

NATIONAL  
YOUTH SPORTS  
★★ NEVADA ★★  
Girls Volleyball Rules

**BALL SIZE**

- AGES 7 – 9: Volleyball Lite (Official Size, but Lighter Weight)
- AGES 10 – 15: 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 game.
- 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.

**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 7-9 year old division, players may serve up to ten feet in front of the end line
  - Halfway between the attack line and 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. Receiving team can either catch the serve or pass it to a teammate. If the receiving player catches the serve (this is considered 1<sup>st</sup> team contact), the player must then make a two-handed, underhand toss to another teammate. The teammate must then play the ball with a forearm pass, overhead set, or spike (this is considered 2<sup>nd</sup> team contact).
  
  - After the serve is caught, the receiving player should not be taking steps other than turning to face the teammate to whom the ball is being tossed. If the ball is caught, the player has 3-5 seconds to toss the ball to a teammate who may then play the ball over the net or pass/set the ball to another teammate.

- In the 10-12 and 13-15 year old divisions:
  - Players may serve anywhere behind and along the 15 foot end line.
  - Maximum of 3 contacts before the ball goes over the net. No catching allowed.
- 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 7-9: An automatic side out occurs after a team has scored 3 straight points while serving.

Ages 10-12: An automatic side out occurs after a team has scored 5 straight points while serving.

Ages 13-15: The server will continue to serve until their serve is broken.

### **TIME LIMIT**

- Matches are limited to 50 minutes.
- Teams can play as many games as the fifty minute timeframe allows.
- Each game 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 game, game ends as is.

### **TIMEOUTS**

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

### **ROTATIONS: ALL DIVISIONS**

- All players present at the game are required to play in each game.
- Coaches may limit playing time for players that do not regularly attend practice without a valid excuse. The referee should be made aware of this prior to the start of the match.
- Players should sit on the bench or sideline in rotation order when not in the game.
- 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 game to game.
- Substitutions will be allowed for injuries only.

### **SUBSTITUTIONS: 13-15 AND 16-17 YEAR OLD DIVISIONS ONLY**

- Coaches may either choose to rotate players out at the center back position or substitute players.
- Coaches must inform the official at the start of the match if they are going to utilize substitutions and must stick with that decision through the entire match.
- Subs may be made at any time prior to the serve.
- Coaches must signal official prior to subbing and the player must wait for the official to recognize them into the game before entering the court.

- When subbing, each player may only sub for one specific player. For example, player A may only sub for player B and vice versa.
- Coaches must make substitutions quickly to avoid game delays.
- If a coach chooses the substitution route, all players must still play 50 percent of the game.

### 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).

### 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
  - **AGES 7 – 9: Illegal hits will be called more liberally.**
  - **AGES 10 – 12: Illegal hits will be called tighter with underhand pass (hand together) and overhand set (brief contacts with finger pads).**
  - **AGES 13 – 15: Lifts and carries will be called. All illegal hits will be called.**
- **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.