



SARATOGA  
SPRINGS  
RECREATION

## Youth Volleyball Rules

If a rule is not covered here rules will default to high school volleyball rules (see final page)

### 1. TEAMS

- A. This league plays 6v6. The maximum number of players on the court at any given time is 6. A game may start and end with 4 players on the court.
  - a. If a team has less than the minimum, both coaches along with the referee can agree to change the player minimum for that game
  - b. A team may borrow a player(s) from the team they are playing against if they are short players. They may not borrow from a team that they are not playing against.
- B. Each player shall play a minimum of half (50%) of the total playing time in each game.
- C. If one team is short players they may borrow from the other team. All efforts should be made by the coaches and officials to have a game if enough players are present.
  - a. If a team does not have four players at game time, that set will be declared a forfeit.
  - b. Game time is forfeit time, if the first set is a forfeit, still have kids play
  - c. If after 10 minutes, the other team does not have enough for the second set, the game will be declared a forfeit, but still have the kids play.

### 2. COURT & PLAYERS EQUIPMENT

- A. Court Size - 30' x 60'
- B. Net Height (May have to adjust due to schools equipment capability)
  - a. 3<sup>rd</sup>/4<sup>th</sup> Grade: 6'6"
  - b. 5<sup>th</sup>/6<sup>th</sup> Grade: 7'0"
  - c. 7<sup>th</sup>-12<sup>th</sup> Grade Girls: 7'4 1/8"
  - d. 7<sup>th</sup>-12<sup>th</sup> Grade Boys 7'11"
- C. Team Jersey is required
- D. Knee pads are optional
- E. Jewelry is not permitted during a game for player safety.
- F. Must wear appropriate court shoes.

### 3. GAME PLAY

- A. There will be a captains meeting at the beginning of the scheduled game to determine who serves first. This will be done by either a coin flip; rock, paper, scissors; or by guessing a number.
- B. There is a time limit of 45 minutes. At the end of the 45 minutes, the game may end as is.
  - a. Warm-up time (if time permits) will be at the start of the hour, for 10-15 minutes
- C. 1 timeout per set (20 second timeout)
- D. Matches will consist of three (3) sets. First two games are to 25 and the third is to 15. Teams must win by at least 2 points, caps are 27/17. If there is still time on the clock after 3 games teams may continue to play for fun if they choose until time has expired.
- E. Scoring – Rally scoring will be used. Any team can score a point when it wins the rally or the opposing team commits a fault. 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 the right to serve.

- F. Scores/standings will be kept for all divisions and a post-season single elimination tournament will be held for 7<sup>th</sup>-12<sup>th</sup> divisions.

Automatic Side Outs/Serving Limits An automatic side out occurs after a team has scored 5 straight points while serving.

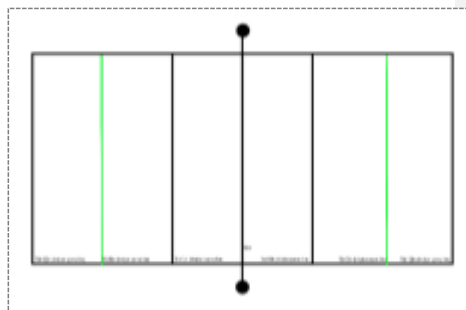
- a. The serving team will be awarded their 5<sup>th</sup> point, the team receiving the ball for the auto-sideout will not receive a point
- b. If a third set is played, auto sideout will be after 3 serves, not 5 as in set 1 and 2.

G. Rotation

- a. Coaches will report lineup to scorekeeper before game time
  - i. Late players may be added to the bottom of the order
  - ii. Adjust line-up for any subs due to injury/leaving the game
- b. Teams will rotate clockwise. If there are substitutes, the front right/left (#6 spot) players will rotate out and the substitute will rotate in to spot #1.
  - i. Players will rotate before they serve
    1. ONLY exception- FIRST side out of the FIRST serve of the set of the receiving team
  - ii. The modified serving spot is purely intended to simplify rotating players in and out. Players in the left back spot are server, players in #6 spot are rotating out. This is to help coaches transition players on and off the court right to/from the bench.
  - iii. Coaches can teach positions and use “real” volleyball rotations. Servers must still serve in rotation order.
  - iv. Servers may serve anywhere along the end line.
- c. Players are not allowed to sub out and then go back in to serve if they were not substituted out from the front right/left position.
- d. Rotations can only be adjusted during the first and second set
  - i. Rotation order cannot be changed after the 2<sup>nd</sup> set
  - ii. The third set will use the second set’s rotations
- e. Coaches can choose to start the 2<sup>nd</sup>/3<sup>rd</sup> set in roster order or where they left off from the previous set.

H. Serving

- a. Play/rally begins with a serve by the serving team
- b. Over or underhand serve is fine
- c. **3<sup>rd</sup>/4<sup>th</sup> Grade:** Each server is allowed 2 attempts at getting their FIRST serve after rotation. Players can serve from as close as the 10ft. line but are encouraged to try and serve from as far back as possible for their skill level. If the 1st serve (of the rotation) is missed, server may move closer to the net (no closer than the 10ft. line) if they choose for their second attempt.



