



# NATIONAL YOUTH SPORTS RULES VOLLEYBALL

*Applies to both practices and games.*

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## **ATTIRE**

1. The provided NYS jersey or approved uniform must be worn at all times. No exceptions!

## **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:
  - 7 to 9-year-olds: Volleyball Lite, official size but less weight
  - 10 to 15-years-old: Regulation size and weight
5. Net height is as follows:
  - 7 to 9-year-olds: Approximately 7 feet\*
  - 10 to 15-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 games as possible within the 50-minute time frame.
8. Each game consists of 25 points.
9. A team needs to win by 2 points if the game is tied at 24 points.
10. At the end of the 50-minutes, whether the game is tied or a team is ahead by 1 point, the game will end as is.
11. Each team is allowed two 30-second timeouts per game.
12. Rally scoring will be used for all ages.
13. Any team can score a point when it wins the rally or the opposing team commits a fault.
14. If the receiving team wins the rally, it scores a point and gains the right to serve.
15. Attacking, spiking and blocking are allowed.
16. Blocking does not count as the team's first contact.
17. One hand hits are legal as long as the ball does not come to a rest.

## **GAMEPLAY: VIOLATIONS**

18. Net fouls will be called on all age levels.
19. It is illegal to attack or block a serve.
20. It is illegal for the same player to double-hit, or play the ball in two consecutive contacts.
21. Two-hand, open / palm hits, either overhand or underhand, are illegal.
22. Throwing hits will be called on all age levels.
23. 7 to 9-year-olds: Illegal hits will be called more liberally.
24. 10 to 15-year-olds: Stricter calls on illegal hits with underhand passes, when hands are together.
25. 10 to 15-year-olds: Stricter calls on illegal hits with overhand sets, with brief contact with finger pads.

## **GAMEPLAY: OBSTRUCTIONS**

26. Any ball touching a court obstruction of the opponent's side is considered out-of-bounds.
27. Obstructions can include:
  - Basketball hoop
  - Poles of the net
  - Antennae
  - Ceiling
28. Any ball touching the ceiling on your playing side is considered playable.
29. A ball that touches the net, but continues to the opponent's side is permitted.



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## **GAMEPLAY: PLAYER ROTATION**

### **7 to 9-YEAR-OLDS**

30. All players present at the game are required to play in each game.
31. Players should sit along the side line in team rotation order, when not currently playing.
32. Players rotate into the game at the center back position and rotate out after service rotation.
33. Rotation occurs after a side out and only the serving team rotates.
34. The team losing the serve does not rotate.
35. The team rotation remains the same from game to game.
36. Players who finish game #1 on the court will start game #2 and so on.

### **10 to 15-YEAR-OLDS**

37. Coaches have the option to rotate players into the center back position or request for substitutions.
38. Whichever option a team chooses at the beginning of the match, they must continue the same option for the entire game.
39. Coaches need to signal the officials for substitutions.
40. Officials must acknowledge substitutions before the player enters the game.
41. Each player must play half of a match and must play all front and back row positions, including serving.

## **GAMEPLAY: SIDE-OUTS & SERVING LIMITS**

42. 7 to 9-year-olds: An automatic side-out occurs after a team has scored 3 straight points while serving.
43. 10 to 12-year-olds: An automatic side-out occurs after a team has scored 5 straight points while serving.
44. 13 to 15-year-olds: The server will continue to serve until their serve is broken.

## **GAMEPLAY: SERVING**

45. Play / rally begins with a serve by the serving team.
46. Players may serve underhand or overhand at all age levels. \*Overhand MUST be behind the baseline at all levels.

### **7 to 9-YEAR-OLDS**

47. Players may serve up to 10 feet in front of the end line, halfway between the attack line and the end line.
48. Maximum of 3 contacts before the ball goes over the net.

### **10 to 12 YEAR OLDS**

49. Players may serve anywhere behind the 10 foot line. Every made serve the player must take a step back. By the end of the season all servers will be required to serve from the back line for the tournament.

### **15-YEAR-OLDS**

50. Players may serve anywhere behind the end line.
51. Maximum of 3 contacts before the ball goes over the net.