

Kimberly Youth Association  
**VOLLEYBALL LEAGUE RULES**  
 Updated August 2017

**1. COURT SIZE & NET HEIGHT**

Grade	Court Size	Net Height
4 <sup>th</sup>	30' x 40' or two 30' x 20' areas	6' 0"
5 <sup>th</sup> and 6 <sup>th</sup>	Standard Court: 30' x 60'	6' 6"

**2. SERVING LINES**

Grade	Distance From Net
4 <sup>th</sup>	15' from the net
5 <sup>th</sup> and 6 <sup>th</sup>	20' from net (behind back line encouraged for 6 <sup>th</sup> graders)

**3. GAME BALL**

Grade	Type of Ball
4 <sup>th</sup> , 5 <sup>th</sup> and 6 <sup>th</sup>	Volley Lite

**4. PREMATCH PROCEDURES & GAME PROTOCOL**

**CONFERENCE** – A conference will be conducted by the referee between a coach and team captain from each team prior to each match. Information on overhead obstructions, non-playable court obstructions, etc. will be given.

**COIN TOSS AND SERVICE** – The referee will conduct a coin toss with a captain from each team. Home team is the first team listed on the schedule. Visiting team will call the coin toss. Winner of the coin toss chooses to serve or receive. 2<sup>nd</sup> set, teams change sides and the serve changes hands from the team that served first. 3<sup>rd</sup> set, teams change courts again and the team that served first in set one will also serve first in set three.

**WARM-UP** – 5 minutes will be allowed for warm-up.  
 Warm-up time will be used as follows:  
 3 minutes of warm-up on each team's side of the net  
 2 minutes of serving for both teams across the net

**5. GAME OFFICIALS**

- A. Referee** – a paid referee will be provided for each match.
- B. Line Judge** – Each team will provide a fourteen (14) year old or older line judge. The line judge will be positioned just off the court on the left-hand back corner opposite the server. The line judge does **not** change sides during the match. The referee has the right

to overrule a line judge's call at any time - without explanation. A line judge will only address the referee during a dead ball and only to signal an out-of-bounds ball or a service foot fault. The line judge may not talk to any of the players during match play.

Out of Bounds – A ball will be considered out-of-bounds if it:

- touches the wall or other obstructions noted prior to the match
- touches the floor outside the boundary lines of the court
- touches the net antennas
- does not cross the net within the antennas
- if it touches the ceiling and goes to opponent's side of net (still in play if it touches the ceiling and comes back on same side of the net if team still has a hit left)
- breaks the plane of an adjacent court, goes over or touches the bleachers, benches, Official's stand, etc.

**Foot Fault** – A foot fault occurs when a server touches the serving line or touches the court prior to or during the serve.

Grade	Warnings	Result
4 <sup>th</sup>	As many as needed	
5 <sup>th</sup>	One (1)	Side Out
6 <sup>th</sup>	None	Side Out

**C. Scorekeeper** – Each team will provide a scorekeeper who is fourteen (14) or older to help at the score table. These individuals will only address the referee during a dead ball and only regarding time, scoring, or rotation problems. Time is not called and the set is not over until the referee blows the whistle and either signals a time-out or end of set.

**\*NO CHILDREN ARE ALLOWED AT THE SCORE TABLE**

## 6. GAME DAY INFORMATION

### A. Player Uniform

1. Shirt – KYA will provide each participant with a uniform shirt.
2. Shorts & Socks – players are responsible for these items. Coach will inform players of the appropriate type and color.
3. Shoes & Kneepads – Court shoes should be worn at all times. Kneepads are optional.

**B. Coach Uniform** – Uniform shirt provided by KYA. Court shoes.

### C. Prohibited Items

- Jewelry – **NO** jewelry may be worn during sets.

- Hair Accessories – No hard hair accessories are permitted.
- Hard or unyielding devices – No guards, braces, or casts may be worn on the finger, hand, wrist, or forearm. Braces or supports on other parts of the body will be permitted at the discretion of the referee or KYA official.

## 7. MATCH PLAY

### A. Match Definitions

A match will consist of three (3) sets or 30 minutes of play time, whichever comes first. The first two sets will be played to 21 points (rally scoring) with a cap at 24. The third set will be played to 15 (rally scoring) with a cap at 17. All sets must be won by two (2) points.

