



NATIONAL YOUTH SPORTS-SAN ANTONIO

RULES- VOLLEYBALL: 10-16 YEAR OLDS

Applies to both practices and games.

NYS modifies rules each season as needed.

Objective	The focus is on helping players develop their skills. Our goal is to improve the skill level of players and prepare them for the next level. We ask all coaches, parents, and officials to be positive and encourage players at all times.
Safety	All parents must sign the Covid-19 waiver. Parents should monitor the health of their child and if experiencing symptoms, do not participate in any sporting practice or games. Let NYS know of the presence of symptoms. Get tested for Covid-19 promptly and report results to the program. Social distancing (6ft apart) must be practiced as much as possible. Spectators should sit 6ft.apart while watching the game. Masks are required for all spectators, coaches, players, volunteers, and staff. Players, coaches, and staff in active play do not have to wear the masks. Masks must be worn when social distancing cannot be practiced. Equipment will be sanitized as needed. Limit sharing equipment as much as possible. Use hand sanitizer as much as necessary. No team drinks or snacks should be handed out to limit items coming from different households. Each child is responsible for his/her own drink. For a full list of safety protocols please refer to the Play Safe. Stay Safe-Hygiene Plan .
Sportsmanship	Any unsportsmanship or bad behavior-foul language, disrespect of officials, players, or other coaches- may lead to ejection and/or suspension from the league. Any coach, parent or player ejected will be suspended from participating at their next scheduled game..
Uniforms	Players wear NYS provided jersey or approved jersey and must be tucked in to participate. Knee pads required. Proper gym shoes must be worn. No jewelry for player safety (earrings must be covered with tape). Hair bands and bows allowed.
Player Information	9 (min.)-12 (max) players on team roster (any more must be approved by NYS). Each player must be listed on NYS roster sheet to play (roster checks at any time). Game is played 6 on 6, can share players or play with less if not enough players present. All players present at the game are required to play half of each game.
Game Specs	Net Height- Approximately 7 feet (may vary at different sites) Ball size: <ul style="list-style-type: none">- Ages 10-11: Volley-lite (official size but less weight)- Ages 12-16: Official size and weight
Game Time	Regular season matches- 50 minutes Teams play two games to 25 and 3rd game to 15 (based on time limit). <ul style="list-style-type: none">- Team must win by 2 points.- Ages 12-16: In the 3rd game the first team to 15 wins, even after time has expired. <u>Timeouts:</u> <ul style="list-style-type: none">- Ages 10-16: two 30 second time outs, and one 30 second for 3rd set.



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	Teams will not switch sides between games unless there is a clear disadvantage. Then sanitizing and disinfecting will occur before the teams switch sides.
Substitutions	<p><u>Regular Subs:</u></p> <ul style="list-style-type: none"> - Players must have a buddy to sub in and out for. - Can only sub for one player to ensure subs are being rotated correctly. - Players must make eye contact with the referee before subbing. - Example Only: 9 players: 1 through 9 <ul style="list-style-type: none"> - Starters are 1,2,3,4,5,6 - Subs are 7,8,9 - Rotation for sub partners are: <ul style="list-style-type: none"> - 7 for 1; 8 for 2; 9 for 3 - So, players 4,5,6 cannot sub, (unless one is a libero) <p>- Libero - Can only play the back row and can only serve once per set.</p> <ul style="list-style-type: none"> - Max of 3 serve opportunities per game. - Libero can sub in and out for anyone in the back row, no limits. - The Libero can only be subbed out by the player that she replaced.
Serving	<p>Home team is listed first on the schedule.</p> <p>All levels can serve underhand or overhand (see specific age groups below).</p> <p>Must serve behind the back line.</p> <p>Must serve with open hand (no fists).</p> <p>Foot faults result in a point awarded to opposing team.</p> <p><u>Ages 10-11:</u> Encourage the development of players serving overhand (not mandatory).</p> <p><u>Ages 12-16:</u> Strong emphasis on players serving overhand (not mandatory).</p> <p>When server tosses a ball up to serve and decides not to hit the ball, server must let the ball hit the ground first. Server cannot catch the ball or touch any part with the body. Warning given on first violation. On second serve attempt, penalty will be called and opposing team awarded a point and serve.</p> <p><u>Side Outs:</u> No limit to the number of consecutive serves.</p>
Rally Play	<p>Rally scoring used for all ages-any team can score a point when it wins a rally or opposing team commits a fault. Team winning the rally scores a point and gains the serve.</p> <p>During rally play- illegal to play the ball in two consecutive contacts (double hit).</p> <p>Attacking, spiking, and blocking are allowed in all age levels.</p> <p>Maximum of three contacts before the ball goes over the net.</p>
Violations	<p>Illegal hits called tighter for pushes, lifts, and carries (a warning given through mid-season).</p> <p>Illegal for opposing team to block a serve.</p> <p>Blocking does not count as team's first contact.</p> <p>No back-row attacks (back row player must jump from behind the ten-foot line).</p>
Obstructions	Ball touching basketball hoop, poles of the net, antennae, ceiling, wall, etc. on opponent's side



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	<p>is considered out-of-bounds. Ball touching ceiling on playing side is considered playable. Ball touching net but continues to the opponent's side is permitted. Ball touching basketball board and hoop on players side is out of play.</p>
Parent Volunteers	<p>Required to wear masks. Two parents from each team to help with scorekeeping and watching lines at each game.</p> <ul style="list-style-type: none">- One parent from each team at scorer's table.- One parent from each team on the sideline across from the referee. <p>Game does not start until we have volunteers however the game clock will be running. Game time will be kept by officials or scoreboard clock will be used. Scorekeepers are not allowed to coach players from the score table.</p>
Coaching	<p>Head coach and 1 assistant allowed at player bench. Must complete the lineup sheet and give it to the referee before the game starts. Coaches have authority to sit a player if acting unsportsmanlike or continuously misses practices without an excuse. Must notify the referee and noted on the scorecard.</p>
Officiating	<p>Officials allowed to provide advice to players or coaches. Officials allowed to congratulate/compliment players and coaches. Officials to remain on court during player handshake. Only head coach allowed to address the official with questions on calls. Parents are not allowed to approach the official or player bench for any reason.</p>
Tournament	<p>Tournament play available for this group depending on the season. No time limit during tournament play. Best of three, 1st and 2nd games to 25, 3rd game to 15 (must win by two points). Brackets determined by seeding (wins/losses/ties and head-to-head competition).</p>