

Helena YMCA Youth Volleyball

Rules Cheat Sheet

	3rd/4th Grade	5th/6th grade
Equipment	Volley-lite ball	Volley-lite ball
Net size	5-6 feet	6-7 feet, regulation
Players	Min: 3 Max: 6	Min: 4 Max: 6
Game Duration	Two 15-minute halves 3-minute halftime rest Total match time: 45-50 minutes	Two 20-minute halves 5-minute halftime rest Total match time: 50-55 minutes
Pre-game Warm Up	10 minutes	5-10 minutes
Timeouts	None	Two 1-minute per team, per game
Referees	None provided Coaches ref	None provided Coaches ref
Substitutions	Unlimited Must follow Equal Play Rule Server cannot be substituted during service	Unlimited Must follow Equal Play Rule Server cannot be substituted during service
Serves	Player allowed 3 consecutive serves (regardless of who wins rally) After 3 rd serve, opposing team awarded serve Overhand: Allowed - must start serve behind back line Underhand: Allowed - must start serve no closer to net than half-court Players rotate clockwise – everyone must serve Serves CANNOT be blocked	Player allowed max 3 serves (if team wins rally) Overhand: Allowed – must start serve behind back line Underhand: Allowed – must start serve no further than 20 feet in Players rotate clockwise – everyone must serve Serves CANNOT be blocked
Net Serve	Allowed	Allowed
In vs. Out of bounds	Ceiling: in play if hasn't already been touched 3 times Ceiling and crosses net: out of play Curtains or walls: out of bounds – awarded to opposing team	Ceiling: in play if hasn't already been touched 3 times Ceiling and crosses net: out of play Curtains or walls: out of bounds – awarded to opposing team
Blocks	Allowed (except on serve) Do NOT count towards 3-touch maximum	Allowed (except on serve) Do NOT count towards 3-touch maximum
Libero player	Not allowed	Not allowed
Rules of play	Rally's play out after 1 st , 2 nd , and 3 rd	Rally plays out after 1 st serve

	<p>serve</p> <p>Same server continues for all 3 serves, then award other team the ball</p> <p>No points/score is kept</p>	<p>After 1st rally: coach tosses one Free Ball to each team (consecutively) to be played out</p> <p>Team that wins two of three Full Rally's (serve plus 2 Free Balls) wins point</p> <p>Serving team wins point: continue to 2nd serve</p> <p>Non-serving team wins point: gain the serve</p> <p>After 3rd serve by same player, opposing team awarded serve (regardless of rally)</p> <p>Process of Serve + 2 Free Balls continues until one team reaches 25 points, OR until 20-minutes of play is reached</p>
3-Touch Contact	<p>First contact:</p> <ul style="list-style-type: none"> • Ball is caught in traditional passing stance • Overhead passing stance is Allowed <p>Second contact:</p> <ul style="list-style-type: none"> • Ball is passed to setter, caught in traditional setting stance <p>Third contact:</p> <ul style="list-style-type: none"> • Any legal volleyball contact • Down-ball (standing on ground spike) • 3-4 step approach jump spike • Bumps, sets, or tips over the net Allowed 	<p>First contact:</p> <ul style="list-style-type: none"> • Traditional pass/bump/set • Players may catch the ball first if needed • Overhead passing stance is Allowed <p>Second contact:</p> <ul style="list-style-type: none"> • Set or bump set • Passed to setter in traditional setting stance <p>Third contact:</p> <ul style="list-style-type: none"> • Any legal volleyball contact • Down-ball (standing on ground spike) • 3-4 step approach jump spike • Bumps, sets, or tips over net Allowed