

Youth Volleyball Rules - Fall 2020

Revised 9/15/2020



A. NCHSAA volleyball rulebook, not in conflict with the rules on the pages, shall govern play.

B. Age groups: Year 2020

1. 7-9 cannot turn 10 before January 1 of current year.
2. 10-12 cannot turn 13 before January 1 of current year.
3. 13-15 cannot turn 16 before January 1 of current year.
 - Any player can play in a higher classification (1 year of age only) but cannot play in a lower age group.

C. Matches:

1. Games may start up to 10 minutes early.
2. There is a 10-minute grace period for the first game of the night only.
3. Teams may begin a game and continue to play with a minimum of four players.
4. A coin toss at the beginning of the match will determine the choice of court or service. The team which does not serve first in game one will serve first in game two. Teams must switch sides between the first two games. A coin toss will be conducted for the choice if there is a third game.
5. If a match goes to a third game, teams will not switch sides halfway through the third game.
6. If the server tosses the ball up, she can let it drop to the floor and take another toss only one time per serve.

7-9

- a) Teams will play to 25 points and must win by 2 points. Rally scoring. Best 2 of 3.
- b) Games will be played with a Volley Lite ball and at a net height of 6'6".
- c) A stepped up line will be used to serve for these age groups. The line is 15' from the net and goes from one sideline to another in a straight line.
- d) There will be a 4 serve limit per server in these divisions. Once a player has successfully served 4 times in a row they will be rotated out and a new server will serve.
- e) The end line (out of bounds) will be 8 feet from the traditional end line.
- f) There will be a 55-minute time limit. If the match is in the third game, whichever team is winning that game at the 55-minute mark wins that game automatically.

- g) On the first serve of the game, a second serve will be allowed for players in these divisions that are unable to serve a playable ball on the first serve. If the second serve is still unplayable then the point and serve will go to the opposing team.
- h) The server has 10 seconds to serve the ball from the time the official signals the serve with a whistle. The first offense will be a warning to that player. The second offense will result in both the point and the serve going to the opposing team.
- i) One 30 second timeout per team per game can be used. Players must return to their same positions coming out of a time out.
- j) Matches can end in tied games if time has expired, unless it is tournament play.

10-12

- a) Teams will play to 25 points and must win by 2 points. Rally scoring. Best 2 of 3.
- b) Games will be played with a Volley Lite ball and at a net height of 7'4".
- c) A stepped up line will be used to serve for these age groups.
- d) There will be a 4 serve limit per server in these divisions. Once a player has successfully served 4 times in a row they will be rotated out and a new server will serve.
- e) There will be a 55-minute time limit. If the match is in the third game, whichever team is winning that game at the 55-minute mark wins that game automatically.
- f) On the first serve of the game, a second serve will be allowed for players in these divisions that are unable to serve a playable ball on the first serve. If the second serve is still unplayable then the point and serve will go to the opposing team.
- g) The server has 10 seconds to serve the ball from the time the official signals the serve with a whistle. The first offense will be a warning to that player. The second offense will result in both the point and the serve going to the opposing team.
- h) One 30 second timeout per team per game can be used. Players must return to their same positions coming out of a time out.
- i) Matches can end in tied games if time has expired, unless it is tournament play.

13-15

- a) Games will be played at a net height of 7'4".
- b) Teams will play to 25 points and must win by 2 points. Rally scoring, Best 2 out of 3, with the final match being first to 25.
- c) There will be a 55-minute time limit. A new game can be played as long as it begins before the time limit has expired.
- d) The server has 10 seconds to serve the ball from the time the official signals the serve with a whistle. The first offense will be a warning to that player. The second offense will result in both the point and the serve going to the opposing team.
- e) One 30 second timeout per game can be used. Players must return to their same positions coming out of a time out.
- f) Matches can end in tied games if time has expired, unless it is tournament play.

D. Substitutions rules: Put a substitute in at each rotation. The substitute will enter at the serve position and the player being replaced will be the player rotated up to the position before the serve position. Substitutions take place just before a team takes possession of the serve. In the case of an injury, the player next in the rotation must take the injured player's place regardless of where that player was on the court. If the injured player is able to reenter the game, they can do so at the serve.

E. Out of bounds rule: The lines on each side and each end of the court will be the boundaries. For 7-9-year-old teams the top of the key will be the boundary. If the ball hits outside the boundaries, it is out of bounds. If the ball hits on the boundaries, it is considered in. The ball is considered in if it hits the rafters or lights and does not cross the net. If a ball hits the rim or backboard of the basketball goal, it will be called out of bounds.

F. Coaches/Line Judges: Each team may have two coaches during games and both must stand by their team bench unless one is their team line judge. Each team should provide a line judge. The line judge must stand at the corner of the sideline and baseline/end line and cannot coach or clap during the game. A parent may be a line judge so that both coaches can stand by their team bench. If the line judge is **not** one of the coaches, he/she is not to go into team huddles and must be remain neutral. If a coach is a line judge, that coach may still instruct and go into team huddles as long as there are no more than 2 adults on the floor for that team.

G. Playing time: Each player **MUST** play a minimum of **50%** of the total playing time.

H. Equipment: Footwear will either be tennis shoes or non-marking shoes. Knee pads are strongly recommended. **No earrings or jewelry is to be worn during games.** Casts and/or any other item deemed to be dangerous by the official may not be worn during the game.

I. Player/Coach/Spectator Conduct: All players, coaches, and spectators must familiarize themselves with the rules of the game and the policies of the league, including the Youth Sports Zero Tolerance Policy. Failing to adhere to Zero Tolerance Policy may result in suspension and/or expulsion.

Remember everyone is here to learn, enjoy, and compete in a sportsmanlike manner.