



# YMCA Recreational Volleyball Rules

## Court Size

- Grades 2nd-4th: 30' x 40' (may vary slightly at different game sites).
- Grades 5th-8th: 30' x 60' (Regulation size).

## Ball

- Grades 2nd-6th: Volley-Lite (official size but lighter weight)
- Grades 7th-8th: Regulation size and weight volleyball

## Equipment

- YMCA volleyball t-shirt included in registration to be worn for matches.
- Volleyball kneepads are highly recommended.
- Jewelry is NOT allowed to be worn during youth sports matches/games. This includes NO earrings **(cannot tape earrings)**.
- No hard cast/splint allowed during matches/games.

## Net Height

- Grades 2nd-4th: 6'6" approximately (may vary slightly at different game sites).
- Grades 5th-6th: 7' approximately (may vary slightly at different game sites).
- Grades 7th-8th: 7'4<sup>1/8</sup>" approximately

## Number of Players

- Grades 2nd-8th: All grade levels will have 6 players on the court. (May play with 5 players)

## Time Limit

- Matches are limited to 50 minutes. Teams can play as many games as the 50 minutes allow.
- Each game consists of 25 points. (a team needs to win by 2 points if the game is tied at 24)
- At the end of 50 minutes, whether the game is tied or a team is ahead by 1 point, the game will end as is.
- Each team has one 30-second time-out per set.

## Scoring

- Rally Scoring will be used - Any team can score a point when it wins the rally or the opposing team commits a fault.
  - If the serving team wins the rally, it scores a point and continues to serve.
  - If the receiving team wins the rally, it scores a point and gains the right to serve.

## Rotation of Players

Grades 2nd-5th: All players present at the game should be allowed to play in each game.

- Players sit along the end line in a team rotation order.
  - Players rotate into the game at the center back position and rotate out after service rotation.
  - Rotation occurs after a side out and only the serving team rotates.
    - The team losing the serve does not rotate.
    - The team rotation remains the same from game to game.
    - Players who finish game one on the court will start game two and so on.

Grades 6th-8th:

- Coaches have the option to rotate players into center back position (as in 2nd - 5th grades), or request for substitutions.
- Coaches need to signal the officials for substitutions and the officials must acknowledge the subs before the players enter the game.

- Whichever option a team chooses to begin a match, it must stay with that option for the entire game.
- Each player must play half of a match and must play all front and back positions, including serving.

#### **Automatic Side outs / Serving Limits**

- Grades 2nd-5th: An Automatic Side out occurs after a team has scored 3 straight points while serving.
- Grades 6th-8th: An Automatic Side out occurs after a team has scored 5 straight points while serving.
- NOTE: No points will be awarded, only the team serving will change.

#### **Serving**

- Play/rally begins with a serve by the serving team.
- Players may serve underhand or overhand at all grade levels.
- Players may serve anywhere behind and along the end line.

#### **Grades 2nd -4th:**

- A Special Serving Line - 3 foot (approximately) into the court from the designated end line may be used. (optional - a server can always serve from behind the end line).
  - If 1st serve is missed, server may move an additional 3' closer to the net. (No Point is awarded.)
- Each server is allowed **2 attempts on the first serve to make a good serve on every service rotation.**
- Foot faults during serving will be called the last three games of season.
- No Let Serve for 2nd -4th grades. If the ball hits the net on the serve a fault will be called.

#### **Grades 5th -6<sup>th</sup>**

- A Special Serving Line - 3 foot (approximately) into the court from the designated end line may be used. (optional - a server can always serve from behind the end line)
- Each server is allowed **2 attempts on the first serve** to make a good serve on every service rotation.
- Foot faults during serving will be called. Let serve will be allowed.

#### **Grades 7th -8th:**

- Servers must serve behind designated end line.
  - No special serving line, at the beginning of each game, the non-serving team must rotate prior to its first serve.
- Let serve will be allowed.
- Only 1 attempt for each server to make a good serve.
- Foot faults during serving will be called.

#### **Receiving Serve**

##### **Grade 2nd:**

- Receiving team may catch or pass the serve to a teammate.
  - If a player catches the serve, he/she must make a 2-handed toss to another teammate.
  - The teammate must then hit the ball (considered 2nd contact) with a forearm pass, a set or a spike.
- If the ball is caught the receiving team must have a minimum of 2 contacts, maximum of 3 before the ball can legally go over the net.
  - If the first ball is passed it may go over the net on one hit with a maximum of 3 hits.

