



NATIONAL YOUTH SPORTS RULES VOLLEYBALL: ALL AGES

Applies to both practices and games.

ATTIRE

1. The provided NYS jersey or approved uniform must be worn at all times. No exceptions! Jewelry that can be removed, must be removed. This a safety issue. (*exceptions: religious and/or medical medallions. New piercings must be taped over.*)

TEAM

2. Players must be listed on the official season roster to be eligible to play.
3. All age divisions will have 6 players on the court. May play with 4 or 5 if necessary.

GAMEPLAY

4. The ball size is as follows:
 - 5 to 9-year-olds: Volleyball Lite, official size but less weight
 - 10 to 16-years-old: Regulation size and weight
5. Net height is as follows:
 - 5 to 9-year-olds: Approximately 7 feet*
 - 10 to 16-years-old: Approximately 7 feet*

**Net height may vary slightly at different game sites.*
6. Matches are 50 minutes.
7. Teams can play as many sets as possible within the 50-minute time frame.
8. Each set consists of 25 points.
9. A team needs to win by 2 points if the set is tied at 24 points.
- 9a. *At Officials discretion, should the score/scoreboard become a point of contention between Officials and any outspoken fans/observers, the scoreboard will be turned down/ignored for the remainder of the set/match. Play will continue as before.*
10. At the end of the 50-minutes, whether the set is tied, or a team is ahead by 1 point, the set will end as is.
11. Each team is allowed two 30-second timeouts per set.
12. Rally scoring will be used for all ages.
13. Either team scores a point (*and will gain/regain serve*) when it wins the rally, or the opposing team commits a fault.
14. Rotation occurs after a side out and only the serving team rotates.
15. The team losing the serve does not rotate.
16. The team rotation remains the same from game to game.
17. Attacking, spiking, and blocking are allowed.
18. Blocking does not count as the team's first contact.
19. Team first contact: Multiple contacts by the same player are allowed on first team hit (*example, but not limited to: Team A serves hard into the back court of Team B, player plays low, two hands together to receive, bounces off arms and off forehead. Officials call- considered first contact, no call, play continues*).
20. One hand hits are legal as long as the ball does not come to a rest, or remains motionless.
21. Maximum of 3 contacts allowed (*per team possession*) before the ball crosses over the net, into the opponents playing area.

GAMEPLAY: VIOLATION/FAULT

22. Net faults/Center line violations will be called on all age levels.



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- 22a. Player contact with the net between the antennae or interference with opponents' legitimate effort to play ball is a fault. Loose hair contacting the net is NOT a fault.
- 22b. A player's foot or hand that crosses completely over the Center line (*during play, contacting opponents play area*) under net, (*safety issue or not*) is a fault.
23. It is illegal to attack or block a serve (*above the height of the net*).
24. Back-row players cannot attack in the front zone (*above the height of the net*). "Take-off step" is a fault if on or past the attack line when made.
25. It is illegal for the same player to double-hit or play the ball in two consecutive contacts (*exception of first team contact*).
26. Two-hand, open / palm hits, either overhand or underhand, are illegal*. (*Officials call- prolonged contact and/or lift, double contact*).
27. Throwing hits will be called on all age levels. (*Officials call- "carry", prolonged contact and/or lift*).
28. 5 to 9-year-olds: Ball-handling, illegal hits*, and foot faults will be called more liberally.
29. 10 to 16-year-olds: Stricter calls (*as the session/season progresses*) on ball-handling, illegal hits with overhand sets* (*brief contact with finger pads is legal, two-hand, open palm hits are not*). Foot fault violation calls, both serving (*End line violation*) and Center line violations, will also become stricter as the session/season progresses.
30. Ball/Player contact with the antennae (*if applicable*) during play is considered a fault (*out-of-bounds*), with the point and serve going to the opponent.

GAMEPLAY: OBSTRUCTIONS

31. Any ball touching a court obstruction of the opponent's side is considered out-of-bounds.
32. Obstructions can include:
 - Basketball hoop
 - Poles of the net
 - Ceiling
33. Any ball touching the ceiling on your playing side is considered playable (*any ball sent to the opponent's side that contacts the ceiling before the opponents contact, is considered out-of-bounds*).
34. A ball that touches the net but continues to the opponent's side is permitted.

GAMEPLAY: PLAYER ROTATION

5 to 9-YEAR-OLDS

35. All players present at the game are required to play in each game.
36. Players should sit along the sideline in team rotation order, when not currently playing.
37. Players rotate into the game at the center back position and rotate out after service rotation.
38. Players who finish game #1 on the court will start game #2 and so on.

10 to 16-YEAR-OLDS

39. Coaches have the option to rotate players into the center back position or request for substitutions.
- 39a. Coaches choosing the option to rotate players into the center back can choose whether or not to send someone in; on the teams gain of point/serve-rotation. Official does not need to be notified.
- 39b. Coaches calling for/signaling for substitutions (any position) with the official, must have their players ready to go on-court the moment after the current rally is whistled over. This option is available on any dead ball, not just on gain of point/serve-rotation.
40. Whichever option a team chooses at the beginning of the match, they must continue the same option for the entire match.
41. Signaled/called for substitutions of players must be made at the Sideline, between the court Attack line and Center line.
42. Officials must acknowledge substitutions before the player enters the game.
43. Each player must play half of a match and must play **all front and back row positions, including serving**.



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GAMEPLAY: SERVING

Team Serve rule: Team to the left side of the Official receives first serve, and first serve then alternates to the opposite team at the beginning of each new set (*In the case of a team with a double match scheduled, the new team receives first serve. Coin flip in special cases only*).

44. Play/Rally begins with a serve by the serving team, at the whistle-call of the Official.
45. Players may serve underhand or overhand at all age levels. ***Overhand/Jump-serves MUST be behind the End line at all levels.**
46. Players may drop ball or let drop, one serve for a Redo, per-serve. Second Redo in-same-serve is point and side-out to the opponent. Third consecutive Redo-serve is point and side-out to the opponent.

5 to 9-YEAR-OLDS - Youth

47. Players may serve anywhere behind the 10-foot attack line. Every completed serve the player must try to take a step back on their next serve.
- 47a. Redo: If a player's first attempt to serve fails to cross over the net (between antennas, not out-of-bounds fault), the player is awarded a Redo for the serve.
48. An automatic side-out occurs after a team has scored 3 straight points while serving.

10 to 13 YEAR OLDS - Intermediate

49. Players may serve up to 10 feet in front of the End line, halfway between the Attack line and the End line. Every completed serve the player must take a step back on their next serve. By the end of the season all servers will be expected to serve from behind the End line.
50. An automatic side-out occurs after a team has scored 5 straight points while serving.

14 to 16-YEAR-OLDS - Advanced

51. Players may serve anywhere behind the end line.
52. An automatic side-out occurs after a team has scored 7 straight points while serving.

Rules Conflicts:

Violations of rules not specifically written here will be compared and considered to/with the official NFHS Volleyball Rules Book. Judgement of Official(s) is final.

Official Redo:

Official(s) are reserved the ability to stop play/rally, and call "Redo" for any reason, including but not limited to: on-court or off-court actions and/or hazards and safety issues in any area of the court/gym. We play for fun, not just for the point.