

Youth Volleyball Rules



SARATOGA
SPRINGS
RECREATION

1. TEAMS

- A. This league plays 6v6. The maximum number of players on the court at any given time is 6. A game may start and end with 4 players on the court.
 - a. If a team has less than the minimum, both coaches along with the referee can agree to change the player minimum for that game
 - b. A team may borrow a player(s) from the team they are playing against if they are short players. They may not borrow from a team that they are not playing against.
- B. Each player shall play a minimum of half (50%) of the total playing time in each game.
- C. There will be no forfeits. If one team is short players they may borrow from the other team. All efforts should be made by the coaches and officials to have a game if enough players are present.

2. COURT & PLAYERS EQUIPMENT

- A. Court Size - 30' x 60'
- B. Net Height (May have to adjust due to schools equipment capability)
 - a. 3rd/4th Grade: 6'6"
 - b. 5th/6th Grade: 7'0"
 - c. 7th/9th Grade: 7'4 1/8"
- C. Team Jersey is required
- D. Knee pads are optional
- E. Jewelry is not permitted during a game for player safety.
- F. Must wear appropriate court shoes.

3. GAME PLAY

- A. There will be a captains meeting at the beginning of the scheduled game to determine who serves first. This will be done by either a coin flip; rock, paper, scissors; or by guessing a number.
- B. There is a time limit of 50 minutes. At the end of the 50 minutes, the game will end as is.
- C. 1 timeout per game. (20 second timeout)
- D. Matches will consist of three (3) games. First two games are to 25 and the third is to 15. Teams do not have to win by 2 points. If there is still time on the clock after 3 games teams may continue to play for fun if they choose until time has expired.
- E. 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.
- F. Coed Rule for 7th/9th ONLY: If a team hits the ball more than once before sending the ball back over the net at least one of those hits must be by a female.
- G. Automatic Side Outs/Serving Limits
 - a. An automatic side out occurs after a team has scored 5 straight points while serving.
*Note: No points will be awarded with automatic side outs.

H. Rotation

- a. Teams must all rotate clockwise. If there are substitutes, the front right players will rotate out and the substitute will rotate in to serve.
- b. Players are not allowed to sub out and then go back in to serve if they were not substituted out from the front right position.

I. Serving

- a. Play/rally begins with a serve by the serving team
- b. **3rd/4th Grade:** Each server is allowed 2 attempts at getting their FIRST serve after rotation. Players can serve from as close as the 10ft. line but are encouraged to try and serve from as far back as possible for their skill level. If the 1st serve (of the rotation) is missed, server may move closer to the net (no closer than the 10ft. line) if they choose for their second attempt.
- c. **5th/6th Grade:** Each server is allowed 2 attempts at getting their FIRST serve over the net or in bounds on every service rotation. The first serve must be an overhand serve. Players can serve from as close as 25ft. from the net but are encouraged to try and serve from as far back as possible for their skill level. Because we use courts that are not owned by the city we cannot put tape on the floor. The 25ft. line will be the best judgement by the coaches and generally will be two steps in from the end line. If the 1st serve (of the rotation) is missed, server may move closer to the net (no closer than the 25ft. line) if they choose for their second attempt.
- d. **7th/9th Grade:** Each server is allowed 2 attempts at getting their FIRST serve over the net or in bounds on every service rotation. The first serve must be an overhand serve. If the first serve does not go into play they get another serve. Second serve – player's choice. All serves must be from the end line. Unless a player is really struggling to get it over then if both coaches are in agreement they can be allowed to step in to the 25ft. area.
- e. For all levels, if a server is becoming more proficient at serving from the special service line, encourage the player to move back until they reach the end line.

J. Attacking/Spiking/Blocking

- a. Attacking, spiking and blocking are allowed in all levels.
 - i. A. It is illegal to attack or block a serve
- b. Blocking DOES NOT count as the teams 1st contact.

4. GAME VIOLATIONS

A. Net Fouls – All net fouls will be called.

B. Illegal Hits

- a. Lifts and double hits will be the referee's decision. A Referee's decision is the FINAL decision, there will be no negotiating.

5. RULE INTERPRETATIONS- All questions on rules will be discussed on the floor by the officials and/or supervisor. If there is a specific rule(s) in question, please contact the Recreation office so we can address the situation for future games. Please keep in mind that the example you set as a coach will be one your players are sure to follow.