



YOUTH VOLLEYBALL RULES
(Revised 9.28.2022)

GENERAL INFORMATION

1. APPAREL

- a. Players are not allowed to wear jewelry of any type. This includes but is not limited to watches, necklaces, bracelets, and earrings.
 - i. Earrings must be taken out. NO EXCEPTIONS.
 - ii. Hair bands and clips should be made of a rubberized type material.
- b. All shorts or pants must be worn around the waist with no undergarments in sight.
- c. Jerseys/Shirts must be tucked in at all times.
- d. It is strongly recommended that players wear knee pads.
- e. Gym shoes are required.

2. GAME TIME AND LOCATION

- a. Please refer to the game schedules for game dates and times. Make-up dates can be played any evening during the week or on a weekend.

3. CONDUCT

- a. The Ottawa Recreation Commission requires that players, parents, coaches, and spectators adhere to the Youth Sports Code of Ethics regarding behavior and sportsmanship to which all will be held accountable. Sportsmanship violations including foul language, intimidation, and threat of infliction of bodily harm against game officials, staff, or other participants, coaches, and spectators will not be tolerated. Individuals refusing to comply with this policy are subject to removal from Ottawa Recreation Commission activities and suspension or banishment from future activities at the discretion of the ORC staff.

GAME RULES

1. NFHS Rules are in effect with the following exceptions:
2. This is a co-ed league. The following floor combinations are allowed:
 - a. 6 girls – 0 boys
 - b. 5 girls – 1 boy
 - c. 4 girls – 2 boys
 - d. 3 girls – 3 boys
 - e. No more than 3 boys shall be allowed on the court at one time from the same team.
 - f. At no time shall there be more boys than girls on the court at one time.
 - g. When only 4 players are present, 2 players must be female in order to start the game.
3. A coin toss between the captains shall determine who serves first. The team who loses the coin toss will choose the side they wish to play.
4. A match consists of three games.
5. Games will have a 15 minute time limit.
6. Rally scoring will be used with the first two games shall be to 25 points, with the winning team having to win by 1. The third game shall be to 15 points, with the winning team having to win by 1.
 - a. The opponent shall score a point each time a fault is committed.
 - b. If the serving team wins the rally, the team is awarded a point and continues to serve.
 - c. If the receiving team wins the rally, the team is awarded a point and gains the serve.
 - d. Each time a team gains a serve; it must rotate one position clockwise before serving.
7. Let serves (serves that hit the net and go over) are allowed.
8. One time out per team per game. Unused timeouts will not carry over to the next game.

9. SUBSTITUTION

- a. Teams are allowed to substitute when they are serving.
- b. The substitute must enter the game in the back row.
- c. Teams must substitute every rotation.

10. EQUIPMENT

- a. NET HEIGHT
 - i. 3rd-4th grade will play on a 6'6" net height.
 - ii. 5th-6th grade will play on a 7'4" net height.
- b. BALL
 - i. 3rd - 6th grade will use a Volley-Lite.

11. SERVING

- a. ALL GRADE DIVISIONS: After 5 points have been served by a player a side out will occur. No points will be awarded to the receiving team in this instance.
- b. 3rd-4th grade can serve anywhere behind the 10 ft. line.
 - i. Players will get 1 reserve if the first serve attempt is unsuccessful.
 - ii. If players get a successful serve and miss their next serve, they don't get a reserve.
- c. 5th-6th grade can serve 5 ft. in front of the endline.
 - i. Players will be allowed 1 reserve attempt.
- d. Attacking or blocking a serve is not allowed.

12. MISCELLANEOUS

- a. A distinct hit must be made. No holding, throwing, or catching the ball is allowed.
- b. The ball may be hit 3 times by one team. However, one player cannot hit the ball twice in a row.
- c. Players may not touch or hang on the net.
- d. The ball will be called out if it hits anywhere outside the boundary lines, hits the sidewalls/curtain or hits the ceiling and advances over to the defending teams side. The ball may be played after touching the ceiling or any other object overhanging the playing area, as long as it does not travel over the net and the hitting team makes a legal hit.
- e. Officials will be lenient on held or lifted ball calls.