



Youth Volleyball Rules

Updated June 2022

POLICIES:

EQUIPMENT:

- Players must wear athletic attire; this includes tennis/athletic shoes and knee pads.
- All players must wear an official YMCA jersey with a number.
- Players may not wear any jewelry (unless medical in nature).

FORFEITS:

- THERE WILL BE A 5 MINUTE GRACE PERIOD AT GAME TIME, FOR 1st SET AND 5 ADDITIONAL FOR 2ND SET. IF TEAM DOES NOT HAVE ENOUGH PLAYERS BY THE GRACE PERIOD GAME WILL BE FORFEIT.

PROTESTS:

- Only protests can be from a coach that concern rule interpretations, policy and procedure, or player eligibility will be considered.
- Rule interpretation protest:
 - PROTESTS THAT CHALLENGE THE ACCURACY OF A JUDGEMENT CALL BY AN OFFICIAL/SUPERVISOR WILL NOT BE ACCEPTED.

PLAYING TIME:

- All players must receive equal playing time regardless of previous experience or skill level.
- Playing time may be limited by a player's inability to attend practice.

YMCA SPORTS PLEDGE:

- All players and coaches will recite the YMCA sports pledge before every game:
 - "Win or lose, I pledge before God to play the game as well as I know how, to obey all the rules, to be a good sport at all times, and to improve myself in spirit, mind, and body."



RULES:

Players:

- A team will consist of six (6) players on the court
- Teams may start and play with 4 or 5 players.

The Game:

- All games shall be governed by the current NFHS Rules; except where special YMCA rules apply. All players, coaches, and parents are responsible to know the rules.
- USUA Club elected to not switch sides during the match due to "Covid Reasons".
- A toss of the coin determines which team has the choice of either serving first or selecting either side of the court.

Length of Game:

- A match consists of the best two out of three games.
- The first two games will be rally scoring to 25 win by two. If third set is necessary, it will be played with rally scoring to 15 win by two, a coin toss will determine serve or receive.
 - There will also be a 45-minute time limit on each match.
 - There will be a one (1) minute interval in between sets.

Timeouts:

- Each team is allowed one (1) time out per set. Timeouts last 30 seconds in length. Only when the ball is dead.

Substitutions:

- Teams must use all players by substituting.
- Substitutions may be made only when the ball is dead. All substitutions must be made within a 15-second time limit.
- Substitutions must enter in the middle back position.



The Serve:

- The server may not step over the line until after the ball has been contacted
- Ages 8-11 must attempt their first serve from behind 10ft line or further.
- If point is won, the 2nd serve must be behind the 20ft line.
- The first server is the right back position player. The server may move freely within the service zone.
- The server may not strike the ball with a closed fist, if underhand is being served
- Each player must remain in position within the boundary lines of the court until the ball has been contacted by the server.
- A backline player's position may not overlap with a front-line player's front-to-back, nor two players overlap side-to-side prior to serve.
- Rotation shall be in clockwise direction and must happen after every side out.
- A serve is legal if it touches the net and goes over. The server must wait for the whistle from the referee before serving. Failure to do so will result in a warning the first time: a "side-out" the second time (one warning per team per match)
- The receiving team may not attack the ball above the height of the net in front of the attack line, (all ages).
- Ages 12-14 the total accrues, the team serving shall retain the serve, but one full rotation must take place.
- If the first serve is not successful for any reason, the player will receive a second chance.
- Each server will receive (6) serves, at this point the team must rotate. The serving team keeps possession.

LEGAL PLAY:

- The ball must pass between or over the side boundary lines (net antennae) as it crosses the net, after being played (touched) three or less times.
- If the ball touches the net antennae, it is out.
- It is permissible to run out of bounds to play a ball. Out of bounds is outside the volleyball court boundaries.
- A player may play the ball twice during a volley, but not twice in succession, unless played directly off a legal block.
- A legal contact is a touch of the ball by any part of the player's body.
- When a ball touches a boundary line, it is considered in.



- Any ball which strikes the ceiling, or has its trajectory changed by an object hanging from the ceiling due to a team member play, may be played if and only if the ball remains on your side of the court.
- If a ball strikes the ceiling (and the trajectory changes) enters or is on the opponent's court then the ball is blown dead, resulting in a side-out and point for the opposite team.
 - Any ball that contacts any part of a backboard or support is considered out. When, in the judgement of the official, the ball would have remained in play had the backboard not been over the playable area, a replay is granted.
 - Setting of the serve is legal, but it may not be lifted.

NET PLAY:

- A ball hit into the net by a team may still be kept in play, provided, the net is not touched by any player.
- No player can contact the net unless the contact is incidental (Hair, clothes). Only front-line players may participate in a block or hit.
- Blockers may reach over the net; however, the blocker(s) shall not contact the ball on the opponent's side until after a hit.
- The team which has blocked the ball shall have 3 more contacts. The blocker has the right to make the first of three allowable hits.
- A player may step on, but not over, the center line under the net.
- The centerline may not be touched/crossed by any part of the player's body other than his/her hand or foot. An attacker must contact the ball on their side of the net but may follow through over the net. If a player is on the floor and they contact the centerline with their hand or i.e. shoulder that is considered illegal.
- Back-line players may spike at the net provided they leave the ground with both feet behind the 10-meter line.



MISCELLANEOUS:

- The rules listed above will be the official playing rules for all YMCA of Greater Tulsa youth volleyball.
- Games cannot be protested due to any circumstances. The ruling of the officials is final
- Games cannot be rescheduled due to a team's conflict with the posted schedule
- Team rosters must consist of a minimum 6 players and no more than 12 players.
- Note: Team rosters may consist of 14 players when granted permission by the league coordinator.

All games will be governed by the 2020-2021 NFHS (National Federation of High Schools Rules) with YMCA Sports modifications. Disputes will be settled on the by Sports Staff.