

City of Anderson Parks and Recreation Department
We Create Community through People, Parks, and Programs

Youth Volleyball Rules

The purpose of this program is:

- to provide recreational experiences for the girls to enjoy as they play and learn the basic skills and strategies of volleyball
 - to promote health and wellness through physical activity
 - to foster human development by teaching sportsmanship, teamwork, and discipline
1. The best two out of three games will constitute a match. The third game will not be played; unless, it is necessary to determine the winner.
 2. Game time is forfeit time – no grace period for any game. If you do not have four players ready to play, the first game will be forfeited. If the needed player(s) arrives within 15 minutes, the remaining games will be played. If not, the entire match will be forfeited.
 3. You may play the entire match with four players if no others arrive.
 4. The first team listed on the schedule will have the choice of court side or first serve. The serve will alternate for the second game. If the third game is necessary, a coin toss will determine serve.
 5. The game will be over when one team reaches 25 points with a 2 point advantage.
 6. If the third game is necessary, it will be played to 15 points.
 7. The rally scoring system will be used. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the right to serve. Players rotate one position clockwise before serving.
 8. Each team member must serve in turn. The server will continue to serve until the other team wins a point.
 9. The serve may be underhanded or over-handed.
 10. The server must serve from behind the line in the designated area. She must wait for the official's whistle to start and then proceed within five seconds. If she serves before the whistle, it is a replay. If it happens a second time, it is a point for the receiving team. In the younger league, the line will be moved in 3 feet. If a girl gets 3 consecutive serves in play, she must move back to the normal service line for the remainder of that rotation.
 11. The ball does not have to clear the net on the serve. If a served ball touches the net, play will continue as long as the ball goes into the opponent's court.
 12. It is not legal to block the serve.
 13. The ball may be played out of the net.

14. The ball must be returned over the net after a maximum of three passes or hits, not counting the block.
15. A block does not count as one of the team's three hits.
16. The ball must break the plane of the net before the opposing team is allowed to play it.
17. A caught ball between the spiker and the blocker is a replay.
18. A back row player can not: participate on or attempt a block or return a ball which is completely above the top of the net while positioned on or in front of the spiking line.
19. Touching the net with any part of the body or your clothes while the ball is in play is a foul. However, no foul occurs when the ball is driven into the net causing the net to contact a player.
20. The ball may not be lifted, pushed, or thrown. It must be distinctly hit. The ball may not visibly come to rest even momentarily during any play.
21. On a set, the ball must be hit with both hands at the same time – not with hands separate, which would make it two hits.
22. A ball hit twice in succession by the same player is a foul (exception: blocking). Two or more players contacting the ball at the same time is considered as one hit. Any of these players may then legally play the next hit.
23. If a hit by one team causes the ball to strike the ceiling or overhead obstruction on their side of the net, it remains in play provide the ball is legally contacted by a member of the same team.
24. When the ball rebounds from one part of a player's body to another in an attempt to block or save a hard driven spike not already touched by a team mate, it is considered a legal multiple contact.
25. A foot on the middle line but not totally in the opponent's court is legal.
26. Adjacent courts are non-playable surfaces and a player may not enter them to play a ball.
27. Each team is allowed to substitute players during any dead ball.
28. Each team is allowed two time-outs per game.
29. Ties will be broken by head-to-head records.