



YMCA Spirit Volleyball Rules

Listed below are rules most common. It is not the entirety of all aspects of rules. USAV rules will be used please refer to the current USAV rulebook.

Playing Rules with Modifications

Net Height: 4th, 5th and 6th Grade – 7', 7th and 8th Grade – 7'4^{1/8}"

Ball: 4th, 5th and 6th Grade – Volley Lite, 7th and 8th Grade – regulation size & weight

Warm-up: The procedure will be 2-2-1 after the coin toss has been completed. (Each team will have 2 minutes of hitting and then 1 minute for both teams to serve.)

Minimum of players: 5 players minimum to start a game. A team will default the game if only 4 players are present to begin a match. After a team defaults the first game, 10-minutes will be allowed for the team to wait for other arriving team members. At the expiration of the 10 minutes, the second game will be declared a default if still only 3 players are present.

Defaulted games are only for the purpose of keeping records. Whenever there is a default game, coaches are encouraged to mix/share players to get (non-record) games going.

Scoring: Each match is limited to 50 minutes. A match consists of best 2 of 3 games, all using rally scoring system. Each game is played to 25 pts with a cap of 27 pts. In the 3rd and deciding game, it is played to 15 pts with no cap. (If at the end of the 50 minutes, the 3rd and deciding game cannot be finished in the next 2 minutes, the first team to get to a 2 pt lead will be the winning team.)

Serving: We will use the "let serve". The "let serve" allows the continuation of play if a served ball touches the net and then crosses to the opponent's playing area within the crossing space.

Service toss or release error: One service tossing error is permitted for each service. If the ball after having been tossed or released by the server, lands without touching the player, it is considered a service tossing error. The official will authorize the service again, and the server must execute it within the next 5 seconds.

The 4th, 5th and 6th Grade leagues may serve 3 feet in front of the serving line.

Substitutions: All players will have a number. A player in the starting line-up may leave the set and re-enter, but only in their previous position in the line-up. A substitute may enter a set in the position of a teammate in the starting line-up. Unlimited individual entries by a substitute, and unlimited team entries per set. Each entry must be in the same position in the line-up. More than one substitute may enter the set in each position.

All net touches and any players that completely step over the centerline will be called as a net violation. No one is allowed in the net during play at anytime.

Libero: Optional for 7th and 8th grade. If a Libero is used they serve once in a rotation. Not allowed for 4th, 5th and 6th Grade.

Overhead pass on serve reception and 1st team contacts: Overhead receptions of serves or attack-hits are allowed, but the executions of such overhead passes need to be "clean". (2-hits or simultaneous contacts are okay, prolonged contacts are illegal.)

Service Foot Faults, illegal hits such as caught or thrown balls, obvious overlapping of players, back row attack, back row block, etc., still will be called.

All players must play at least 1 full game of each match.