

# VAA Community Volleyball

## Rules

Revised 3/20/2022

### **All Divisions:**

- Six players per team on the court. A team may play with no fewer than four players.
- Players rotate in on both sides of the court, unless you have fewer than 8 players present.
- Receiving team rotates on their first side out of the set.
- Three hits per side maximum, no player may touch the ball twice in a row without someone else touching it first.
- Blocking is not considered a touch; players may block the ball and then pass or set the ball again without another player touching it first.
- **Rally scoring** is kept for all divisions, matches will consist of three sets. The first two sets will be played to 25, must win by two and it will cap at 27. The third set will be played first to 15 wins, must win by two and will cap at 17.
- All players are encouraged to serve or attempt to serve overhand on their first time serving each of their turns.
- If a player is not satisfied with their ball toss, they may let it drop to the floor without contact, pick it up, and throw again (no excessive re-tosses please).
- Net serves are allowed (the ball hits the net but goes over and is still in bounds).
- Each match is best of three sets. If one team wins the first two sets and time allows, a third set will be played if time allows. (Exception: During the tournament, teams will play best of three.)
- Wait for the whistle before serving. The whistle is the signal that both teams are ready. Repeated serving without waiting for the whistle will result in a side out.
- No player may fall or step completely under the net during play. Play must be stopped immediately if this happens and a side out or point awarded.
- A ball that hits the ceiling may be played as long as it comes down on the same side of the net as the person who hit the ball and that team has not yet used all three hits.
- In gyms where there are ropes, nets, hoops, hanging from the ceiling, the rope, etc., is to be considered part of the ceiling, and in play if they are on the same side of the court.
  - For example, Team A hits a rope hanging from the ceiling on their side of the net and is able to hit the ball successfully over the net, it is still in play. If they hit the rope and it goes over the net, then it is a side out, *as if it hit the ceiling and went over*.
    - Exception: If the ball is obviously hit out of play and no reasonable attempted save could be made, a side out or point will be awarded the appropriate team.
- For any attack, spike, or hit, the ball must be completely on their side of the net, a player may not cross the plane of the net to hit. A player may cross the plan of the net only when blocking. Players also may not touch the net and may not completely step over the line below the net. Stepping partially on the line however is not a side-out.
- If the ball hits some part of the body other than the hands or arms, it is still live ball, not a side-out.
- Each team may use up to **one time out per set**.
- A coin toss will be done before the first set to determine which team serves first. The team winning the coin toss has its choice of serve or court. If a third set is played, another coin toss will determine who will serve.
- **No blocking or hitting (spiking) on the serve.**
- **No overhand serves, spiking, or overhand hits with a closed fist. Punching the ball or underhand closed-fist hits are okay.**

# VAA Community Volleyball Rules

Revised 3/20/2022

## Division Rule Variations:

### Minis (2<sup>nd</sup>-4<sup>th</sup> grades):

- Volley Lite balls will be used
- Maximum of four points per server in any one turn. After four points, the ball goes over to the other team to serve.
- Each time a player rotates to the serving position (or starts the game serving) they get two attempts to serve, even if the first attempt goes over the net and is out of bounds. However, they only get the two attempts on their first serve during their turn. This applies to both underhand and overhand serves.
- Servers should stand behind the back line whenever possible. At this age, some players may not have the ability to serve this distance and will be allowed to move ahead of this line. No player will be allowed to step up more than one-third (10' line) of the way up to the net. ***If a player serving in front of the line consistently serves to the mid or backcourt (more than twice), she/he must move back one step before serving again (until they are behind the line).*** Please do not abuse this rule.
- When receiving a serve, players may bump or set the ball. No attacking or spiking the ball with one hand.
- If the ball is hit into the net and it gets hung up, it will be a redo. This does not apply to serves.
- Matches will be officiated. While we encourage good, clean hits, we want the young players in this division to play and enjoy the game. Therefore, matches will not be called as tightly in this division. Flagrant carries or throws will not be allowed.

### Minors (5<sup>th</sup> & 6<sup>th</sup> grades):

- Volley Lite balls will be used
- A maximum number of serves rule\*
  1. One person can serve 5 times in a row and score on all serves. After 5 serves and scoring 5 points, the person/team serving the ball will rotate positions and the next person on her/his team will continue to serve.
  2. If the second person serves and scores 5 more, then they will rotate again to the next person in line, and so on.
- Each time a player rotates to the serving position (or starts the game serving) they get two attempts to serve, even if the first attempt goes over the net and is out of bounds. However, they only get the two attempts on their first serve during their turn. This applies to both underhand and overhand serves.
- Servers should stand behind the back line whenever possible. At this age, some players may not have the ability to serve this distance and will be allowed to move ahead of this line. No player will be allowed to step up more than one-third (10' line) of the way up to the net. ***If a player serving in front of the line consistently serves to the mid or backcourt (more than twice), she/he must move back one step before serving again (until they are behind the line).*** Please do not abuse this rule.
- Net serves are allowed (the ball hits the net but goes over and is still in bounds).
- Players may bump (pass) or set the ball when receiving a serve.
-

# VAA Community Volleyball Rules

Revised 3/20/2022

## Minors cont'd:

- If a team has multiple boys, only one may be in the front row at any given time. Standard rotations may be changed to accommodate this.
- Officials will call the matches more tightly than for the Minis. Lifts and carries will be called, and a point or side out awarded.

## Majors (7<sup>th</sup> & 8<sup>th</sup> grades):

- Standard competition balls will be used.
- Each time a player rotates to the serving position (or starts the game serving) they get two attempts to serve, even if the first attempt goes over the net and is out of bounds. However, they only get the two attempts on their first serve during their turn. This applies to both underhand and overhand serves.
- Servers should stand behind the back line whenever possible but will be allowed to move ahead of this line. No player will be allowed to step up more than one-third (10' line) of the way up to the net. ***If a player serving in front of the line consistently serves to the mid or backcourt (more than twice), she/he must move back one step before serving again (until they are behind the line).*** Please do not abuse this rule.
- There is no maximum number of serves per server.
- Net serves are allowed (the ball hits the net but goes over and is still in bounds).
- Players may bump (pass) or set the ball when receiving a serve.
- If a team has multiple boys, only one may be in the front row at any given time. Standard rotations may be changed to accommodate this.
- Officials will call the matches more tightly than for the Minors. Lifts and carries will be called, and a point or side out awarded.

## Seniors (9<sup>th</sup>-12<sup>th</sup> graders):

- Standard competition balls will be used.
- There is no maximum number of serves per serve
- When serving, players will only get one attempt to serve in bounds. Do-overs will not be given for out of bounds or in the net serves.
- Net serves are allowed (the ball hits the net but goes over and is still in bounds).
- Players may bump or set the ball when receiving a serve.
- If a team has multiple boys, only one may be in the front row at any given time. Standard rotations may be changed to accommodate this.
- Officials will call the matches more tightly than for the Majors. Lifts, carries, and double hits will be called, and a point or side out awarded.

**NOTE: The referee has final say in all calls.** Only Coaches can disagree with a call, but please do so calmly and respectfully between matches. **Parents are not allowed to talk to the officials about their calls/non-calls.** If a parent has a question or comment, please speak to your child's coach, who will clarify with the referees, or then contact the Volleyball Commissioner.

If you have any additional questions, please contact the Volleyball Commissioner.

Jason Vath

[jason.vath@vaasports.org](mailto:jason.vath@vaasports.org)