



YMCA Micro Volleyball Rules

1st Grade:

4 on a side (4 v 4)

Court Size:

15 x 30 feet (approximately)

Net Height:

6 feet 0 inches (approximately)

Volleyball:

Volley Lite volleyball will be used for play

This type of volleyball is much lighter than a regulation volleyball, but has the same dimensions.

Match Length:

Twenty-five-minute time limit

Practices:

Practices will be the first 25 minutes of the scheduled hour court time.

YMCA supervisors will make sure practices and games are started on time. They will also be available for any questions / instructions.

Season Length:

6 games in 6 weeks of play

Rotation:

Prior to the first serve, players will not rotate. Substitutes will automatically rotate in at middle-back position when a side out occurs and a team rotates to serve.

Officials:

Coaches will be doing their own officiating. This can be passed on to a parent if necessary.

Official blows their whistle and makes a motion for server to begin serving.

Scoring:

Scoring will not be kept at this grade level.

Change of Sides:

Teams will change sides at approximately 12 minutes. A one-minute timeout will occur at this time.

Side Outs:

If the serving team commits a fault, a side-out occurs and the other team is awarded the serve.

Each player has the chance to serve up to a maximum of 3 times per rotation. If a player does successfully serve 3 times in a row, an automatic side-out will occur. Coaches, please keep track of the 3 serves in a row.

Service:

Underhand or overhand serve may be used. The server will be given 2 chances on his/her first serve on every rotation to serve a legal serve. There will be no foot faults. Serving line to be determined by players/coach's preference.

Serve Receive:

The receiving team can either catch the serve or pass it to a teammate.

- If a player catches the serve (this is considered 1st contact) he/she must then make a two-handed underhand toss to a teammate.
- The teammate must then contact the ball (considered 2nd contact) with a forearm pass, a set or spike.

If the receiving team elects to catch the serve it must then be contacted by a teammate before going over the net. The receiving team must have a minimum of 2 contacts, maximum of 3 contacts, before the ball can legally go over the net, if the first ball is caught.

If first ball is passed, the ball maybe played over the net on the first ball; however, encourage your team to have more than once contact.

During Play:

As the ball crosses the net, it may, but does not have to be caught for the first hit. The player has 3 seconds to toss the ball (considered one contact) to a teammate who may play the ball over the net (2nd contact) or who may pass/set the ball to another teammate. A team must have a minimum of 2 contacts, maximum of 3 contacts, before the ball can legally go over the net, if the first ball is caught. If first ball is passed, the ball maybe played over the net on the first ball; however, encourage your team to have more than once contact.

Spiking & Blocking:

Spiking and blocking is allowed. Blocking the ball does not count as the team's 1st contact. Spiking and blocking a serve is illegal.

Violations:

Net fouls: player – at no time is a player allowed to touch the net

serve – a serve cannot touch the net

during play – a ball CAN touch the net

Illegal hits: Judgment of ball handling skills is loosened to promote the development of skills. The attempt to do the skill right is more important than if the ball was cleanly handled. The regular rule which does not permit the ball to "visibly come to rest" is loosened.