

Greater Austin YMCA

Volleyball Rules

This rule book outlines the rules and guidelines for youth volleyball. The Greater Austin YMCA sets the standards for Youth Sports programming to ensure consistent and quality experience for all participants, parents, and volunteers.

**The Y reserves the right to adjust divisions based on player enrollment.*

Section 1: General Rules

1. All games will be officiated according to NFHS rules except where these local league rules supersede.
2. Disrespect toward referees, staff, opponents, or spectators will not be tolerated.
 - a. Depending on the incident, a coach and/or participant may be asked to leave, suspended, or have membership terminated.
 - b. Coaches and players are expected to demonstrate sportsmanship at all times.
3. Coaches will ensure all able players present will play at least 50% of the total match.
4. Coaches who fail to uphold YMCA youth sports standards may be removed from coaching.

Section 2: Match Format

1. A match consists of three (3) sets with a 50-minute time limit.
2. Sets 1 and 2 are played to 25 points; Set 3 is played to 15 points.
3. Teams must win by two points (cap at 28 for sets 1 & 2, cap at 18 for set 3).
4. All sets use rally scoring (a point is awarded on every serve).
5. Teams switch sides after each set.
6. Each team receives one (1) 30-second timeout per set.

Section 3: Start of Play

1. The home team may choose to serve or select a side of the court.
2. Matches begin with the YMCA pledge and end with teams shaking hands.
3. A serve initiates play. The server has five (5) seconds after the referee's signal to serve.

Section 4: Team Composition

1. Teams consist of a minimum of 8 and maximum of 12 players.
2. Six (6) players are on the court at a time.
3. All players must play a minimum of 50% of the total match.

Section 5: Substitutions & Rotation

1. Coaches must declare before the match whether they will use continuous rotation or set rotation.

2. Continuous rotation: Players rotate in serving order and must maintain the established order.
3. Set rotation: Coaches may alternate lineups between sets; if a third set is played, equal play time must be ensured.
4. 11 & Up divisions may substitute freely provided all players play at least 50%.

Section 6: The Serve

1. Serving line distances by division:
 - a. 8–10 year olds | 15' line first 3 games, then 20' line.
 - c. 11–13 year olds | 20' line first 3 games, then 30' line.
 - d. 14 & Up | 30' end line.
2. Consecutive serves:
 - a. 8–10 divisions | 4 consecutive serves.
 - b. 11 & Up divisions | 6 consecutive serves.
3. A serve contacting the net and crossing over is live.
4. Foot faults result in a side-out.

Section 7: Net Play

1. Players may not contact the top band ("tape") of the net.
2. Reaching beyond the net is permitted only if it does not interfere with an opponent.
3. Penetration under the net is allowed, provided it does not interfere with play.
4. Back-row players may not jump in front of the 10-foot line to attack.

Section 8: Common Violations

1. Double contact.
2. Foot fault.
3. Net violation.
4. Ball contacting wall or out-of-bounds.
5. Blocking or attacking a serve.

Section 9: Ball In and Out of Play

1. The ball is out when it touches the floor completely outside the boundary lines.
2. The ball is out when it contacts non-players or overhead obstructions on the opponent's side.
3. A ball striking the ceiling on the serving team's side may remain playable.

Section 10: Safety

1. Knee pads are required.
2. Players must wear non-marking athletic shoes.
3. No jewelry may be worn during play.
4. Hard casts are not permitted.

Section 11: Equipment

1. Ball Type:
 - a. 8–13 age divisions | Tachikara Volley Lite.
 - b. 14 & Up age divisions | Tachikara SV5WSC regulation volleyball.

2. Net Height:
 - a. 8-10 age divisions | 7'
 - b. 11 & Up age division | 7'-4"

Section 12: Scoring

1. All divisions use rally scoring.
2. A point is awarded on every serve.
3. Matches may end due to time limit.

Section 13: Conduct & Discipline

1. First ejection | Suspended for remainder of match.
2. Second ejection | One match suspension and parent meeting required.
3. Third ejection | Suspended for remainder of season (no refund).
4. All disciplinary actions accumulate over the season.

Quick Reference Chart

Division	Ages 8-10	Ages 11-13	Ages 14 & Up
Ball	Volley Lite	Volley Lite	SV5WSC
Net Height	7'	7'-4"	7'-4"
Serving Line	17'	20'	30'
Consecutive Serves	4	6	6
Minimum Play Time	50%	50%	50%