**Grades 3rd-6th:**

- The ball may be played over the net on the first ball, however encourage your team to have more than one contact.
- The maximum is 3 contacts before the ball goes over the net. No catching allowed.

**Grades 7th-8th:**

- No modifications. Regulation volleyball rules apply.

**During Rally / Play**

**Grade 2nd:**

- As the ball crosses the net it may or may not be caught.
  - If caught, the player has 3 seconds to toss the ball to a teammate who may then play the ball over (again minimum of 2, and maximum of 3 contacts).
- Ball must be caught below the shoulders. If the first ball is passed it may go over the net on one hit with a maximum of 3 hits.

**Grades 3rd-6th:**

- The ball may be played over the net on the first ball, however encourage your team to have more than one contact.
- The maximum is 3 contacts before the ball goes over the net. No catching allowed.

**Grades 7th-8th:**

- No modifications. Regulation volleyball rules apply.

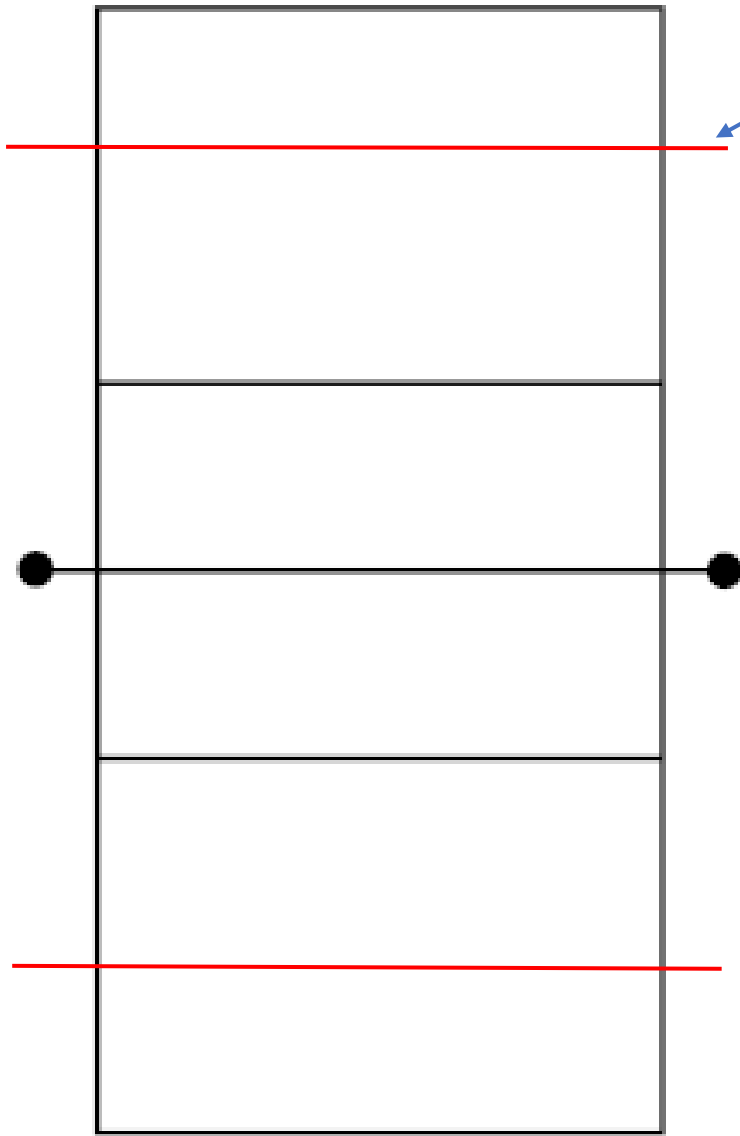
**Attacking / Spiking / Blocking**

- Attacking, spiking, and blocking are allowed in all grade levels.
  - It is illegal to attack or block a serve.
- Blocking does NOT count as the teams 1st contact.

