



NORFOLK FAMILY YMCA

Youth Volleyball Rules

League

3rd-4th

5th-6th

Ball Type

Volleylite

Official

Net Height

Junior

Women

Important Information & Terms

Player Dress: No guard, cast, or brace made of hard leather, plastic, pliable plastic, metal, or any other hard substance, even though padded, is permitted on the finger, hand, wrist, or forearm. Players shall not wear any exposed jewelry during play. Athletic shoes are required. Knee pads are not required but encouraged. Reversible jerseys are to be worn at all games.

Participation: All players MUST play a minimum of half of each game. This is at the discretion of the coach. Please be aware of this rule as it is the backbone of our youth sports program and must be adhered to. Please rotate players throughout the season.

Communication: Coaches will be responsible for contacting and keeping all participants on their roster updated about practices, games, cancellations, etc. If problems, questions, or conflicts arise, contact the Sports Director.

Sportsmanship: Good sportsmanship is to prevail at all times. Coaches will be held responsible for the conduct of themselves and their players.

Timeliness: It is the responsibility of the coaches to start their games ON TIME. Tardiness will result in forfeited game time. Coaches and players should arrive at their designated court 15 minutes before game time. The later a game starts the more game time is lost/forfeited. Games are not allowed to go long/past their designated time slot with the exception of Picture Day.

Players: Each team has 6-12 players per team.

Practice Times: Tuesdays and Thursdays for the first week of the season and Tuesdays throughout the season.

Game Format: Games will be 6 on 6. If there are not enough players to play 6 on 6, teams may play with how many players they have (5 vs 5 or 4 vs 4).

- Game Start:** The home team (blue) will start with the serve.
- Game Times:** Games will be 45 minutes in length. If games are done in a shorter amount of time, a scrimmage may continue to the 45 minutes to allow more playing time.
- Referees:** Referees will be provided for all leagues.
- Linesman:** Each coach will be responsible for being a linesman during the game. Linesman responsibilities are to signal out of bounds, points scored, and to indicate who takes possession.
- Time-outs & Overtime:** There will be one time out allowed for each team per game and no overtime.
- Substitutions:** To have the players understand substituting, we want them to sub in and out as they do in high school. **When you side-out, new player will rotate into the serving spot (back right) and front right player will rotate out.** The players must be between the 10-foot line and the net and switch players there. Substituting is only allowed after your team gets the ball back.
- Scorekeepers:** Score will be kept for each game.
- Formations:** WE STRONGLY DISCOURAGE FORMATIONS. We want all players to play each position to better them in every aspect of volleyball. Formations greatly limit the versatility of their experience and knowledge.
- Serve:** Contact with the ball to initiate play. The server shall hit the ball with one hand, while the ball is held or after it is released. The ball should be contacted following the referee's signal to serve. An open hand must be used when serving overhand. If a ball hits the net and continues across into the opponent's court is playable.

Playing The Game

- Sets:** Each game consists of 3 sets of rally scoring to 25. Depending on how much time is left, the last set may only go until the 45 minutes is up.
- Rally Scoring:** Rally scoring means a point is awarded to a team on every serve. If the serving team wins the rally it scores a point and continues to serve. If the opposing team wins the rally, it scores a point and gains the serve. Each time a team gains a serve, it must rotate one position clockwise before serving.
- Hits:** Each team is allowed 3 hits/touches to try to get the ball to the opposite side. A player is not allowed to hit the ball twice consecutively, except when attempting a block.
- 5 Point Rule:** If a team scores 5 consecutive points **while serving**, the opposing team is given possession of the ball but no point is awarded.
- Serving:** Each player will get 3 attempts to make his/her first serve over the net during the first team rotation. While serving, the players may serve up to the 10 foot line. If the ball goes over the net during one of the first 3 serves, but goes out of bounds, they will not get another chance to serve the ball. After the first team rotation, players will only get one attempt at getting the ball over the net. Net serves will be allowed in this league.
- Net Violations:** A net violation will result in a point being awarded to the opposite team as well as possession of the ball. A net violation occurs when a player crosses the net on the opponent's side. This rule is extremely important and must be enforced by coaches.
- Out-of-Bounds:**
1. A ball striking the ceiling and landing on the same side as the team that played it last is still in play; however, if it lands on the opponent's court it is considered to be a dead ball and a point is awarded to the opposing team.
 2. A ball which lands on any white boundary line is considered in and a ball that entirely crosses a boundary line is out-of-bounds.
 3. A ball that touches or is outside of the net antenna is out-of-bounds.