



South Sound YMCA
YOUTH SPORTS
Volleyball Rules

GAME & EQUIPMENT

1. Referee will use the National Federation High School rules with the following YMCA modifications.

Rally scoring will be used for ALL GRADES with substitution modifications for different grades.

2. For rally scoring the first two games are played to 25 points. The third game will be played to 15 points. There is a 50-minute time limit per match.
3. Each team will have two 30-second time outs per game.
4. Net Height
 - Grades 3-4 – Net height 6ft 10in.
 - Grades 5-8 – Net height 7ft
 - Grades 9-12 – Net height 7ft. 4in.

4. The Ball

- Grades 3-4 will use the Volley-Trainer ball.
- Grades 5-6 will use the Volley-Lite ball.
- Grades 7-8 will use the Soft Touch ball.
- Grades 9-12 will use regulation sized balls.
 - * If both coaches agree, teams can use the ball of the next grade level up.
Example: Volley-Lite → Soft Touch.

5. Out of Bounds

A ball is out of bounds when it;

- touches the floor completely outside the court's boundary lines (ball is in if it touches any part of the line).
- touches the net cables or net completely outside the boundary lines, net supports, or referee's platform.

A serve contacting an overhead object will result in a side-out. A hit contacting an overhead and proceeding to the other side is a side-out.

7. Substitutes rotate in at the left front; rotate out at the left rear.
8. Players rotate clockwise – each player takes a turn serving.
9. Players shall not wear jewelry. Hair devices made of soft material may be worn to control the hair. Religious or medical alert medals are not considered jewelry. They must be taped and may be visible.

10. All rules will be called with some leniency during the 1st half of the season (games 1-4). The 2nd half of the season (games 5-8) the calls will be tighter. The referee will use their judgement with calls when a child has a very low skill level.

OFFENSE

1. Serve must clear the net on the first attempt for grades 5-12.
For all grades, if the serve is a "net serve" and does not make contact with the net antenna and continues to the next side, the ball is still in play.
2. Overhand serves for all grades may only be served from the service line to the 6ft line.
3. Grades 3-4 may serve as far in as the 10ft line. After two successful serves the player must take one big step back to attempt the next serve.
* A player may serve from his/her original spot on his/her next rotation.
4. Grade 6-8 may serve in ball in as far as the 6ft line. After two successful serves the player must take one big step back to attempt the next serve.
5. Server must rotate after five successful services.

DEFENSE

1. Defense will rotate after the first side-out of each game.
2. Serves may not be spiked or blocked.
3. The ball must be cleanly contacted. Leniency will be given to grades 3-4 and marginal for grades 5-6.
4. A team is only allowed three hits per side.
5. Switching positions is allowed within the same line (front or back row).

Sportsmanship

1. Coaches may not dispute calls, or argue a decision in front of players or spectators. If there is a dispute, address it at half time or after the game in the form of a question. If there is further dispute, contact the coordinator of your division.
2. If parents or spectators have concerns during the game, they will report to the coach or address the YMCA staff person (not the referee) on duty, or contact the coordinator.
3. Refer to Player/Parent Code of Ethics