



YOUTH VOLLEYBALL LEAGUE RULES

1195 SE Kemper Way Madras, OR 97741 | ph: 541-475-4253 | macrecdistrict.com

	3 rd /4 th	5 th /6 th
Players	6v6	6v6
Game Length	Three 15-minute sets (running clock)	First/second set – first team to 25; Third set 15-min running clock
Intermission	2-minutes between each set	2-minutes between each set
Net Height	Lowest height available	7 feet
Serving Line	15' from line	25' from net
Scoring	No scoring	Rally scoring to 25 points*

Uniforms and Equipment

Required:

1. Knee pads
2. Uniforms – players will be given a MACRD Youth Volleyball shirt that will be used as a jersey, players will be required to provide their own athletic pants/ shorts.

Game Play

- Coin toss – the game begins with a player from both teams meeting with the referees for the coin toss.
- Timeouts – A team gets one timeout per game that shall not exceed 60 seconds.
- Player substitutions – All substitutions should be made inside the 10' line. Players must wait until the referee calls them in. This will help them get ready for the next level.
- To begin play, one team serves the ball over the net to the opposing team. Once the serve has been received the receiving team has up to three contacts before they must send the ball back over the net to continue the rally. The rally continues with each team allowed as many as three consecutive touches, until a team makes a kill, ground the ball on the opponent's court and winning the rally, or a team commits a fault and loses the rally. The team that wins the rally is awarded a point and serves the ball to start the next rally. Players rotate clockwise around the court in a set order depending on who has possession of the ball.



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- Players may not touch the net while the ball is in play. Touching an opponent under the net is not allowed. Referees will issue a warning for Week 1-2 on the first violation and then award the turnover on the second violation or Week 3-6.
- Foot faults – foot faults can occur during any service attempt or during normal play. Whenever the designated server steps out of the service zone or on the service line in the process of making a serve, they are considered to have committed a foot fault. Additionally, any player who accidentally or deliberately crosses their feet beneath the net and over the centerline into the opponents' territory commits a foot fault. Violations will result in turnover. *Please see exceptions.*
- Out of bounds – The ball is considered out of bounds when it touches any surface, object, or ground outside the court. A ball touching the boundary line is good. The ball must pass over or between the side boundary lines as it crosses the net.
- Hitting – The ball must be clearly batted or hit. No carrying, holding, or throwing the ball is allowed. A player may only use the parts of the body from the waist up to hit the ball.
- Jewelry is not allowed in youth league practices and games. Jewelry should be removed before all practices and games. Earrings can be covered with tape.
- Each team is responsible to provide a line judge for each match. Coaches should designate who this person is prior to game day. Games will not start until proper line judges are in place.
- Playing time should be evenly distributed amongst all players.
- Sportsmanship – Good sportsmanship is required. It is expected that all coaches, players, and spectators are expected to conform to sportsmanship behavior at all times. Poor sportsmanship will not be tolerated and will result in immediate ejection from the game and premises.

Exceptions

- 3rd/4th Grade
 - Running clock to 15-minutes for three sets
 - Serving:
 - Week 1-2 (if wanted), the defensive coach will toss the ball to their own team. The coach will move to the opposite side of the net to put the ball into play.



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- Week 3-4, serving players will have the opportunity to serve. During the first serve if the ball fails to clear the net the ball will be put into play with a coach toss like Week 1-2.
- Week 5-6, serving players will have the opportunity to serve twice. There will be no coach toss.
- After a server scores 5 points in a row, there will be a side out to the defensive team. The defensive team will then serve. This is to encourage skill development and ball play for all players.
- Foot faults: Referees will only issue a warning for foot faults. No turnovers will be issued.
- 5th/6th Grade
 - Serving
 - Week 1-2, serving players will have two chances to serve the ball over the net. If the ball goes out of bounds, it will be called out and turned over to the other team.
 - Week 3-6, serving players will have one chance to serve each time up. The serve can be overhand or underhand. If the serve doesn't go over the net, there will not be a second serve and is the end of serve for that team.
 - Foot faults: referees will issue a warning on first violation for the Week 1-2 and then award the turnover.