**Violations**

- Net Fouls will be called at all grade levels.
- Illegal Hits: Two hand Open hand/palm hits (underhand or overhand) or throwing hits will be called on all grade levels.
- One hand is legal as long as the ball doesn't come to rest.
- Grades 2nd-5th: Illegal hits will be called more liberally.
- Grades 6th-8th: Illegal hits will be called tighter with underhand pass (hands together) and overhand set (brief contacts with finger pads).

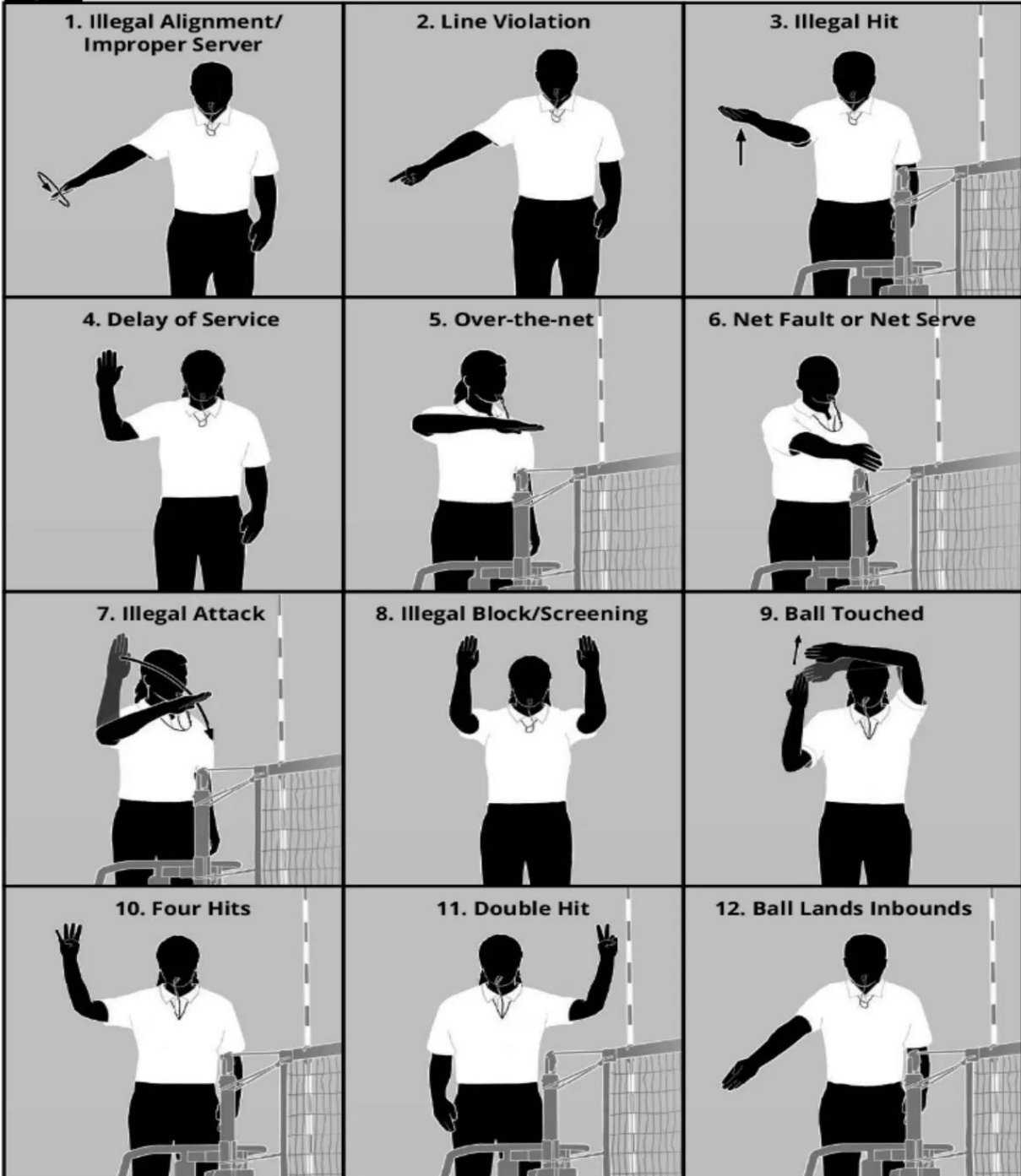
3 foot serve line





# OFFICIAL VOLLEYBALL SIGNALS

PlayPic®



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