



YMCA Recreational Volleyball Rules

Court Size

- Grades 2nd-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-6th: 7' approximately (may vary slightly at different game sites).
- Grades 7th-8th: 7'4^{1/8}" approximately

Number of Players

- Grades 2nd-8th: All grade levels will have 6 players on the court. (May play with 5 players, won't lose a point at all)

Time Limit

- Matches are limited to 50 minutes. Teams can play as many sets as the 50 minutes allow.
- Each set 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 score 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 side 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 -6th

- 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 & During Play

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 underhand 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-8th:

- 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.

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.
- Under net violations: Permitted unless it interferes with the opponents play or presents as a safety hazard to opponents.
- **Hitting/Touching Violations:**
 - A double contact is called if a player clearly hits the ball twice in succession or the ball contacts various parts of his/her body in succession on the third team hit or on the second team hit and the ball is not next touched by a teammate.
 - Catching or carrying the ball.
 - Throwing the ball.
 - 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).



OFFICIAL VOLLEYBALL SIGNALS

PlayPic®

<p>1. Illegal Alignment/ Improper Server</p> 	<p>2. Line Violation</p> 	<p>3. Illegal Hit</p> 
<p>4. Delay of Service</p> 	<p>5. Over-the-net</p> 	<p>6. Net Fault or Net Serve</p> 
<p>7. Illegal Attack</p> 	<p>8. Illegal Block/Screening</p> 	<p>9. Ball Touched</p> 
<p>10. Four Hits</p> 	<p>11. Double Hit</p> 	<p>12. Ball Lands Inbounds</p> 

PlayPics courtesy of **REFEREE** (www.referee.com)