



Girls Volleyball Rules

BALL SIZE

- AGES 7 – 9: Volleyball Lite (official size, lighter weight)
- AGES 10 – 13: Regulation sized volleyball

NET HEIGHT

- Approximately 7'

NUMBER OF PLAYERS

- Six players are required to be on the court at all times with the exception of player's absence, illness, or emergency.
- NO FORFEITS.

SET PLAY

- Home team will serve first.
- Play/rally begins with the official's whistle blow and 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 anywhere behind the designated serving line. (10 ft. line)
 - 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 1st team contact) the player must then make a two-handed underhand toss to another team mate. The teammate must then play the ball with a forearm pass, overhead set, or spike (this is considered 2nd 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 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 10-13 year old divisions:
 - Players may serve anywhere behind the designated serving line. (3 ft. in front of regulation serving 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 on a serve.

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 10-13: An automatic side out occurs after a team has scored 5 straight points while serving.

TIME LIMIT

- Matches are limited to 55 minutes.
- Teams will play 3 sets or as many as the 55 minute time frame allows.
- Each set consists of 25 points 10-13 and 15 points 7-9 (a team needs to win by two points). If a third set is played, it will consist of 15 points for 10-13 and 10 for 7-9.
- Whoever wins best two out of three sets is the winner.

TIMEOUTS

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

ROTATIONS

- All players present at the game are required to play in each set.
- Players should sit along the bench in rotation order when not in the set.
- Rotation occurs only after a side out and only the serving team rotates.
- Rotation must occur in a clockwise direction with the server rotating out and a new player rotating into the middle-back row (non-serving) position.
- Substitutions will be allowed for injuries/emergencies only.

NET PLAY

- A player can never touch the net while the ball is in play.
- Players may play a ball off the net.
- Players can not cross the centerline under the net while the ball is in play.

OUT OF BOUNDS

- If the ball hits the line it is in. 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 scoring system will be used (teams receive a point for each side out won).

VIOLATIONS

- Net fouls will be called on all age levels.
- It is illegal to attack or block a serve.
- It is illegal for the same player to double-hit, or plays the ball in two consecutive contacts.
- Two-hand, open / palm hits, either overhand or underhand, are illegal.
- Throwing hits will be called on all age levels.
- Net fouls will be called on all age levels.
 - AGES 7 – 9: Illegal hits will be called more liberally.
 - AGES 10 – 13: Illegal hits will be called tighter with underhand pass (hands together bump style) and overhand set (brief contacts with finger tips).

- 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.

REMINDERS

SPORTSMANSHIP- all coaches, players, parents, and spectators must conduct themselves in a manner that keeps to the Putnam County Parks & Recreation Department's mission and philosophy. Remember that competition is fun. We are here to learn and more importantly HAVE FUN!