

YOUTH VOLLEYBALL RULES

The goal of this program is to introduce youth to the game of volleyball. Emphasis is on learning skills, basic rules of the game and sportsmanship.

Youth volleyball is played in a manner similar to middle school volleyball. All rules are governed by the KSHSAA volleyball rules except where local league rules are specified.

AGE

1. The Youth Volleyball League is for players in grades three, four, five and six of the current school year. Division 1: 3rd/4th Grade & Division 2: 5th/6th Grade

COURT

1. Youth Volleyball League games will be played on courts according to KSHSAA specifications. The net height shall be 7'4 1/8" from the floor.
2. There will be three serving lines on the court: the ten-foot "attack" line (3rd/4th grade ONLY), the back-court line (regulation serving line), and a line half way between the two.

EQUIPMENT

1. 3rd/4th grade teams will play with Volley Lite balls.
2. 5th/6th grade teams will play with regulation volleyballs.
3. All players must wear rubber-soled tennis or court shoes at all practices and games. No hard soled or street shoes will be allowed. All players must have shoes - no bare feet or socks.
4. For safety and injury prevention, exposed jewelry such as wrist watches or neck chains cannot be worn during the game. The referee will stop the game and ask for exposed jewelry to be removed.
5. Knee and elbow pads are not required, but are highly recommended. Players must provide their own pads.

PLAYERS

1. Each age group will play with six players (3 front and 3 back)
2. Teams are formed as: 3rd/4th graders & 5th/6th graders
3. Players may not switch teams once rosters have been set.
4. Teams may play a match with six, five, or four (but no less than four) players. If a team has less than four eligible players, then the match will be forfeited.
5. When a team plays with four players, that team must use a 2/2 alignment. Two players must play on the front row, and two players on the back row. Rules that apply to a 3/3 alignment will also apply to a 2/2 alignment.
6. When a team plays with five players, either a 2/3 or a 3/2 alignment may be used.
7. Each team is allowed one (30 second) time out per set.
8. Teams must have at least four players present at 5 minutes after the scheduled match starting time, or the first set of the match will be forfeited.
9. If a team begins play with less than six players and a player arrives late, that player may enter the game only after a dead ball. The late-arriving player must enter the game in the center-back (only after a dead ball).

SUBSTITUTES

1. There will be only one way to substitute, and that is when your team receives service and the right front rotates back to serve. The substitute may then enter the game and become the center back. The server who served the previous time will then come out of the game.

2. Teams may substitute only two players at a time. Players will enter the game at center back and left back.
3. All players present at the game must be included in the team's rotation. A team's rotation must stay the same throughout the **match**, the only exception being the addition of late-arriving players or if a player is injured.
4. The players' positions at the conclusion of one set shall be their starting positions for the next set.

SCORING

1. Youth volleyball games will be played using rally-point scoring.
2. A point shall be scored by the opponent each time a team commits a fault.
3. 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 serve. Each time a team gains serve, it must rotate one position clockwise before serving.
4. WRD youth volleyball matches will consist of three sets, regardless of who wins the first two.
5. A set is won by the team which first scores 25 points with a minimum lead of 2 (no cap) for the first two sets, the third set will be played to 15 points with minimum lead of 2.
6. Each team will have its own side of the net for warm-up prior to each match.
7. A ball that hits the ceiling may be played provided it remains on the attacking team's side of the net. If a ball hits the ceiling and crosses into the opponent's side of the court, it will be ruled out.
8. Any ball that hits a basketball goal will be replayed.
9. Any ball that hits a side wall will be considered out.
10. Before serving, the server must look at the referee and wait for his/her signal to serve. Each team will be given one warning per match. On the second offense, a side-out will be awarded.
11. Faults in playing the Ball:
 - a. Four Hits: a team hits the ball four times before returning it
 - b. Assisted Hit: a player takes support from a teammate or any structure/ object in order to hit the ball within the playing area
 - c. Catch: the ball is caught/thrown or lifted; it does not rebound from the hit
 - d. Double Contact: a player hits the ball twice in succession or the ball contacts various parts of the body

SERVING

1. The referee will flip a coin to determine first serve in Set #1. For each succeeding game, the serve will be alternated.
2. Three serving lines will be available: the ten-foot (attack) line, the back-court line (the regulation serving line), and a line midway between the two.
 - a. Players in the 3rd/4th grade league may use any of the three serving lines. Each player will get two attempts, if the first attempt is unsuccessful, at a serve **once per rotation per set.**
 - b. Players in the 5th/6th grade league may use the regulation service line and the half way line.
3. Net serves: A serve that touches the net and crosses over, fully inside the antennas, is alive and in play.
4. Foot faults: No warnings are given for foot faults.
 - a. 3rd/4th Grade: ten-foot (attack) line
 - b. 5th/ 6th Grade: the line midway between the attack line and back-court line.
5. Rotations are made in a clock wise direction.