If a tie exists or a two (2) point margin is not present at the end of 30 minutes, the clock will be reset for an additional two (2) minutes of “sudden death” overtime.

If, at the end of the regulation set, the server has not completed her maximum number of serves, she may continue to serve until a side-out occurs, a 2-point margin occurs for either team, or she reaches her maximum number of serves (see “**Playing Rules #8.**”)

The winner will be declared as follows:

1. The first team to gain a two (2) point advantage at any time during the two (2) minute overtime will be declared the winner.
2. If at the end of two (2) minutes, one team has a one (1) point advantage, that team will be declared the winner.
3. Should a tie exist at the end of the two (2) minutes, the set will be declared a tie, and each team will receive a ½ set win and a ½ set loss.

### B. Mandatory Player Participation

#### Rotational Play for 4<sup>th</sup> and 5<sup>th</sup> Grade

1. Each team will start the set with six (6) players on the court. The remaining players will automatically rotate into play in the center back position when a “side-out” is called and the previous server leaves the court.

#### Substitutions for 6<sup>th</sup> grade (if not using rotational substitutions)

1. All players must play in every match. The goal will be to give each girl playing time equivalent to one full set during the match.
2. Substitutions are unlimited.
3. Substitutions must be visually signaled by the coach during a dead ball. Multiple substitutions should be requested at the same time.
4. The player and substitute shall remain in front of the ten (10) foot line at the sideline until signaled by the referee to switch places. The substitution then immediately occurs.
5. Previously substituted players returning to the court must substitute back into the set in the same position in the serving order.
6. If an injury occurs, and all players on the bench have been previously substituted, an exception to the above rule occurs. The coach is allowed thirty

(30) seconds (official's time out) to make a decision regarding the player. Any player on the bench can be used to substitute for the injured player. The injured player is not allowed to return to that set.

7. A substitute must remain in the set until the next dead ball.

**C. Time-Outs**

1. Two thirty (30) second time-outs will be allowed per set. The clock will be stopped for time-outs.
2. Penalty for requesting additional time-outs will be loss of serve (if serving) and point awarded to opposing team.
3. If a player is bleeding, an official's time-out is taken. The wound must be covered before the injured player can return to the court.

**8. PLAYING RULES**

**A. The Serve**                      Re-Toss = when a player tosses the ball and it is either caught or dropped.  
    Re-Serve = when a player contacts the ball but fails to put it in play.

\***4<sup>th</sup> graders** may use both underhand and overhand serving techniques.

\***5<sup>th</sup> graders** will be encouraged to overhand serve. Underhand serving will be allowed as well.

\***6<sup>th</sup> graders** are strongly encouraged to overhand serve. They are allowed to underhand serve, but it is discouraged.

Grade	The Serve
4 <sup>th</sup>	<ol style="list-style-type: none"> <li>1. The player in the back-right position shall hit the ball with one hand, fist or arm, either held or after release, behind (and without feet coming in contact with) the serving line.</li> <li>2. The ball must be hit with one hand, and must cross the net within the net antennas. The serve will also be counted "good" if it hits the net within the antennas and goes over. This is the "let serve" rule.</li> <li>3. All players, except the server, must be inside the court at serve.</li> <li>4. A player must wait for the whistle and signal before serving the ball. After one warning per server, a side-out will be called.</li> <li>5. Teams WILL ROTATE before their first serve.</li> <li>6. With either a re-toss or a re-serve, the referee will blow the whistle again to signal the next serve.</li> <li>7. A player is allowed to have <b>one (1) re-serve</b> on their first serve attempt of each rotation. They are also allowed to have <b>one (1) re-toss</b> per service rotation. It could be possible for a player to have three tosses in their first serving attempt, one re-toss, one re-serve, and a second serve attempt.</li> <li>8. Maximum Points – A player is allowed to serve and make only</li> </ol>

