



## YOUTH VOLLEYBALL RULES AND REGULATIONS

### A: 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 in game one.
2. Teams will switch sides, as well as switch serves, to begin game two.
3. 7-8, 9-10 Coed divisions will play two games or 45 minutes (whichever comes first).
4. 11-13 Girls divisions will play two games or 50 minutes (whichever comes first).
5. 14-18 Girls divisions will play two games or 55 minutes (whichever comes first).
6. If time is remaining, a third game may be started but will be ended at time limit.
7. Another coin toss will take place prior to the start of game three.

### B: NET HEIGHTS

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1. 7-8 Coed plays at 7 feet.
2. 9-10 Coed plays at 7 feet.
3. 11-13 Girls plays at 7 feet 4 ¼ inches.
4. 14-18 Girls plays at 7 feet 4 ¼ inches.

### C: SERVES

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1. Players must wait for the whistle before serving.
2. Official serving lines can be used for all serves.
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. A return must be bumped or set, using two hands. No blocking or attacking a serve.
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 is given to the opposing team.
7. It will be after 5 consecutive serves by one player in the 11-13 Girls or 14-18 Girls divisions that the ball will be given to the opposing team.
8. 7-8 & 9-10 Coed Division
  - A. The 16' line (from the back line) can be used for underhand serves.
  - B. The 14' line (from the back line) can be used for overhand serves.
  - C. Players must always be within 8 feet of right sideline.
  - D. A "V140 First Touch" volleyball is used for the 7-8 Coed Division and a "Volley-Lite" for the 9-10 Coed Division.
9. 11-13 Coed 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. Players must always be within 8 feet of right sideline.
  - D. A "Volley-Lite" volleyball is used for all matches.
10. 14-18 Girls Divisions
  - A. All players must be behind the back serving line regardless of the type of serve they are using.
  - B. A player may serve from anywhere behind the back line but must be within the sidelines of the court when contacting the ball.
  - C. A regulation size volleyball is used for all matches.

### D: SCORING

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1. Rally scoring is used for all games. A point is awarded for each point played (you do not have to serve the ball to earn a point).
2. The game is completed when one team reaches 25 points (straight up) or time runs out.
3. There are no records or standings kept for these leagues.

### E: 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.

### F: 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 any 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.



## **G: SETTING**

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

## **H: 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.

## **I: 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. Two options for substitutions are:
  - A. Continuous Substitutions - All players rotate in at a certain spot. Each child is given the opportunity to serve, and play every position.
  - B. Game Substitutions - 6 players play game 1 and a different 6 players play game 2. Each child is given the opportunity to serve, and play every position.

## **J: 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 games.

## **K: OFFICIALS & SCOREKEEPERS**

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1. A City of Peoria staff person will be the official for the game.
2. Any questions or concerns should be brought to their attention (at an appropriate time).
3. A volunteer (preferably a parent) will be recruited to keep score.
4. OFFICIALS HAVE THE FINAL DECISION ON ANY MATTER.