

Youth Volleyball League Rules

Program Description: Youth Volleyball League is an instructional league designed for girls, grades 3-6. This league is designed to be progressive allowing girls to develop and increase fundamental knowledge of volleyball. Youth Volleyball will encourage athletic advancement through lessons in teamwork and sportsmanship.

Match

- A match will consist of the best of three games. The first two to 25 points and the third to 15. The match will have a time limit of **45 minutes total for all three games**. No matter what the score, if the 45 minute time limit is up the game is over.
- A match shall include let serves that hit the net and go over count.
- A match will allow each team (2) 15 second timeouts per game.
- A match shall have (1) minute between games during a match.

Scoring

- Scoring is based on Rally score style.
- The opponent shall score a point each time a fault is committed.
- If the serving team wins the rally, it scores a point and the serve continues with that team.
- If the receiving team wins the rally, it scores the point and gains the serve.
- **5 Serves MAX** for 6-on-6 and **3 serves MAX** Per Player for 4 on 4. At that point the players rotate and the same team will serve with a new player. The teams can retry the **first** serve if it doesn't go over.
- Each time a team gains a serve it must rotate one position clockwise before serving.
- **First two games will play to 25, third game to 15. Play 3 games no matter who wins if time allows.**

Game Factors

- Coin-toss or rock-paper-scissors between coaches / designated captain to determine who serves first.
- Scoring shall be to 25 or if the time limit occurs, whichever happens first.
- No special defensive specialist is to be used within either division.

The Court

- A ball striking the ceiling or basketball hoop and landing on the same side as the team that played it last is **still in play**. However a ball striking the ceiling or basketball hoop and landing on the other side of the net is a dead ball and a point is awarded to the opposing team.
- Balls which touch 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.
- The 3rd/4th grade will play on a smaller modified court

Game Equipment

- The net height is to be set at 7'0".

- Volley-Lite Volleyballs to be utilized.
- Players shall not wear any jewelry.
- Athletic shoes are required; knee pads are strongly encouraged however not required.
- Jersey's are NOT required to have numbers.

The Serve

- The server shall serve from within the serving area: 2 ft. from back line or where allowed for success.
- A reserve shall be called when the server releases the ball for service and either catches it or if it drops to the floor. All players will be permitted only (1) re-serve toss attempts per rotation.
- Let serves (serves which hit the net and cross 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.
- **4-on-4 Teams will serve underhand to promote rallies. The third and final serve can be overhand.**

During Play

- A coach may stand during play to instruct players in a non-disruptive manner and may stand and move about to speak to team members and players. Should a coach become disruptive the tournament coordinator may enforce the coach to remain seated for the remainder of the match. Players and coaches shall not be disruptive or unsportsmanlike. Coaches will referee the game for 3/4th grade.
- Any player ejected from a match anytime for unsportsmanlike conduct will be suspended for at least (1) game. A second violation may result in suspension from the program.

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.
- Any contact below the waist is not allowed. If it accidentally hits a lower section of the body then it is allowed.

General Information

- The league begins on September 18th, and ends on October 16th.
- Practices occur approximately once per week.
- Players on each team must meet the grade requirements for the league. The 6-on-6 teams will be for grades 5-6 and the 4-on-4 teams will be for grades 3-4
- The 6-on-6 Teams will be composed into teams of (7-9) players, with (6) on the court during play and at least (5) to be eligible for a match to begin.
- The 4-on-4 Teams will be composed into teams of (4-6) players, with (4) on the court during play and at least (3) to be eligible for a match to begin.
- Admission for this event is \$3 adults and \$2 seniors and kids 12 and under. 5 and under are free

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