

Youth Volleyball Rules

Age Requirements:

A player's age as of September 1st the current year will determine the age group they participate in:

8U League: ages 6-8

11U League: ages 9-11

14U League: ages 12-14

Purpose:

The purpose of the Ayden Youth Volleyball Program is to provide a wholesome recreational activity for girls ages 6-14 that will help them to build self-esteem and teach them the basic fundamentals of volleyball.

The program is designed for the following purpose:

- To help players learn the basic skills of volleyball.
- To help players develop self-discipline and build positive attributes such as teamwork, respect for authority and good sportsmanship.

Rosters and Registration:

- All players will be entered into the draft every year.
- The draft will take place following the registration period. A second draft may occur to fill remaining roster spots.
- Draft order will be determined by picking numbers out of a hat.
- For other Draft rules see Youth Sport Manual

Gym Rules and Sportsmanship:

- No alcoholic beverages are allowed on recreation property. This is a state law. If necessary, proper legal action will be taken to enforce this rule.
- A coach, player, or spectator with alcohol on their breath will be asked to leave the recreation area.
- No tobacco products—smoking, chewing, dipping, etc. Are allowed in the gym or practice area.
- No profanity
- No negative cheering
- Children not participating must be under supervision by a parent/adult at all times. No children may be unattended at any time in any facility.
- No spitting on gym floor

General Players Rule:

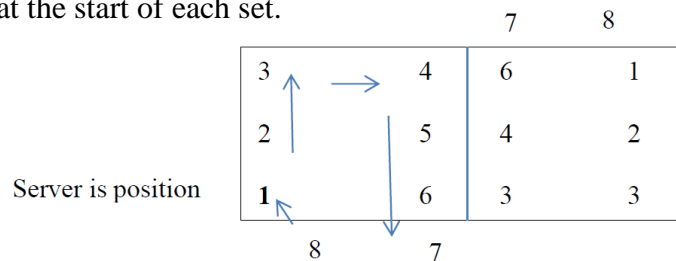
- No jewelry, watches or any accessory of hard materials may be worn during games.
- Tennis shoes must be worn during games. (knee pads are strongly urged)
- Players must wear their team shirt for all games.

General League Rules:

Ayden Arts and Recreation Department will utilize the National Federation of High School rules except as modified within:

- **NET HEIGHT:** The net height shall be (7feet, 4 ¼ inches)
- **SCORING:** Rally scoring will be used. 25 point games/15 points deciding game. Games must be won by two (2) points. Tournament matches 2 out of 3.
- **TIME OUTS:** Each team will be allowed (2) sixty second timeouts that can be used at any point in the game.
- **MINIMUM NUMBER OF STARTERS:** Teams must have a minimum of six (5) players to begin a match. The other team must match same number of starters on the court.
- **SERVING:**
 - Coin flip will determine who will serve first.
 - If the server gets ready to serve and drops/bounces the ball and it touches the court, you will get one warning per 6 person rotation. If it is done twice in the same 6 person rotation, it will count as a point for the other team. If the server tosses the ball up in the air and catches it, it will be a point for the other team.
 - Six (6) players will be on the court at a time during games in two (2) rows of three (3). Players must rotate when their team regains service from the left front position.
 - The ball can hit the net on a serve.
- **PLAYING THE BALL**
 - A team may touch the ball three (3) times in a row. Players may not hit the ball twice in a row.
 - The ball cannot be caught or carried. Any underhand hit with an open palm will be considered a catch or carry.
 - No double hits. Each hit must be clean or contact that player only once. A ball bouncing off head, chest, upper arms, etc. before or after the hit is considered a double hit.
 - Any balls hitting an overhead obstruction will be playable unless:

- It is the teams 3rd hit.
 - If the ball hits the ceiling/beams on a serve, the point will be awarded to the other team.
 - If the hits the ceiling/beams as the ball crosses the net on a volley..
- **GRACE PERIOD:** 10 minute grace period for the 1st game of the night. There will be no grace time allowed for any games other than the 1st game. Games will be scheduled every 45 minutes
 - **TOURNAMENT:** The tournament will be held directly after the regular season. Tournament brackets will depend on the number of teams participating. All regular season rules will apply to the tournament. Tournament will be single elimination unless otherwise stated. Seating for the tournament will be determined by the regular season standings.
 - **SUBSTUATION:** All players will rotate out of the game and in the game in the same order. The coach cannot substitute one player for another. The rotation order will be established at the start of each set.



Note: the only exception will be for injury. Coach must notify the official that the rotation is changing for the injured player.

Division Rules

8U VOLLEYBALL

6-8 years old: This league to teach this age group the fundamentals of volleyball.

Games Rules:

- 8U will serve from the red line closet to the net
- Type of Volleyball will be Volley-Lite

11U VOLLEYBALL

9-11 years old: This league is to teach the fundamentals, skills, and team building.

Game Rules:

- 10U will serve from the line located at the top of the free throw circle.
- Official Volleyball

14U VOLLEYBALL

12-14 years old: This league develops gross motor skill fundamentals and competitive play.

Game Rules:

- 16U will serve from the normal serve line.
- Official Volleyball

Revised July 10, 2020