	<p>three (3) points. After that, the referee will call a side-out. No rally point will be given to the team receiving the side-out.</p> <p>9. The receiving team may NOT hit, attack, or block the serve.</p>
<p><b>5<sup>th</sup> and 6<sup>th</sup></b></p>	<ol style="list-style-type: none"> <li>1. Girls may serve under or overhand. For 6<sup>th</sup> grade underhand serving will be discouraged, but allowed. <b>We want all 6<sup>th</sup> grade players to be able to serve overhand.</b></li> <li>2. The ball must be hit with one hand and must cross the net within the net antennas. The serve will also be counted as “good” if it hits the net within the antennas and goes over. This is the “let serve” rule.</li> <li>3. All players, except the server, must be inside the court at time of serve.</li> <li>4. A player must wait for the whistle and signal before serving the ball. After one warning, per server, a side-out will be called and point awarded to the opposing team.</li> <li>5. Teams who receive the first serve of the set WILL ROTATE before their first serve.</li> <li>6. With a re-toss, the referee will blow the whistle again to signal next serve. The player may either catch the toss or let it drop to the ground.</li> <li>7. A player is allowed to have one (1) re-toss per service rotation. If they re-toss the ball a second time during their service rotation, it will be a side-out and point for the opposing team.</li> <li>8. Maximum Points – A player is allowed to serve and make only six (6) points per service rotation. After that, the referee will call a side-out. No rally point will be given to the team receiving the side-out.</li> <li>9. The receiving team may NOT hit, attack, or block the serve.</li> </ol>

### **B. Hitting the Ball During Play**

1. The serve can be received with either an underhand or overhand pass. The receiver must contact the ball “cleanly” and with both hands/arms simultaneously. Illegal service receive is at the judgment of the referee.
2. After the initial return of the serve, the ball may be played with an overhand or underhand pass, a one-hand dig, a block, a spike, or with any part of the body **above the waist**.
3. Only a short contact with the ball is allowed.
4. After receipt of the serve, a front-row player has no restrictions as to legal contact of the ball. However, a back-row player, in order to spike the ball, must begin their attack behind the ten (10) foot line and may spike the ball with or without jumping from behind the ten (10) foot line. A back-row player who begins her attack from behind the ten (10) foot line, may jump in the air, make contact with the ball, then has the option of landing, BEHIND, ON, or COMPLETELY IN FRONT of the ten (10) foot line. A back-row player may NOT block the ball when standing in front of the ten (10) foot line.
5. Playing the ball back to the opponent on the first touch is permitted. Players should be encouraged to learn how to return the ball with more than one touch.
6. A maximum of three (3) touches are permitted, with the exception of the touch on the block. The ball must be played over the net on or before the last permitted touch.
7. The ball may not be contacted by the same player twice consecutively with the exception of a touch on a block.
8. A ball may not be caught, pushed, carried, or held.

9. Simultaneous Contact - If players touch the ball simultaneously, it will be considered one touch and ANY OTHER PLAYER not involved in the simultaneous contact may touch the ball on the next touch provided there is another touch allowed.

**C. Special Rotations**

Grade	Special Rotations – Out of Rotation Penalty
4 <sup>th</sup>	<ul style="list-style-type: none"> <li>○ Players may not use any switching formation.</li> </ul>
5 <sup>th</sup> and 6 <sup>th</sup>	<ul style="list-style-type: none"> <li>○ Teams may use a 4-2 front-row switching formation to switch a setter into the middle from another front-row position, OR, a 6-2 formation which allows switching of the setter from the back-row to the front-row after the serve.</li> <li>○ All switching formations require the players to be in their correct position until contact of the serve is made, at which time they are allowed to switch positions.</li> </ul>
Out of Rotation Penalty	<p><b>4<sup>th</sup> grades receive ONE WARNING before this penalty is applied.</b></p> <p>If the serving team is out of rotation at contact of serve, the serving team loses the serve and one (1) point is awarded to the other team. If the defensive team is out of rotation at contact of serve, one (1) point is awarded to the serving team. After the award of the point, the referee will assist the team into correct position. If the incorrect server is discovered after more than one point has been scored, the one point penalty is still applied and no additional points are taken off.</p>

**D. Play At The Net**

1. Players may not touch the net with any part of their body during play.
2. Players may step on or have a foot partially across the center line. If their foot completely clears the center line and goes into the opposing court, a violation has occurred.
3. The ball MAY touch the net.