

Youth Volleyball Rules Updated 3/3/2016

1. Players:
 - a. All players that come to the game will be added to the rotation regardless of if they missed a practice or come late to the game.
 - b. All players must wear knee pads to participate in the game.**
 - c. All players must have ear rings either removed or taped up to participate in the game.
2. Games:
 - a. Games are 6 on 6. If a team is short players, they may borrow players from the opponent team or play short handed.
 - b. Each match is 50 min long.
 - c. All games will be played with rally scoring.
 - d. Games are to 25 and must win by 2 points. A third game will be played to 15 if needed. Games tied at 30 during the regular season are considered tie games.
 - e. Teams will be given 1 time out per game, 45 seconds in length. Time-outs do not carry over.
 - f. There will be 2 min. between games.
 - g. Net height will be set as close to 7 feet 2 inch as possible.
 - h. 4th- 5th-6th grade will use regulation balls.
3. Offensive Regulations:
 - a. Servers may serve either side arm, overhand, or underhand.
 - b. The 4th, 5th, and 6th grade girls will serve from different distances as determined by the ref at the game and based on the ability of the player.
 - c. A five service rule will be in effect for each team during regular games. The third game will have a 3 service rule.
 - d. Serves that hit the net are still playable
4. Defensive Regulations:
 - a. PM the serve ad first hard driven ball, players may receive the ball with a bump, set, overhead double fits or any other manner that is not a lift. Non purpose double hits are also allows.
 - b. No liberos (defensive specialist).
5. Additional Volleyball Rules:
 - a. Coaches will be considerate of the ref and the other team at all times.
 - b. Two coaches on the sidelines only. One coach may be up and walking around on their side during the game.
 - c. Opposing coaching and players will shake hands after the match.
 - d. League standings and records will not be kept during normal league play.
 - e. Players will not change positions between games. One game will be a continuation of the previous game as related to the positions the players are in.