



NATIONAL YOUTH SPORTS RULES Volleyball

Applies to both practices and games.

GAME PLAY

NYS is a developmental league. Please make sure to remember it is about the kids. Many times in youth sports coaches and parents will make the game about winning and forget the big picture is to help them improve and build teamwork skills. There will be no scouts and winning a tournament should not be your main focus. NYS is designed to allow all skill levels the opportunity to play year round at a recreational level. We enjoy some competition, but if winning becomes the focus we will pull tournaments. All teams should be focused on developing and not the score. Three things to focus on are listed below.

1. **Three Hits:** Please focus on preparing girls for the next level. Do not ever teach sending the ball over in one hit. Try to pass the ball! Even if this means losing every game! Teach correct volleyball technique and play. It will prepare them for the future.
2. **Positions:** All players should have opportunity to play all positions. Every player should serve, learn to set, learn to pass, and learn to spike.
3. **Playing Time:** All players should play equal time and all players should serve every match.

Volunteers: At NYS we never force fundraisers or charge extra fees at the game, but we do expect parents to help out a little in their child's experience. That means volunteering a practice a little and at games. Each game will require 2 volunteers from each team.

VOLUNTEERING → Two parents from each team must volunteer to help with score and lines each game! One parent from each team will be at the scores table and one parent from each team will be on the sideline across from the referee to help with the lines.

BALL SIZE

Ages 4 – 11: Volley-lite (official size but less weight)

Ages 12 - 16: Official size and weight

NET HEIGHT

Approximately 7 feet (may vary slightly at different game sites)

NUMBER OF PLAYERS

All age levels will have six players on the court (may play with 4 or 5 if necessary)

All players must be in the provided NYS uniform or pre approved uniform.



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TIME LIMIT

Tournament games will not have a time limit. All matchups will be played best out of three games. The team to win two games first will advance.

Regular season matches are limited to 50 minutes.

Teams will play two games to 25 and one game to 15 as long as they end within the fifty minute time frame.

A team needs to win by two points.

Each team is allowed ONE 30 second time-out per game.

ROTATION OF PLAYERS:

AGES 4-7

All players present at the game are required to play in each game.

Players should sit along the end line in team rotation order when not currently playing. Players rotate into the game at the center back position and rotate out after service rotation. Rotation occurs after a side out and only the serving team rotates.

The team losing the serve does not rotate. The team rotation remains the same from game to game. Players who finish game one on the court will start game two and so on.

AGES 8-9 & 10-11

All players present at the game are required to play in each game.

Players should sit along the end line in team rotation order when not currently playing. Players rotate into the game at the center back position and rotate out after service rotation. Rotation occurs after a side out and only the serving team rotates.

The team losing the serve does not rotate. The team rotation remains the same from game to game. Players who finish game one on the court will start game two and so on.

AUTOMATIC SIDE OUTS & SERVING LIMITS

Ages 4 – 7: An automatic side-out occurs after a team has scored 3 straight points while serving.

Ages 8 - 9: An automatic side-out occurs after a team has scored 5 straight points while serving.

Ages 10 – 16: No service rule



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SERVING AGES: 4-7

Play/rally begins with a serve by the serving team. Players may serve underhand or overhand at all levels.

Players may serve up to ten feet in front of the end line (halfway between the attack line and the end line).

All players and coaches will be warned about foot faults if they occur. No penalty will be assessed.

Maximum of 3 contacts before the ball goes over the net.

All players must serve

SERVING AGES: 8-9

Play/rally begins with a serve by the serving team. Players may serve underhand or overhand at all levels.

Players may serve up to ten feet in front of the end line (halfway between the attack line and the end line during the regular season, but will be required to start behind the back line in the tournament).

SERVING AGES: 12-16

Play/rally begins with a serve by the serving team. Players may serve underhand or overhand at all levels.

Players may serve one step inside the end line.

SERVING AGES: 12-16

Play/rally begins with a serve by the serving team. Players may serve underhand or overhand at all levels.

Players may serve anywhere behind and along the end line.

Each player will be allowed one warning as a foot fault, but serves must be taken behind back line. Any foot over the back line will result in a side-out and put for the other team.

SCORING

Rally scoring will be used for all ages – any team can score a point when it wins the rally or the opposing team commits a fault. If the receiving team wins the rally, it scores a point and gains the right to serve.

DURING RALLY PLAY

It is illegal for the same player to play the ball in two consecutive contacts (double-hit).



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ATTACKING/SPIKING/BLOCKING

Attacking, spiking, and blocking are allowed in all age levels however, it is illegal to attack or block a serve. Blocking does not count as the team's first contact.

VIOLATIONS

Ages 4-7: No illegal hits will be penalized. The first player to return a serve or hit is allowed to catch the ball and toss it to a teammate to hit over. You cannot throw the ball over!

Ages 8-9: Two handed spikes, double hits by one player and two handed lifts will be called. Referees will be generous on double touches (with the setter) and pushes (with the setter).

Ages 10-16: Illegal hits will be called tighter with pushes, lifts, carries and overhand sets (brief contacts with finger pads). Players may be warned in the beginning of the season, but these illegal hits will be enforced completely by mid season.

OBSTRUCTIONS

Any ball touching an obstruction (basketball hoop, poles of the net, antennae, ceiling, etc.) of the opponent's side is considered out-of-bounds. Any ball touching the ceiling on your playing side is considered playable. A ball that touches the net but continues to the opponent's side is permitted.

SUBSTITUTIONS

Libero --> You can use a libero, but she can only play the back row and can only serve ONCE per set. Maximum of 3 serves per game. She can sub in and out for anyone in the back row, no limit on subs.

Regular Subs --> The rest of the team must have a buddy to sub in and out for. This means that you can only sub for one player. This way we can ensure subs are being done correctly. Make sure to coach accordingly, so that the two players are not in at the same time.

For example, you have 9 girls #1, #2, #3, #4, #5, #6, #7, #8, #9

Starters are 1,2,3,4,5,6

Subs 7,8,9

1,7 are buddies

2,8 are buddies

3,9 are buddies

Meaning 4,5,6 can not sub (unless one is a libero)!!! They would have to play the entire set.

Teams can switch buddies every set. In set two you can have it so that 1,2,3 cant sub, so buddies are 4,7/5,8/6,9. This will be the only way to 100% ensure teams are not cheating to put their best players in position to block or serve all the time! This is something you will see in middle school and will get the girls ready!