



INDOOR GIRLS VOLLEYBALL RULES

Revised 2.20.20

BALL SIZE

- AGES 7 – 9: Volleyball Lite (Official Size, but Lighter Weight)
- AGES 10 – 15: Regulation sized volleyball

NET HEIGHT

- Approximately 7'

NUMBER OF PLAYERS

- All age levels **MUST** have six players on the court. Players may not wear jewelry of any kind during game-play. Each team will have a maximum of twelve players on their roster (Coaches may approve roster higher than the league maximum). Each child must play at least half of every game.
- For teams with playoffs incorporated, IF a team begins the match with less than 6 players, the score will be reported as a loss for the team with less players, but the match will be played as a scrimmage (with teams sharing players, if needed). Teams without playoffs incorporated, will share players to complete the scheduled match.

SERVICE

- At the start of the game a coin toss will determine who serves first.
- Play/rally begins with a serve by the serving team.
- Players may serve underhand or overhand at all levels.

In the 7-9 year old divisions (NFHS – National Federation of High School Rules Apply) in addition to:

Service line, for younger players, if both coaches agree in the pre-match meeting, official will allow players up as close as reasonable to get the serve over the net to allow volleys to take place and enhance the enjoyment of the match.

o Maximum of 3 contacts before the ball goes over the net. Receiving team can either catch the serve or pass it to a teammate. If the receiving player catches the serve (this is considered 1st team contact), the player must then make a twohanded, underhand toss to another teammate. The teammate must then play the ball with a forearm pass, overhead set, or spike (this is considered 2nd team contact).

o After the serve is caught, the receiving player should not be taking steps other than turning to face the teammate to whom the ball is being tossed. If the ball is caught, the player must toss the ball to a teammate who may then play the ball over the net or pass/set the ball to another teammate.

10-12, 13-15, 15-17 year old divisions: (NFHS – National Federation of High School Rules Apply) in addition to:

- Players may serve anywhere behind and along the end-line.
- Maximum of 3 contacts before the ball goes over the net. No catching allowed.
- Attacking the serve is not allowed. Contact with the ball must be made below the height of the net if it is directed to the opposing team.

AUTOMATIC SIDE OUTS AND SERVING LIMITS

Ages 7-9: An automatic side-out occurs after a team has scored 3 straight points while serving.

Ages 10-12: An automatic side-out occurs after a team has scored 5 straight points while serving.

Ages 13-15: The server will continue to serve until their serve is broken.

TIME LIMIT

- Matches are limited to 55 minutes.
- Teams can play as many games as the fifty-five minute timeframe allows.
- First two games will consist of 25 points (a team needs to win by two points).
- At the end of the fifty minutes, if in the middle of a game, game ends as is.

TIMEOUTS

- Each team will be allowed two 30-second timeouts per game.
- All players present at the game are required to play in each game.

Rotation of Players - Divisions 7-9 and 10-12 yr olds:

- Players should sit along the end line in rotation order when not in the game.
- Rotation occurs after a side-out and only the serving team rotates.
- The team losing the serve does not rotate.
- Must occur in a clockwise direction with the server rotating out and a new player rotating into the middle/back row (non-serving) position.
- Team rotation remains the same from game to game.
- Substitutions will be allowed for injuries only.

Substitution of Players – Divisions 13-15 yr olds

- For indoor volleyball, the league max per roster is 12 players per team, and 6 substitutions is the maximum number permitted per set. One or more players can be simultaneously substituted.
- Six substitutions is the maximum permitted per team per set. One or more players may be substituted at the same time. A substitute player may enter the game in place of a player of the starting line-up, but only once per set, and he/she can only be substituted by the same starting player.
- There's a special substitution zone which substituting players must stand in to be officially recognized (determine by the official prior to the game).

NET PLAY

- A player can never touch the net while the ball is in play
- Players may play a ball off the net. If a player's hand or foot completely crosses the plane of the centerline, it is a violation.

OUT OF BOUNDS

If the ball hits the line it is in. If there are multiple games going on at once and the ball enters another court it is out of play. If the ball hits the ceiling on your side you may continue play. If the ball hits the ceiling on the opposing team's side it is considered out of bounds. A ball that hits the net but continues to the opponent's side is permitted. These are all judgment calls and officials will have the final say on all calls.

SCORING

Rally score system will be used (teams receive a point for each point won regardless of service).

VIOLATIONS

- Net fouls will be called on all age levels.
- It is illegal for the same player to play the ball in two consecutive contacts (double-hit).
- Illegal Hits: two-hand open palm hits (underhand or overhand) or throwing hits will be called on all age levels. One hand is legal as long as the ball does not come to a rest
 - AGES 7 – 9: Illegal hits will be called more liberally.
 - AGES 10 – 12, 13 – 15: Illegal hits will be called tighter with underhand pass (hand together) and overhand set (brief contacts with finger pads).
- BENEFIT OF THE DOUBT- the official will interpret this: If a child is attempting to do a skill properly (i.e. setting), but fails to accomplish it totally correct, the official may allow the hit and subsequent point if won. Incidental hits will be considered legal. The official will determine if the ball is incorrectly hit by blowing the play dead and awarding a point. Play should always continue until this has occurred. Double hits will not be allowed. Screening will not be allowed.
- ONLY PLAYERS (this includes players on the bench) may yell if a ball is going to land in or out of bounds. Parents and coaches should not call their players off a ball that the player may be going for regardless of whether it is in or out. Let the children use their own judgment.

REMINDERS

SPORTSMANSHIP- all coaches, players, parents, and spectators must conduct themselves in a manner that keeps to the NYS mission and the NYS philosophy. Remember that competition is fun.

We are here to learn and more importantly HAVE FUN!

NO FOOD OR DRINKS IN THE GYM!!! Team snacks must be given out outside of the facility. We are at the mercy of these facilities and must respect their property.

ALL Divisions (HOME TEAM) – Please have your scorekeeper report your team's result to info@nysonline.net after each gameday! We updated standings online every Tuesday at 5 PM following gameday!

Players may not wear jewelry of any kind during game-play.