

# NYS

## Volleyball Rules

### Ball size

Ages 7 – 9: volleyball lite (official size but less weight)

Ages 10 – 15: regulation size and weight volleyball

### Net height

Ages 7 – 9: approximately 7 feet (may vary slightly at different game sites)

Ages 10 – 15: approximately 7 feet (may vary slightly at different game sites)

### Number of players

All age levels will have six players on the court (may play with 4 or 5 if necessary)

### Time limit

Matches are limited to 50 minutes. Teams can play as many games as possible within the fifty minute time frame. Each game consists of 25 points (a team needs to win by two points if the game is tied at 24). At the end of the 50 minutes, whether the game is tied or a team is ahead by one point, the game will end as is. Each team is allowed two 30 second time-outs per game.

### Rotation of players

Ages 7 – 9: All players present at the game are required to play in each game. Players should sit along the end line in team rotation order when not currently playing. Players rotate into the game at the center back position and rotate out after service rotation. Rotation occurs after a side out and only the serving team rotates. The team losing the serve does not rotate. The team rotation remains the same from game to game. Players who finish game one on the court will start game two and so on.

Ages 10 – 15: Coaches have the option to rotate players into center back position or request for substitutions. Coaches need to signal the officials for substitutions, and the officials must acknowledge the subs before the players enter the game. Whichever option a team chooses at the beginning of a match, it must continue the same option for the entire game. Each player must play half of a match and must play all front and back row positions, including serving.

### Automatic side outs & 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

## Serving

Play/rally begins with a serve by the serving team. Players may serve underhand or overhand at all levels. In the 7 – 9 division, players may serve up to ten feet in front of the end line (halfway between the attack line and the end line). In the 10 – 15 division, players may serve anywhere behind and along the end line.

Ages 7 – 9: 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. If the receiving team elects to pass the serve (instead of catching) the ball must be contacted by a teammate before going over the net. The receiving team must have a minimum of 2, maximum of 3 contacts before the ball legally crosses the net.

Ages 10 – 15: Maximum of 3 contacts before the ball goes over the net. No catching allowed.

## Scoring

Rally scoring will be used for all ages – any team can score a point when it wins the rally or the opposing team commits a fault. If the receiving team wins the rally, it scores a point and gains the right to serve.

## During rally play

It is illegal for the same player to play the ball in two consecutive contacts (double-hit).

## Attacking/spiking/blocking

Attacking, spiking, and blocking are allowed in all age levels however, it is illegal to attack or block a serve. Blocking does not count as the team's first contact.

## Violations

Net fouls: Will be called on all age levels.

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 – 15: Illegal hits will be called tighter with underhand pass (hands together) and overhand sets (brief contacts with finger pads).

## Obstructions

Any ball touching an obstruction (basketball hoop, poles of the net, antennae, ceiling, etc.) of the opponent's side is considered out-of-bounds. Any ball touching the ceiling on your playing side is considered playable. A ball that touches the net but continues to the opponent's side is permitted.