



Youth Volleyball Rules Summer 2025

Equipment:

Division	Volleyball Size	Net Height	Court Size
8 – 9 years	Volley LITE (Soft Touch)	6 feet 6 inches	30' X 25'
10-12 years	Regulation Women's	7 feet	30' X 30' (Regulation)
13 – 15 years	Regulation Women's	Regulation Women's – 7 feet 4 inches	30' X 30' (Regulation)

Game Format

- Modified Arizona Interscholastic Association Rules will be followed.
- Please refer to each age division for specific modified rules.
- Not all rules or situations that occur in the City of Maricopa's youth volleyball games are covered within these rules. Any rule or situation not listed will be governed by commonly known volleyball rules as understood by the officials.
- Format: 6 vs. 6
- A team will consist of six players on the court, with remaining players as substitutes.

League Tournament

- Standings will be kept.
- Single-game playoffs will be played to determine the league champion.
- Matches will be determined by the best two out of three sets.
- If a third set is needed, time limits or points will determine the match winner.
- A third set may be played for fun if time allows.

Tiebreakers for Playoff Seeding

1. Head-to-head record
2. Number of sets lost in regulation games
3. Points allowed in regulation games

Playing Time

- All players must play an entire rotation (exceptions apply only in case of injury).

- No players will be penalized with reduced game time for missing practices or other games.

Jewelry and Player Apparel

- No jewelry of any kind is allowed during practices, warm-ups, or games.
- No taping of jewelry, nose rings, etc. No exceptions.
- Players must wear tennis shoes or court shoes.
- Knee pads are highly recommended for all players.

Communication and Team Bench

- Only the Head Coach, Assistant Coach (maximum of two coaches per team), and players officially listed on the team roster are allowed on the team bench.
- Disagreements should be addressed with the Site Supervisor on duty or communicated to the Sports Staff via email.

Sportsmanship and Conduct

- All players, coaches, and parents/spectators must demonstrate positive sportsmanship at all times.
- All involved parties are expected to follow the City of Maricopa Youth Sports Code of Conduct during practices, games, and in surrounding areas such as parking lots.
- Failure to comply may result in removal from the facility and/or disciplinary action by the City Sports Staff.
- City of Maricopa Youth Sports programs are designed to reflect a fun, fair, and safe environment for all participants.

Game Officials

- Referees will be lenient with calls during the first two weeks of league play. From week three onward, referees will begin enforcing rules more strictly.

Rules that will be lenient on:

- Net violations
- Serving line violations
- Double contacts

Game Time

- Each match/game will last 50 minutes.

- Teams may begin warming up as soon as the previous game ends.
- Warm-ups will last 8–10 minutes.
- Shared serving practice is encouraged during the final 2 minutes of warm-ups.
- Each team may have a maximum of six players on the court.
- If a team cannot field six players, the opposing team may provide substitute players. However, the team lacking enough players will forfeit the match.
- Each match will consist of two sets. If both teams agree, they may play a third set within the 50-minute time limit. There will be no time extensions.
- If a game is tied when the time expires, an additional 2 minutes will be added. The team with the most points at the end of that time wins.

Scoring:

- Rally scoring will be used.
- The first two sets will be played to 25 points (no win by two required).
- A third set, if played, will go to 15 points (no win by two required).

Time-Outs:

- One 30-second time-out per set. Time-outs do not carry over.
- No time-outs will be charged for injury or illness.
- There will be a 1-minute break between sets.

Offensive Regulations

- Players will be arranged with three in the front row and three in the back row (see Rotation Chart).
- Players have 8 seconds to serve after the whistle is blown.
- Rotation is clockwise.
- Every player must complete a full six-position rotation.
- All players must serve.
- No substitutions out of rotation, except in the case of injury or illness.
- Substitution is continuous in a clockwise manner.

Serving:

- Serves may be sidearm, overhand, or underhand.
- Players may not step on or over the serving line.

Serving Distance:

- Ages 8–9 and 10–12: serve behind the 25 ft. line.

- Ages 13–15: may serve behind the 25 ft. line during weeks 1–2; from week 3 onward, must serve from behind the 30 ft. line.
- A player may serve no more than three times in a row.
- Teams are strongly encouraged to complete three contacts per play (bump, set, spike).
- A player may not hit the ball twice in succession unless the first contact was a block.

Net Violations:

- Slight net violations will not be called for ages 8–9 and 10–12.
- Players should avoid touching the net while the ball is live.

A violation occurs when:

- A player touches the net with any part of their body (slight contact with clothing or hair is not a violation).
- A player reaches over the net during live play (the ball must be directly above or on their side of the net).
- A player fully crosses the centerline.
- A double hit occurs on the second or third contact.
- A player carries or lifts the ball.
- A player blocks or spikes a serve.
- A ball hitting the boundary line is considered IN.
- A ball can be played off the net if it remains within the team's three contacts.
- If the ball hits the ceiling or basketball goals and returns to the same side, it may still be played. If it lands on the opposing side, the point goes to the opponent.

Legal Contacts

- A ball may rebound off a player if contact is clean and not rolling.
- Simultaneous contact by two players counts as one hit.

Defensive Regulations

- Players may receive serves with a bump, set, or other legal contact that is not a lift.
- The first ball received may be a double hit.
- No defensive specialists or position-specific roles (e.g., libero, middle hitter).
- No blocking or attacking a serve.

Additional Rules

- Coaches may not participate in games. They may demonstrate drills or take part in practice scrimmages.
- Coaches must communicate the following to parents:
 - No player should be dropped off at practice without an adult present.
 - No player should arrive more than 5–10 minutes before practice begins.

Sports Staff Contact Information

- For more information or to contact Sports Staff, visit:
<https://www.teamsideline.com/sites/maricopaaz/> and submit a “Contact Us” ticket.

Volleyball Court Dimensions



