



Girls Volleyball Rules

BALL SIZE

- 9U & 11U: Volleyball Lite (Official Size, but Lighter Weight)
- 13U: Regulation sized volleyball

NET HEIGHT

- Approximately 7'

NUMBER OF PLAYERS

- NO FORFEITS.
- Only time a game can be played with less players is if less than six show up to participate.
- If a team shows up with less than 6 players, both teams will play with the same amount.

PLAYERS

- An NYS administered or approved jersey must be worn during the match.
- Players may not wear jewelry, rings, watches, pins, or other metallic objects.
- Each roster will have a minimum of 6 players and a maximum of 12 players unless previously approved by the league coordinator.
- All players should receive 50 percent of game play.
- Three coaches are allowed on sideline during game.

SERVICE

- At the start of the game a coin toss will determine who serves first.
- Play/rally begins with a serve by the serving team.
- Players may serve underhand or overhand at all levels.
- In the 9U year old division:
 - Players may serve up to ten feet in front of the end line
 - Server gets two chances in this division to serve in play.
 - Maximum of 3 contacts before the ball goes over the net.
- In the 11U year old division:
 - Players may serve 5 feet in front of the end line.
 - Maximum of 3 contacts before the ball goes over the net.
- In the 13U year old division:
 - Players may serve 2 feet in front of the end line.
 - Maximum of 3 contacts before the ball goes over the net.
- Attacking the serve is not allowed. Contact with the ball must be made below the height of the net if it is directed to the opposing team.

AUTOMATIC SIDE OUTS AND SERVING LIMITS

Ages 9U: An automatic side out occurs after a team has scored 3 straight points while serving.
Ages 11U & 13U: An automatic side out occurs after a team has scored 5 straight points while serving.

TIME LIMIT

- Matches are limited to 50 minutes.
- Teams can play as many games as the fifty minute timeframe allows.
- Each set consists of 25 points (a team needs to win by two points).
- At the end of the fifty minutes, if in the middle of a set, game ends as is.

TIMEOUTS

- Each team will be allowed two 30-second timeouts per set.

ROTATIONS: ALL DIVISIONS

- All players present at the match are required to play in each set.
- Players should sit on the bench or sideline in rotation order when not in the match.
- Rotation occurs after a side out and only the serving team rotates.
- The team losing the serve does not rotate.
- Must occur in a clockwise direction with the server rotating out and a new player rotating into the middle/back row (non-serving) position.
- Team rotation remains the same from set to set.
- Substitutions will be allowed for injuries only.

NET PLAY

- A player can never touch the net while the ball is in play
- Players may play a ball off the net. If a player's hand or foot completely crosses the plane of the centerline, it is a violation.

OUT OF BOUNDS

If the ball hits the line it is in. If there are multiple games going on at once and the ball enters another court it is out of play. If the ball hits the ceiling on your side you may continue play. If the ball hits the ceiling on the opposing team's side it is considered out of bounds. A ball that hits the net but continues to the opponent's side is permitted. These are all judgment calls and officials will have the final say on all calls.

SCORING

Rally score system will be used (teams receive a point for each point won regardless of service). The Home team must provide a volunteer scorekeeper. Each team must provide a volunteer line judge.

VIOLATIONS

- Net fouls will be called on all age levels.
- It is illegal for the same player to play the ball in two consecutive contacts (double-hit).

- Illegal Hits: two-hand open palm hits (underhand or overhand) or throwing hits will be called on all age levels. One hand is legal as long as the ball does not come to a rest
 - **9U: Illegal hits will be called more liberally.**
 - **11U & 13U: Illegal hits will be called tighter with underhand pass (hand together) and overhand set (brief contacts with finger pads).**

- BENEFIT OF THE DOUBT- the official will interpret this: If a child is attempting to do a skill properly (i.e. setting), but fails to accomplish it totally correct, the official may allow the hit and subsequent point if won. Incidental hits will be considered legal. The official will determine if the ball is incorrectly hit by blowing the play dead and awarding a point. Play should always continue until this has occurred. Double hits will not be allowed. Screening will not be allowed.

- ONLY PLAYERS (this includes players on the bench) may yell if a ball is going to land in or out of bounds. Parents and coaches should not call their players off a ball that the player may be going for regardless of whether it is in or out. Let the children use their own judgment.

REMINDERS

SPORTSMANSHIP- all coaches, players, parents, and spectators must conduct themselves in a manner that keeps to the NYS mission and the NYS philosophy. Remember that competition is fun. We are here to learn and more importantly HAVE FUN!

NO FOOD OR DRINKS IN THE GYM!!! Team snacks must be given out outside of the facility. We are at the mercy of these facilities and must respect their property.