- d. **5<sup>th</sup>/6<sup>th</sup> Grade:** Each server is allowed 2 attempts at getting their FIRST serve over the net or in bounds on every service rotation. Players can serve from as close as 25ft line, but are encouraged to try and serve from as far back as possible for their skill level. The 25ft. line will be marked and is generally a few steps in from the end line. If the 1st serve (of the rotation) is missed, server may move closer to the net (no closer than the 25ft. line) if they choose for their second attempt.
- e. **7<sup>th</sup>- 12<sup>th</sup> Grade:** Each server is allowed 2 attempts at getting their FIRST serve over the net or in bounds on every service rotation. If the first serve does not go into play they get another serve. All serves must be from the end line. Unless a player is really struggling to get it over then if both coaches are in agreement they can be allowed to step in to the 25ft. area.
- f. For all divisions, if a server is becoming more proficient at serving from the special service line, encourage the player to move back until they reach the end line.
- I. For all divisions, a server may drop the ball to the floor and re-toss. If the server drops the ball more than once it is a fault. If a server catches the ball to re-serve it is a fault.
- J. Because of the modifications to serving lines, foot faults will not be called, but still teach your players to avoid stepping on the service line while serving- particularly the 7<sup>th</sup> and up grades
- K. Please be mindful of calling out when the opposing team is serving.
  - a. If a staff member feels the player or team is calling out in effort to be a nuisance, it will be addressed.
- L. If coaches are not rotating players in to serve (or they are being rotated out early), this will be an auto-sideout and the other team will be awarded the point and the serve.**
  - a. Lineup cards will be available to coaches to help track rotation order**
- M. Attacking/Spiking/Blocking
  - a. Attacking, spiking and blocking are allowed in all levels.
    - i. A. It is illegal to attack or block a serve
      - 1. Defined as an overhead, swinging action within the 10 foot line.
  - b. Blocking DOES NOT count as the teams 1st contact.
  - c. Players making contact with the ball, using both hands in an attacking motion, behind their head, will be called for a carry/lift.
    - i. Contact made with both hands in an attacking motion is allowed, as long as both hands contact ball simultaneously and contact is made in front of head.

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#### 4. GAME VIOLATIONS

- A. Net Fouls – All net fouls will be called.
- B. Illegal Hits
  - a. Lifts and double hits will be the referee's decision. A Referee's decision is the FINAL decision, there will be no negotiating.

**5. RULE INTERPRETATIONS-** All questions on rules will be discussed on the floor by the officials and/or supervisor. If there is a specific rule(s) in question, please contact the Recreation office so we can address the situation for future games. Please keep in mind that the example you set as a coach will be one your players are sure to follow.

Updated 7/25/2024

## High school rules

**NFHS volleyball mainly govern the league, with some league rules adjustments**

- Teams have three contacts to pass the ball over the net
  - Contact made with any body part is legal (foot)
  - If two players make contact with the ball simultaneously it is considered one touch, players involved may not make the next contact.
- Blocks do not count as a first touch
- No blocking or attacking the serve
- During blocking, a player may place hands and arms beyond the net inside the antennas provided the action does not interfere with the opponent's play
  - Blockers may reach across the plane of the net, but may not make contact over the opponent's play area, if contact is made, blocker has committed a fault
    - Blocking the ball across the net above the opponent's team area is legal provided:
      - The block is made after the opponent has executed an attack-hit (simultaneous contact with the attack-hit is a blocking fault)
      - The block is made after the opponents have completed their three hits
      - The block is made after the opponents have hit the ball in such a manner that the ball would clearly cross the net if not contacted by a player and no member of the attacking team is in a position to make a legal play on the ball
      - The ball is falling near the net and no member of the attacking team can make a play on it.
- Backrow attacker must not make contact with 10' line
  - At moment of contact, any part of the ball is below the top of the net
- Ball is out if it hits:
  - An antennae
  - Floor outside of line
  - Net or cables outside of the antenna
  - Referee stand
    - League rule allows the ball to make contact with ceiling or equipment hanging from ceiling and is still playable if it lands on that same team's side. The ball cannot make contact with ceiling/equipment on its way over the net to the opposing team's side. If this occurs, the ball is dead.
    - With that said, the ball cannot be played off of railing, wall, bleaches, team benches, and area behind team benches,
    - Playable area is the court and ANY unobstructed space outside of the court boundary lines
    - A team can be outside of the boundary line and still play the ball, the ball must always cross "net extended" to the other team's side to remain legal and playable.
- A replay may be called if:
  - A wall, floor obstacle or a non-team member causes an interference and the player had a legitimate play on the ball
  - When in judgement of the referee, the ball would have remained in play had a vertical backboard not been over the playable area
  - When in judgement of the referee, the ball would have remained in play had the cables/poles not been there

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- An inadvertent whistle
  - Player serves before the official's whistle
  - Official cannot make a call on the play
- Net Violations
  - Touching the net with any part of the body is not allowed (hair is okay)
  - if the ball is driven into the net and causes the net to contact the player, no foul will be called
- Players should stay on their side of the court
  - Underneath the net is an imaginary line, if a player touches/crosses the line and contact is made that causes interference with the play, the play ends and the violating team loses the ball and the other team earns the point and will serve
  - If a player steps on/crosses this line and no contact is made and there is no interference, play can continue with no violation
- Illegal hits
  - Will be called at the discretion of the official
- Lifts and doubles
  - Will be called at the discretion of the official
  - Doubles are allowed if a "hard hit" ball
- Volleyball etiquette
  - Volleyballs should not be kicked
  - Balls should be rolled under the net, instead of thrown
  - Teams should line up at the net after the game for high-fives
  - Players should stay out of the net and out from under it as much as possible
  - If asked by an official if a ball was out or in or touched, players and coaches should be honest even if it negatively impacts their teams
  - Teams may cheer and communicate with each other, if staff ever feel it's turned into shouting or yelling, is excessive or a nuisance, the team will be asked to tone it down.

