



# Recreational Youth Volleyball League Rules

V10.13.25

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## EQUIPMENT

Division	Volleyball Size	Net Height	Court Size
<b>8-9</b>	Volley LITE (Soft Touch)	6 ft 6 ins	30' x 25' (Modified)
<b>10-12</b>	Regulation Women's	7 ft	30' x 30' (Regulation)
<b>13-15</b>	Regulation Women's	7 ft 4 ins (Reg. Women's)	30' x 30' (Regulation)

## GENERAL GAME RULES

- **Governing Rules:** Modified Arizona Interscholastic Association (AIA) Rules will be followed, with specific modified rules applied to each age division.
- **Unlisted Situations:** Any rule or situation not explicitly covered within this document will be governed by commonly known volleyball rules as understood by the officials.
- **Format:** All games are played 6 vs. 6. A team consists of six players on the court, with the remaining players acting as substitutes.

## LEAGUE & TOURNAMENT PLAY

- **Standings:** Standings will be kept throughout the regular season.
- **Playoffs:** Single-game playoffs will be played at the end of the season to determine the League Champion.
- **Match Format:** Matches are determined by the best two out of three sets.
- **Third Set:** If a third set is necessary to decide the match, it will be subject to time limits or point caps as noted in the Scoring section. A third set may be played for fun if time allows and both teams agree, but it will not extend the 50-minute match time.
- **Tiebreakers for Playoff Seeding (Order of Use):**
  1. Head-to-head record
  2. Number of sets lost in regulation games
  3. Points allowed in regulation games

## PLAYING TIME & APPAREL

### Player Playing Time

- **Mandatory Rotation:** All players on the roster must play at least one entire rotation, excluding exceptions only for injury or illness.
- **No Penalty:** Players will **not** be penalized with reduced game time for missing practices or other games.

### Player Apparel & Safety

- **Jewelry: No jewelry of any kind** is allowed during practices, warm-ups, or games. Taping over jewelry (including nose rings) is not permitted. **No exceptions.**
- **Footwear:** Players must wear tennis shoes or court shoes.
- **Protection:** Knee pads are highly recommended for all players.

## GAME TIMING & SCORING

<b>Match Time Limit</b>	50 minutes per match/game.
<b>Warm-ups</b>	8–10 minutes total. Teams may warm up as soon as the previous game ends. Shared serving practice is encouraged during the final 2 minutes.
<b>Break Between Sets</b>	1 minute break.
<b>Overtime</b>	If a game is tied when the 50-minute time expires, an additional 2 minutes will be added. The team with the most points at the end of that time wins.
<b>Scoring</b>	Rally scoring will be used.
<b>Set Points</b>	Sets 1 & 2 go to 25 points. Set 3 (if played) goes to 15 points. <b>No win by two points is required.</b>
<b>Time-Outs</b>	One 30-second time-out per set (does not carry over).
<b>Injury Time-Outs</b>	No time-out will be charged for injury or illness.
<b>Forfeiture</b>	If a team cannot field six players, the opposing team may provide substitute players. However, the team lacking enough players will <b>forfeit the match.</b>

## OFFENSIVE & SERVING REGULATIONS

### Offensive Rotation

- **Court Setup:** Players will be arranged with three in the front row and three in the back row.
- **Rotation:** Rotation is clockwise, and every player must complete a full six-position rotation.
- **Serving:** All players must serve. A player may serve no more than three times in a row.
- **Substitutions:** No substitutions are allowed out of rotation, except in the case of injury or illness. Substitution is continuous in a clockwise manner.
- **Contacts:** Teams are strongly encouraged to complete three contacts per play (bump, set, spike).
- **Successive Hits:** A player may not hit the ball twice in succession unless the first contact was a block.

### Serving Regulations

- **Serve Type:** Serves may be sidearm, overhand, or underhand.
- **Serve Time:** Players have 8 seconds to serve after the whistle is blown.
- **Serving Line Violation:** Players may not step on or over the serving line during the serve.
- **Serving Distance by Age:**
  - **Ages 8–9 and 10–12:** Must serve behind the 25 ft. line.
  - **Ages 13–15:** May serve behind the 25 ft. line during weeks 1–2. From Week 3 onward, players **must** serve from behind the 30 ft. line (Regulation line).

## DEFENSIVE RULES & VIOLATIONS

### Defensive Regulations

- **Receiving Serves:** Players may receive serves with a bump, set, or any legal contact that is not a lift/carry.
- **First Contact:** The first ball received may be a double hit (double contact).
- **Specialists:** No defensive specialists or position-specific roles (e.g., libero, middle hitter) are allowed.
- **Blocking:** No blocking or attacking a serve.

### Net Violations & Enforcement

- **Net Leniency:** Slight net violations will not be called for ages 8–9 and 10–12. Players should still 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 player carries or lifts the ball (held contact).
- A player blocks or spikes a serve.
- A double hit occurs on the second or third contact.

- **Legal Play:**

- 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.

### **Game Officials & Rule Enforcement**

- **Leniency Period:** Referees will be lenient with calls during the first two weeks of league play to promote learning.
- **Strict Enforcement:** From Week 3 onward, referees will begin enforcing rules more strictly.
- **Rules Leniency is Applied to (Weeks 1-2 Only):** Net violations, serving line violations, and double contacts.

### **COACHES, BENCH, & CONDUCT**

#### **Bench Personnel & Communication**

- **Bench Limit:** 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:** Disagreements should be addressed with the Site Supervisor on duty or communicated to the Sports Staff via the "Contact Us" ticket.
- **Coach Participation:** Coaches may not participate in games. They may demonstrate drills or take part in practice scrimmages.

#### **Coaches & Practice Guidelines**

- Coaches must communicate the following essential guidelines to all parents:
  - **Supervision:** No player should be dropped off at practice without an adult present.

- **Punctuality:** No player should arrive more than 5–10 minutes before practice begins.

### Sportsmanship and Conduct

- **Code of Conduct:** All players, coaches, and parents/spectators must demonstrate positive sportsmanship at all times and follow the City of Maricopa Youth Sports Code of Conduct during practices, games, and in surrounding areas (including parking lots).
- **Non-Compliance:** Failure to comply may result in removal from the facility and/or disciplinary action by the City Sports Staff. The program is designed to reflect a fun, fair, and safe environment for all participants.

### VOLLEYBALL COURT DIMENSIONS

