



Youth Rules

Youth volleyball league rules

- All teams are urged to be at the game site 10 minutes early.
- Every match will consist of three games if the games are running on time.
- Teams are allowed one timeout, of one-minute duration, per game

Rotation

- Four players on the court, with a minimum of three players. A sub will be entered to serve after each rotation
- Players will rotate in a clockwise manner

Scoring

- First two games to 21 point and the last game to 15
- Must win by 2 points with a 4-point cap
- There will be a point scored on each serve.

Serving

- Server must serve behind the end line. Stepping on or over the line will result in a point for the other team. (This rule applies to 7th and 8th grade teams.
- For 5th and 6th grade players the serving line will be moved up 5 ft.
- Ball may be served underhand or over hand, but only one hand may contact the ball.

Substitutions

- Subs will occur before each serve
- The team must keep the same lineup throughout the game

Basic Violations

- Hitting the ball illegally (carrying, Palming, Throwing, etc.) It is illegal to catch, hold, or throw the ball
- Failure to serve the ball over the net successfully.
- Touching the net with any part of the body while the ball is still in play
- A player may cross the center line under the net if it doesn't interfere with the opposing team.
- A ball is out if it
 - i) Hits the pole
 - ii) The ball goes beyond the sand
 - iii) Hits the barrier net
 - iv) Hits the referee stand or pole

Forbidden Objects

- A junior volleyball player may not wear any jewelry. An exception will be made for religious or medical medallions.
- Players may not wear casts or headgear that may cause an injury.