

Channel Islands YMCA YMCA Coed Volleyball Rules (Age 8-10) – Updated Fall 2025

Prep:

1. **Net Height:** 6'6" (Second Hook)
2. **Ball:** Light Volleyball will be used
3. **Court Size:** 40x20
4. **Number of Players on Court:** 4
5. **Dress Code:** Knee pads required; NO jewelry allowed during games
6. **League Style:** No playoffs will be held. Record will be kept.

General:

1. Matches are won by winning the best of 3 games. The first two games are played to 25 points. A 3rd deciding game, when necessary, will be played to 15 points.
2. Games must be won by 2 points.
3. Rally Scoring will be utilized (a side-out results in a point for the non-serving team and also earns them the serve... AKA, a team does NOT have to be the serving team in order to earn a point.)
4. The game will be started with a coin toss to determine first serve. The second game, the opposite team will start with serve. A tie-breaker game will begin with another coin toss.
5. Player Rotation takes place each time a side-out occurs
6. Substitutions occur with rotations. The right front position will step off the court, while the new player enters play as the server.
7. **After 5 consecutive serves by the same team, a "side-out" (no point) will be awarded to the opposing team.**
8. Coaches receive 1 timeout per game

Violations:

1. All violations will reward the opposing team with a point and the next serve. Violations include:
 - a. The ball hits the floor
 - b. The ball is hit illegally (palmed, carried/held, thrown)
 - c. A player touches the net
 - d. A player's full foot or any other part of body crosses the center line IF this causes a potential hazard to the opposing players.
 - e. A player touches the ball twice consecutively
 - f. A team contacts the ball more than 3 times consecutively
 - g. A ball lands outside the court or touches an object outside the court
 - h. A player spikes the ball before it passes over the net
 - i. **Serve Faults:** All players have **two chances** to serve. All players must serve behind the service line on their first attempt. It is OK for a foot fault to occur. On their second serve, a player **may** be invited to take a 2 steps forward **at the referee's discretion** to try serving one more time. This will only be allowed if the player lacks the overall power to get the ball over the net from the service line. All subsequent serves by that player in that round can take place from the same spot. A fault occurs if:
 - i. If the ball fails to pass over the net
 - ii. If the ball touches a player on the serving team
 - iii. If the ball touches the net (in this case, a reserve occurs)
 - iv. If the ball is not served after 8 seconds
 - v. If more than **two** serve-tossing errors are committed
2. Blocking will not be a priority teaching point in this division, and should be avoided in order to promote the possibility of more volleys.

**Channel Islands YMCA
YMCA Co-ed Volleyball Rules (Ages 11-14) – Updated Fall
2025**

Prep:

1. **Net Height:** 7'4 1/8 (Third Hook)
2. **Ball:** Light Volleyball will be used
3. **Number of Players on Court:** 6
4. **Court Size:** 30x60
5. **Dress Code:** Knee pads required; NO jewelry allowed during games
6. **League Style:** No playoffs will be held. Record will be kept.

General:

1. Matches are won by winning the best of 3 games. The first two games are played to 25 points. A 3rd deciding game, when necessary, will be played to 15 points.
2. Games must be won by 2 points.
3. Rally Scoring will be utilized (a side-out results in a point for the non-serving team and also earns them the serve... AKA, a team does NOT have to be the serving team in order to earn a point.)
4. The game will be started with a coin toss to determine first serve. The second and third games will then alternate starting with the first serve.
5. Specific Positions may be played per coach's preference, however Libero rules do not apply. Players must be in their correct positions when receiving a serve. Designated Setter will wear an indicator (colored pinnie)
6. Player Rotation takes place each time a side-out occurs
7. **After 5 consecutive serves by the same team, a "side-out" (no point) will be awarded to the opposing team.**
8. Coaches receive 1 timeout per game

Violations:

All Violations will reward the opposing team with a point and the next serve. Violations include:

- a. The ball hits the floor
- b. The ball is hit illegally (palmed, carried/held, thrown)
- c. A player touches the net
- d. A player's full foot or any other part of body crosses the centerline
- e. A player touches the ball twice consecutively (EXCEPT a blocker after the block.)
- f. A team contacts the ball more than 3 times consecutively
- g. A ball lands outside the court or touches an object outside the court
- h. A player spikes the ball before it passes over the net
- i. A back-line player returns the ball with their hands in a position higher than the top of the net while front of the attack line
- j. **Serve Faults:** All players have **2 chances** from **behind the service line**. A fault occurs if:
 - i. If the ball fails to pass over the net
 - ii. When the server steps on or over the serve line (Lenient)
 - iii. If the ball touches a player on the serving team
 - iv. If the ball touches the net (in this case, a reserve occurs)
 - v. If the ball is not served after 8 seconds
 - vi. If more than **one** serve-tossing error is committed
2. Out of Rotation will be called loosely. Players must be in the correct position during serves.
3. Blocking Specifications
 - a. After blocking, the same player may play the ball again immediately
 - b. If two players contact the ball on a block, it is considered only one hit
 - c. A blocker's full wrist may not reach over the net onto the opposing team's court
4. Double Violations (example: two opposing players are called for simultaneously holding the ball), will result in a replay