

Rochester Youth Volleyball: Match Overview

Our goals for our league are to introduce the sport of volleyball to young, pre-modified girls, make it a fun environment in a “as-similar-as-possible” game environment where they can learn the objective (keep the ball off the ground), the skills (pass, set, hit) and rules (positions, rotations, movement, scoring).

Court Movement & Positions:

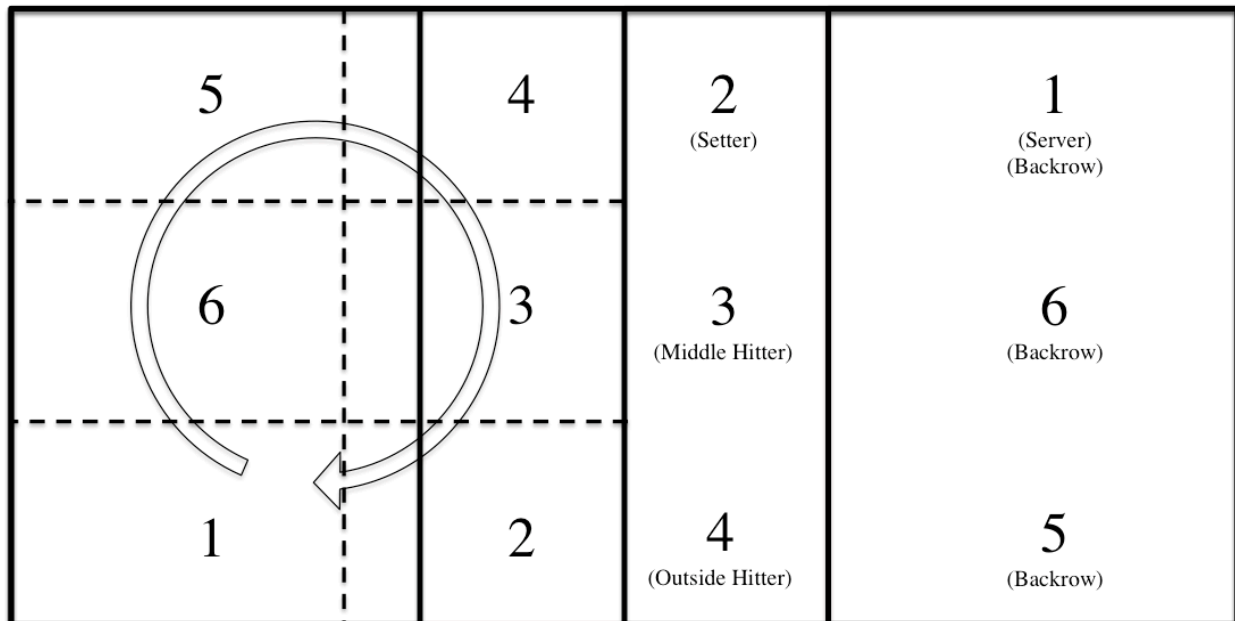
Movement:

- Zones are numbered by location from the service position.
- Rotation is clockwise towards the service position.

Positions:

- Positions 1, 6 & 5 are back-row players and will handle most 1st contacts (pass).
- Position 2 is the setter and will handle most 2nd contacts (set/ overhead pass).
- Position 3 & 4 are hitters and will handle most 3rd contacts (hit, set or pass over the net).

Movement Positions



Youth Volleyball Court Layout:

- Our youth court is slightly modified for our 3-6 grade players.
- Our court size is as close to the standard size of 30' x 60' as is possible at the facility of competition, with each side defending a 30' x 30' court area.
- An "attack line" at 10' off of the net, shown above might not be present on all our courts.
- Our net is as low as possible at the facility of competition for 3rd and 4th graders. Coaches will be encouraged to keep the 5th and 6th grade height at 7' (Juniors). If both coaches agree that they would like to lower the net as low as possible, we are ok with that.

Tournament play will be played at the Juniors height 7' for 5th/6th grade and as low as possible for the 3rd/4th grade.

Youth League Rules for Both Divisions:

- Teams play sets to 25 points. After each set, teams switch sides and prepare for the next. Play should stay within the allotted gym time, and some sets may be timed if multiple teams are present.
 - Games may be shortened to 15 or 11 points to avoid going over time.
 - The focus is not on the score. Coaches or parents may keep score, but it may not be displayed. The main goal is for players to gain experience and learn the game.
 - The tournament will be more competitive, with scores determining eliminations and a final winner.
 - Each team gets one timeout per game. Coaches are encouraged to use the matches for teaching and can be on the court to assist.
 - Players cannot touch the net, but the ball can. A net violation awards a point to the opponent.
 - Players cannot cross the centerline. A violation results in a point for the opponent.
 - If the ball hits the ground, the point goes to the opposing team.
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5th-6th Grade Division Modifications:

- Each play starts with a serve, and the rally is played out to determine the point.
- Players may step into the court for serves. Coaches should encourage serving from at least half-court. Mixed 3rd-6th grade teams will discuss serve distances before matches.
- If a player is serving well, coaches should challenge them to move closer to the end line.
- Players can serve a maximum of five consecutive times. After the fifth serve, the point is awarded to the rally winner, but the serve switches to the other team.
- On a missed serve, the coach tosses a ball to the receiving team. The point is awarded, but the rally continues to help players practice.
- Players rotate clockwise when their team earns the serve. If a team has more players, coaches will rotate them in between sets to ensure equal playtime.

- Mixed 5th/6th grade teams with 3rd/4th grade players may use the Triple Ball modification during games (not tournaments). This includes a serve and toss from a coach to each side, then the other team serves.
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3rd-4th Grade Division Modifications:

Triple Ball Modification:

- **Ball 1:** Team A serves (no bonus ball for missed serve).
 - **Ball 2 & 3:** Team B receives tossed balls.
 - **Ball 4:** Team B serves (no bonus ball for missed serve).
 - **Ball 5 & 6:** Team A receives tossed balls.
 - **Both sides rotate.**
 - Players may catch the second contact and perform a volleyball skill (set) from where they caught the ball.
 - On second contact, players should attempt an overhead set. The catch should be brief, and coaches will encourage quick transitions.
 - If a player moves to catch the ball, they must complete the skill from where they are (they may stand up if they dive or slide).
 - Coaches can challenge their teams to play all "live" for one set, but the catch rule will apply during tournament play.
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Notes for Understanding the Game:

Volleyball rules vary slightly for our youth league – but they also vary slightly between high school associations, NCAA, USA Volleyball, and FIVA International. Rules and equipment also change for outdoor volleyball such as grass/sand and are not discussed here.

Differences between our rules and these other rules include:

- In all cases, a play is initiated by a serve.
- In all cases, players are NOT allowed to catch ANY contact.
- In all cases, players ARE allowed to execute ANY skill at any contact/position with the exception of blocking the serve (which is not allowed).
- In all cases, players rotate ONLY on points that THEY score after winning a point after the opposing team serves– not when the opposing team scores.