

2024 Youth Volleyball Rules

1. Strong emphasis on fun & fundamental instruction, done correctly, to teach and improve skills.
2. Emphasizing equal participation for all players in both practice and games.
3. G1=1st&2nd (Molten First Touch balls), G3=3rd&4th (Volley Lite balls), G5=5th-7th (Regular balls). G1 League **can** play 8 on the court with a middle row, G3 & G5 will play 6 on the court.
4. If a team is short players, they can play with the players they have or pick up players from another team in their league. If they play short, the other team does not have to play short ... they can play with 8 or 6 depending on the league. This rule does not apply in tournaments.
5. A match will consist of 2 games to 25 points and 1 game to 15 points – you do not have to win by 2 points, or 45 minutes.
6. The team with an H after their time on the schedule will have 1st & 3rd serves the other team will choose side.
7. A point is scored on every serve – rally scoring.
8. A serve hitting the net and going over is good.
9. All serving must be as follows. Foot faults will be called.
 - a. Serving Line: *G1 - 15ft from the end line – may serve under or overhand.
 - b. Serving Line: *G3 - 15ft from the end line – must serve overhand on first serve. If it doesn't go over, will serve again overhand. If the ball doesn't go over after the second serve, will serve underhand. If the ball doesn't go over after the third serve, the coach will throw it into play. Essentially, the server gets 3 chances to get the ball in. If they get a point on the underhand serve, they will again get 2 more chances to score. The coach will throw the ball into the person closest to them.
 - On the coach throw, the receiving team will get the point/ball regardless of how the point plays out.
 - c. Serving Line: G5 -10ft from the end line – must serve overhand.
 - d. 2 Toss maximum, on third toss and no contact will be a side out.
10. No server will serve more than three times in a row before players rotate. The ball will stay on their side – just rotate to the next server. The receiving team does not rotate.
11. Please rotate players in:
 - a. At the serving position – coming into serve.
 - b. After the serving position – server then goes out and enters in the middle back.
12. Net height will be around 5'6" for G1, 6' for G3 and 6'6" G5.
13. Coaches and referees may stop play, go on the court, and instruct players during match. Try to keep play stoppage to 1 minute max.
- 14. Please bring a pair of shoes to the gym to play in.**
- 15. No beverages or food will be allowed in the gym.**
16. No jewelry will be allowed by the players.
17. Unsportsmanlike behavior will not be tolerated.

Serving:

***G1 & G3 Games the players will serve ... if it does not go over the coach will toss the ball over the net to put the ball in play for each server.**