

# Youth Volleyball Rules



## GAME PLAY

- 6 players on the court, but a game may be played with only 4 players.
- Teams can call up from a younger grade, or borrow from the other team, if they are shorthanded but only to give them up to 6 total players.
  - Players should not be called up if a coach already has 6 players.
  - No more than 3 club players are allowed on the court at the same time for a team. Coaches must notify their opponent of all club players prior to the match starting.
- **Game Balls:**
  - 4<sup>th</sup> – 6<sup>th</sup> grade use Volley Lites.
  - 7<sup>th</sup> - 8<sup>th</sup> grade uses Regulation size.
- **All matches will be a best out of 3, and the 3<sup>rd</sup> set is ALWAYS played.**
  - The 3<sup>rd</sup> set is only up to 15 points if a team has already won the first 2 sets. A team still must win by 2 and the cap is 17.
- **Warmups:**
  - Each team is allowed 3 minutes of full court warm-ups prior to first serve.
  - A coin flip determines which team is the first to serve and who warms up first.
- **Substitutions:**
  - Free substitution--Coaches must stand and signal for a substitution.
- **Playing Time:**
  - All players are expected to play in at least 10 total points within the first 2 sets of the match. It is up to coaches to monitor this on their own.
- **Miscellaneous:**
  - All matches have a 1-hour time limit including warmups. A set will be called with the score as is if the hour time limit comes into play. (Exception for playoffs).
  - Each set won is 1-point in the standings. Each match won is 2-points in the standings.
  - All players, parents, coaches and fans must follow the Niles Park District Zero Tolerance policy.
  - All other [IHSA RULES](#) will be followed.
  - All players must be wearing their NPD Volleyball shirt. **NO SHIRT NO PLAY**
  - A team will be allowed 1 thirty second timeout per set. Timeouts do not roll over to each set. The game clock will stop during the time outs.

## SCORING

- All sets will be rally scoring up to 25 points, with a cap of 27 and a team must win by 2.
  - Except for set 3 as listed above if same team wins the first 2 sets.
- No cap in the playoffs.

## SERVING

- Club players can not serve back-to-back. At least one rec player must serve in between.
- Net serves will be considered live balls. If a served ball hits the net but goes over it is live and playable.
  - Serves that hit the net, but do not go over will result in an opposing team point.
  - The serve will switch sides on serves that do not go over the net.
- Overhand serves must be open fist. The server's feet can't touch the serving line and must start behind it. Serving line distances:
  - 4<sup>th</sup> - 5<sup>th</sup> grade: 20 ft. serving line and 5 serve limit.
  - 6<sup>th</sup> - 8<sup>th</sup> grade: 30 ft. serving line.

## VIOLATIONS (1 point for opposing team)

- No touching the net.
- No stepping under the net. (Full foot over the center line).
- No lifting/throwing.