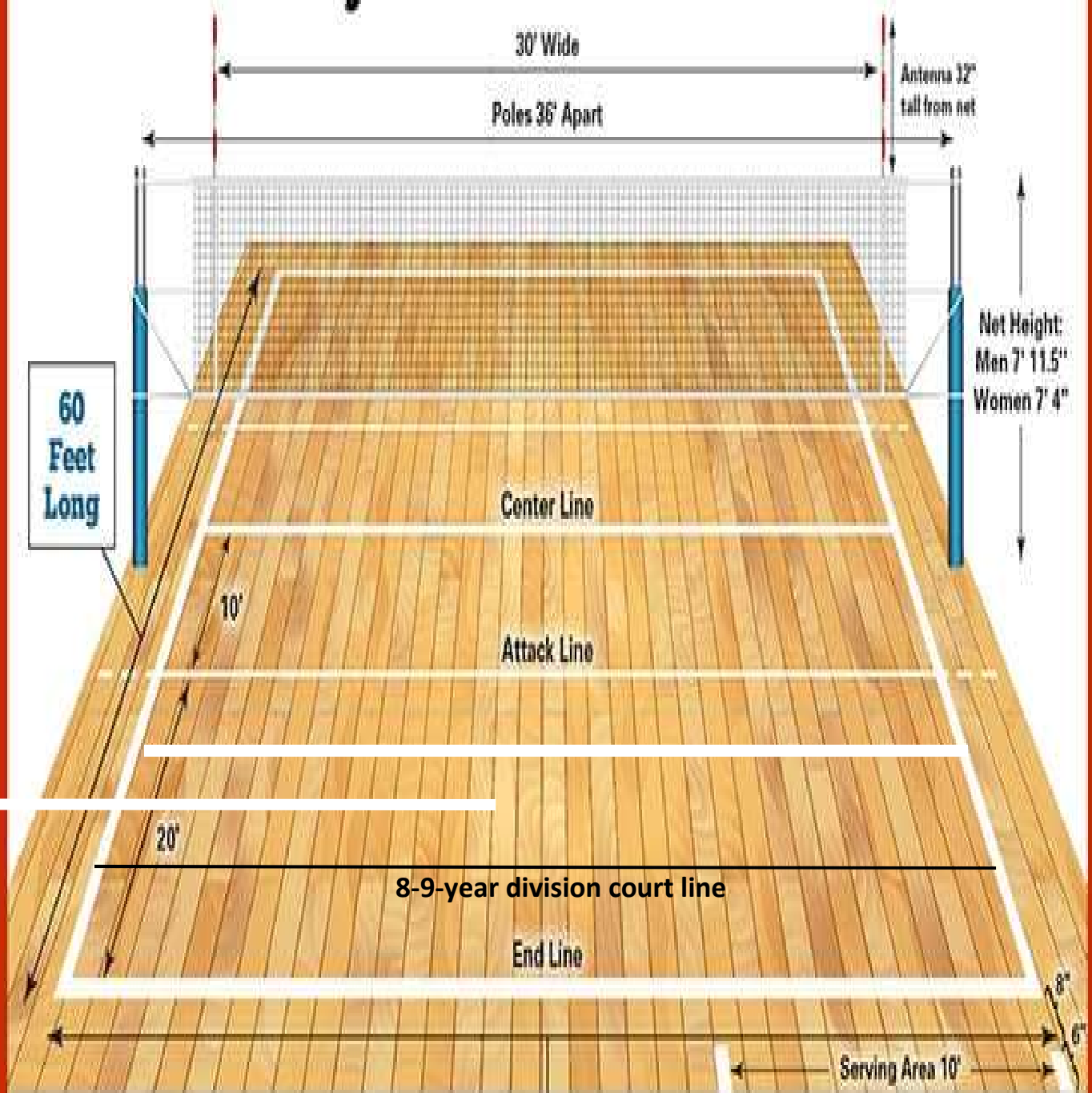
(can be used with circle rotation or standard rotation)



REF. STAND



# Volleyball Court Dimensions



30 Feet Wide

sportsfeelgoodstories.com