



## Youth Volleyball Rules

- **Players & Rosters**
  - Rosters will have a maximum of eight players per team.
  - Each player must play equal time.
  - Each player must wear a provided Boys & Girls Clubs of the Big Pines team uniform, knee pads, and non-marking shoes must be worn.
  
- **Games**
  - Each game will start on time.
  - Games will be played 6 on 6. If a team is short players, they may borrow players from the opponent in order to field 6 players.
  - Teams will play each other twice in the same evening.
  - All games will be played with rally scoring (no side outs)
  - Games will be 20 minutes each or played to 21. Teams must win by two with a 25 cap.
  - Substitutions may be made after play has ended before the next serve.
  - Net height will be set at 7 feet 4 inches for 4<sup>th</sup> -6<sup>th</sup> grade and 7 feet 6 inches for 7<sup>th</sup>-9<sup>th</sup> grade.
  - Warm up should be no longer than 6 minutes with two minutes each for passing, spiking and serving. Cooperation between teams should be emphasized to ensure a safe warm-up.
  - 3<sup>rd</sup> through 6<sup>th</sup> grade will use volley-light balls while 7<sup>th</sup>-8<sup>th</sup> grade will use regulation volleyballs.
  
- **Offensive Regulations**
  - Servers may serve either side arm, over hand or underhand.
  - Underhand servers may serve from 10 feet in from the end line for 3<sup>rd</sup>/4<sup>th</sup> grade divisions only. The Boys & Girls Clubs of the Big Pines will supply the line and it will be marked clearly.
  - Overhand servers will serve from the baseline
  - All spiking must be done with an open hand.
  - A three-serve rule will be in effect for each team, then side-out.
  - Serves that hit the net and go over are still playable.
  - Serves that hit the net are deemed “fault”. A server with two consecutive faults will lose the serve to the other team and give up a point
  - All players will be given an opportunity to serve during the match.
  
- **Defensive Regulations**
  - On the serve and first hard driven ball players may receive the ball with a bump, set, overhead double hits or any other manner that is not a lift. Non purpose double hits are also allowed.
  - No liberos (defensive specialist)

- **Additional Boys & Girls Clubs of the Big Pines Volleyball Rules**
  - Opposing parents/coaches and players will shake hands after each game.
  - **League standings and score will be kept.**