

# Youth Volleyball Rules



Auburn Parks, Arts & Recreation

National Federation High School Rules will apply with the following modifications:

1. A coin flip will determine the server. Visiting team as listed on the schedule will call the flip for the first and third games. Teams will not switch sides in the third game.
2. Each team must supply one adult line judge.
3. Matches will consist of three games to 21 points, capped, using the rally score system. In order to stay on schedule, matches are limited to 45 minutes, therefore, if games go long, they may be reduced to 19 points. Rally score means a point is scored every rally whether you served or not. Capped means games that are tied at 20-20, will end on the next point (21-20).
4. The net serve will be used
5. Teams may play with a minimum of four and a maximum of six players.
6. Players will rotate after every side-out.
7. Players may catch or drop the ball for one re-serve opportunity.
8. Serving rules:
  - a. Players may serve underhand only from the 10', 15', 24' lines.
  - b. Players may serve underhand or overhand from the end-line.
  - c. Once a player has served twice successfully in a row from that line, she must move back to the next line. This player may NOT serve from the closer line for the duration of the match since she has already demonstrated an ability to serve up close. If this player again serves from the next line twice successfully in a row, she must again move back and the same procedure is in effect.
  - d. Rule "c" applies to each match separately.
  - e. Once a player has served 5 times successfully, a side-out will occur and the other team will serve.
9. One 30-second timeout per game is allowed.

10. Substitutions: Coaches may opt to substitute in one of the following ways, but may not switch from one to another during the same given match:
  - a. Players will rotate out at the right front, and in to the server position after a side-out.
  - b. Players will play half the game, then a new set of six players will come in.
  - c.
11. No jewelry of any kind may be worn while playing.
12. No metal or plastic hair barrettes are allowed. They must be of a soft or pliable material if worn in hair.
13. The ball will be considered out if a player enters an adjacent court to play a ball.
14. It is recommended that you bring ice packs or first aid kits in case of injury.
15. No food or drink, except water, is allowed in the gymnasiums.
16. Smoking and alcohol are prohibited on/in any facility or site.
17. Sportsmanship, fun, and fundamentals are priorities of league! Please encourage and practice good sportsmanship, and proper fundamentals, and most importantly, have a FUN time!

League Coordinator

Clarissa J. Ruston, CPRP  
Auburn Parks, Arts & Recreation  
910 Ninth St SE, Auburn WA 98002  
253-931-3043  
cruston@auburnwa.gov