

Youth Volleyball Rules



**Recreation
District**

4-8th Grade Volleyball Rules

The goal of this program is to give children a positive volleyball experience. **All players must play equal playing time.**

Team Organization

Teams will consist of no more than 12 players and must have no more than 6 players on the court at one time.

Player Attire

- All players are designated as home or away based on the schedule.
- Players are strongly encouraged to wear knee pads during both games and practices.
- All players must wear the Sylvania Recreation provided league t-shirts.
- Jewelry is not permitted during practices or games.

Equipment

- Sylvania Recreation will provide each team with league t-shirts prior to the first scheduled game.
- Sylvania Recreation will provide each team with volleyballs for practices.
- Sylvania Recreation will provide game balls on site.

Time of Play/Scoring

- Matches will be played best two out three sets.
- Games will be played to 25 points with rally scoring. (One point is awarded every volley regardless of which team is serving.)
- If time allows, games must be won by 2 points. If a game goes over 25 points, the game will be capped at 30 points. First team to 30 points will be declared the winner regardless of the 2-point lead.
- The third game of a set will be played to 15 points. If time runs out, the team in the lead at the end of the time will be declared the winner. This will be at the discretion of the officials.
- Each team is allowed two (2), one-minute time outs per game.
- Substitutions can be made anytime there is a dead ball.
- Substitutions can only come in a game in the same serving order. The best way to sub players in, is to keep a continuous clockwise rotations.

Serving

- Each player may only serve five consecutive serves. If that player serves 5 times, players rotate, and the possession is kept.
- 4th and 5th grade players may serve from a closer service line (roughly 5 feet from the end line).
- The server must wait for the referee's signal to serve.
- A player has five seconds to serve the ball after the referee's signal.
- The server must not touch the end line when serving the ball or it will result in a loss of service.
- A re-serve will be called when the server releases the ball for service, then catches it or drops it to the floor. The referee shall cancel the serve and direct a second and last attempt at serve. The server is allowed a new five seconds count for the re-serve.
- A re-serve is considered to be a part of a single attempt to serve. Therefore, no requests for timeouts, service order, line up, or substitution can be made until after the point has been completed.

Volleying

- No more than three legal hits are allowed on a side
 - Legal hits: contact with the ball by a player's body, above and including the waist and which does not allow the ball to come to a rest momentarily.
 - Illegal hits: pushing or lifting the ball
- A ball that lands on a boundary line is "in" bounds.
- Any ball that hits the walls, poles, or referee, is a dead ball. If the ball hits a low basketball hoop or backboard, the call will be a replay.
- A player can never touch the net whether she is going for the ball or not. However, if the opponent hits the ball into the net and it makes contact with the player, play will continue.
- Setting a ball that has been served is illegal.
- Illegal forearm passes occur when the ball contacts the area of a bent elbow causing the ball to be held, the attempt is poorly timed causing a lift, or the ball rolls up/down the arms causing prolonged contact.

Definitions

- **Pass**—a play when the ball is hit into the air so another player can get into position for contact with the ball
- **Forearm pass**—a controlled skill, generally used as a team's first hit, in which the ball rebounds from the forearms of the receiver to a teammate
- **Overhead pass (set)**—two hand finger action directing the ball to an attacker
- **Spike (hit)** - an attack play in which the ball is forcibly hit into the opponent's court with an overhand downward hitting motion. The hand must be an open hand.
- **Dig**—an underhand or overhand defensive saving skill in which the ball is contacted by the forearms, fist, or hands
- **Attack**—any play adding force and/or direction to the ball with the intent of returning the ball to the opponent. A team's third hit is usually considered the attack.
- **Block**—a play approximately arm's length from the net, in which a player's hands are raised above the net in an attempt to prevent the ball from crossing the net or return the ball immediately.