



YOUTH VOLLEYBALL RULES

The YMCA volleyball league is a recreational league focusing on skill development, teamwork and the fundamentals of volleyball in a fun atmosphere.

Game Rules

1. **Number of Players:** Games will be played 4 v4 for 1st – 4th grade and 6 v 6 for 5th – 8th grade
2. **Game Length:** A minimum of 3 sets or 50 minutes will be played in each match. Rally scoring will be used in all sets; the first 2 sets will be played to 25 pts (win by 2, cap at 30) and the third set will be played to 15 pts (win by 2, cap at 20). If all 3 sets have not been completed in the allotted time the gym supervisor will announce 5 minutes remaining and the teams will play out the final 5 minutes.
3. **Net Height:** 6 ft. for 1st/4th grade and 7ft. for 5th–8th grade
4. **Court:** Badminton court will be used for grades 1st – 4th, Standard size court will be used for 5th–8th grade
5. **Rotations**
 - a. Serving team rotates prior to serving (except for first serve of the set). Rotations will occur in a clockwise direction with the server rotating out and a new player rotating into the middle/back row position. Substitutions will be allowed for injuries.
6. **Serving**
 - a. 1st – 6th grade will be allowed to serve from a spot on the court in which they can successfully serve over the net. 7th/8th grade will serve from the back line.
 - b. Players will be allowed two attempts on his/her first serve. If the ball touches the net and goes over on a serve it is a live ball.
 - c. No attacking or blocking the serve.
 - d. A player may only serve 5 consecutive points. The 5th point results in an automatic side-out and the opposing team serves.
 - e. Overhand serve on the first serve is required for grades 3rd – 8th grade, second serve may be underhand or overhand
7. **Other Rules**
 - a. A distinct hit must be made. No holding, throwing or catching the ball is allowed.
 - b. The ball may be hit three times by one team in a volley. Any one player cannot hit the ball twice in succession.
 - c. Touching an opponent under the net is not allowed.
 - d. Players may never touch the net while the ball is in play.
 - e. The ball will be called out if it hits anywhere outside the boundary lines, hits the sidewalls/curtain or hits ceiling and advances over to defending team's side. The ball may be played after touching the ceiling or any other object overhanging the playing area, as long as it does not travel over the net and the hitting team makes a legal hit.
 - f. Each team is allowed one timeout per set. Unused timeouts will not carry over to the next set.
8. **Equipment**
 - a. Volley Lite balls will be used for 1st – 4th grade, official volleyballs will be used for 7th/8th grade division
 - b. Players must wear court shoes



- c. Knee pads are strongly recommended
- d. YMCA will provide jerseys

9. Additional Rules Per Age Group

Serving

- a. 1st/2nd Grade – underhand serves on any serve over the net is acceptable
- b. 3rd/6th Grade – “Serve Progress” will be utilized – serves will start at the 10’ line overhand and progress backwards

Touches and Scoring (5th/6th Grade Division Only)

- c. 5th/6th Grade – games will be played to 25 points or 15 mins – whichever comes first, up to 5 games will be played
- d. If a team one touches or gets an ace over the net – 1 point will be awarded
If a team two touches and hits it over the net – 2 points will be awarded
If a team three touches and hits it over the net – 3 points will be awarded
*The maximum points on a rally will be 3 points and the points are based off the last turn on your side (ball does have to land in bounds as in normal volleyball)

****NOTE: Our serving guidelines and touch point scoring is to help with developmental volleyball.**