

SGCCC Youth Volleyball Rules

Players

- Six players on court. Four players minimum.

Game Ball

- Volley-Lites for all grades

Net Height

- 7' Net Height for both age groups & Antennae will be used for games.

Scoring

- We will be using **rally scoring**. **This means that there is a point given on every serve.** Example: The server serves the ball into the net – that will be a side out and a point awarded to the other team. (in the case where a player is allowed 2 serves, a point will only be scored if both serves fail to make it over the net or in play)

Matches

- We will play at least 2 games. First two games played to 23 with a cap of 25. Third game if time permits will be played to 15 with a cap of 17.

Starting Time

- A match will begin at a designated starting time or 5 minutes after the completion of the preceding match if there is less than 5 minutes before the designated starting time. In youth play, there will be time allowed for bumping/passing and time for both teams to practice serving.

Playing Time

- In youth play, ALL PLAYERS MUST PLAY AT LEAST HALF, IF NOT MORE OF ALL GAMES.

Maximum Number of Serves

- In youth play, the following maximum number of points per server is to be followed. After one player reaches the maximum number of points teams are to side out with no points be awarded to the team receiving the serve.
 - Maximum of 4 points per player then change of possession

Serving

- Players must start behind the service line when serving. Players may step over the line if they need to only on underhand serves.
- Overhand serves are allowed in all leagues. Players attempting to serve overhand must stay behind the taped line (6' in front of standard serving line)
- Players are allowed two service attempts for the first point. If the second attempt is not successful it will result in a side out.
 - In both grade league, players will get 2 chances on the ***first underhand*** serve provided the ball does not cross the top plain on the net and travel behind the net.
 - Once a player gets the ball over the net on either of the 1st 2 service attempts, they will only be allowed one serve from this point.

Serving Lines

- In both age groups any overhand serve must be behind the taped line. Coaches can allow others serving under hand to move closer if needed to help get the ball over the net. There is not a set line that one must be behind for underhand serves but we encourage coaches/kids to move back as they master serving.

Service Rotation

- Teams will rotate clockwise when it is their turn to serve, and substitute in the middle back position.

Time Outs:

- All teams will receive 1 – 30 second time out per game.

Conduct

- Team coaches are responsible for the conduct of themselves, their fans, and their players. The SGCCC strives to create a positive learning experience for all participants. Coaches should always encourage and never discourage. They should be positive and stay away from negative comments and/or remarks.

Sportsmanship

- Sportsmanlike behavior is expected from all coaches, players, and spectators at all times. If an individual is asked to stop their unsportsmanlike conduct and they fail to comply, a technical foul will be given. Examples of unsportsmanlike conduct include, but are not limited to: intimidating officials, players, and/or coaches, arguing, taunting, swearing, pushing, and fighting.
- If the opponent is short players, adjust your number of players so the sides are equal or share players.

CLARIFICATION OF SELECT RULES

- A. The ball hitting the line is in-bounds.
- B. general, if the ball contacts an overhead obstacle on the same side of the attacking team, it will still be in play. If the attacking team volleys the ball over the net and it contacts an overhead obstacle above their opponent's side of the court, it will be out. The curtain and walls are out of bounds.
- C. The server may serve anywhere behind the serving line.
- D. Contact with the ball must be a 'clear' hit. No palming, lifting, pushing, or carrying the ball.
- E. The teams will change courts and the serve at the end of the first game. A game of paper, rock, scissors by a team captain will determine what team serves first and what court each team will be in for the first and third games of the match.
- F. When the ball is served, all players must be in their rotation order and within their respective playing area.
- G. The ball may be contacted by any part of the body and will be played if it is a clean hit.
- H. The ball cannot be contacted two times in succession by the same player. Simultaneous contacts by more than one player on the same team are allowed and considered as one hit. Players from the same team participating in simultaneous contact may participate in the next play.
- I. Touching the net at any time is a foul unless a hard driven spike forces the net into a player while they are on their side of the court. Leniency will be given for inadvertent touching of the net that does not affect the course of play. A foul will be called if the tape is contacted on a spike attempt.
- J. A player may reach over the net while blocking or following through. Players cannot reach over the net in attempt to intercept the ball until their opponent has completed their attack.
- K. The serve may not be kicked, or spiked – it must be bumped or set properly.
- L. A player may step on the centerline but not completely across it. Any part of a player's body may be in the air below the net and beyond the center line, as long as they do not touch the net, and as long as they do not interfere with their opponent's play by either touching their opponent or the ball.