



## YOUTH VOLLEYBALL RULES

### SECTION 1: GENERAL RULES

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1. Only registered City of Peoria players may participate in games and practices.
2. Players with a hard cast cannot participate in practices or games.

### SECTION 2: GAME SET UP

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1. The team winning the pre-game coin toss will be given the option to choose which side they would like to play from or if they want to serve the ball first in game one.
2. Teams will switch sides, as well as switch serves, to begin game two.
3. 7 & 8 and 9 & 10 divisions will play two games or 50 minutes (whichever comes first).
4. 11 & 12 and 13 & 14 divisions will play two games or 55 minutes (whichever comes first).
5. If time is remaining, a third game may be started but will be ended at time limit, regardless of score. *If teams complete all 3 games before the time limit, a 4<sup>th</sup> game will not be played.*
6. Another coin toss will take place prior to the start of game three.

### SECTION 3: SERVES

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1. Players must wait for the whistle before serving.
2. If doing an overhand serve, players get 2 attempts to serve. They must serve on the 2<sup>nd</sup> toss. Possession will go to opposing team if serve is not completed after 2<sup>nd</sup> toss.
3. A serve that hits the net and lands on the opposite side of the serving team inside the court of play is good.
4. No blocking or attacking an opponent's serve, when the ball is in the front zone and entirely higher than the top of the net. Characteristics of an attack are:
  - a. All actions that direct the ball towards the opponent, with exception of service and block.
  - b. An attack hit is completed at the moment the ball completely crosses the vertical plane of the net or is touched by an opponent.
5. Overhand serves may be open hand or closed fist. Underhand serves must be closed fist.
6. After 3 consecutive serves by one player in the 7 & 8 Coed and 9 & 10 Coed divisions, possession of the ball will be given to the opposing team.
7. After 5 consecutive serves by one player in the 11 & 12 Coed or 13 & 14 Girls divisions, possession of the ball will be given to the opposing team.
8. **7 & 8 and 9 & 10 Divisions**
  - a. 16 feet in front of the back line can be used for underhand serves.
  - b. 14 feet in front of the back line can be used for overhand serves.
  - c. Server must always be within 8 feet of right sideline.
  - d. A VI40 First Touch volleyball is used for the 7 & 8 Coed Division and a Volley-Lite for the 9 & 10 Coed Division.
9. **11 & 12 and 13 & 14 Divisions**
  - a. 4 feet (2 steps) in front of the back line can be used for underhand serves.
  - b. 2 feet (1 step) in front of the back line can be used for overhand serves.
  - c. Server must always be within 8 feet of right sideline.
  - d. A Volley-Lite volleyball is used for all 11 & 12 matches and a Regulation Size volleyball is used for all 13 & 14 matches.

### SECTION 4: SCORING

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1. All games will be Rally Scoring with a point being awarded for each point played (you do not have to serve the ball to earn a point).
2. The game is complete when one team reaches 25 points (straight up) or time runs out.
3. There are no records or standings kept for these leagues.

### SECTION 5: PLAY

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1. The ball may not hit any object off the court of play (basketball hoop, wall, etc.) during live action.
2. The ceiling is considered IN, provided the ball stays on that teams same side of the net.

### SECTION 6: HITTING

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1. A hit is any contact with the ball by a player officially in the game.
2. A team is entitled to a maximum of three hits (in addition to a block).
3. The ball may touch any part of the body, provided it is a simultaneous movement.
4. All single underhand hits must be close fist.
5. No lifts or carries will be allowed.

### SECTION 7: SETTING

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1. All sets must be done from above the head and the ball must leave both hands simultaneously.



## SECTION 8: BLOCKING

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1. If a ball is blocked and the ball lands on that team's side of the net, a player can still hit the ball again.
2. The block does not count as one of the three legal hits.

## SECTION 9: SUBSTITUTIONS

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1. The City of Peoria Youth Sports Programs emphasizes equal playing time for all participants, regardless of age or ability. The substitution process is:
  - A. Continuous Substitution (Rotations) - All players must rotate in and play each spot. Each child is given the opportunity to serve and play every position. Rotations must complete a full circle (player plays all six positions) *Example: a player can't be rotated in, play 2 positions, then sub out.*
    - i. Teams will rotate/substitute after winning the serve from a previous point and before serving the ball.
2. Direct substitutions are not allowed, unless it is for an injured player. Any player that enters a game must stay in regular rotation and rotate through all 6 positions.

## SECTION 10: TIME OUTS

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1. Each coach is given one 60 second time out per game. Time outs do not carry over to the following set.

## SECTION 11: OFFICIALS & SCOREKEEPERS

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1. A City of Peoria Sports Staff will be the official for the game.
2. Any questions or concerns should be brought to their attention at an appropriate time (parents and spectators cannot approach score table or official stand during game).
3. If needed, a parent volunteer may assist as scorekeeper.
4. CITY OFFICIALS HAVE THE FINAL DECISION ON ANY MATTER.