

**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:**

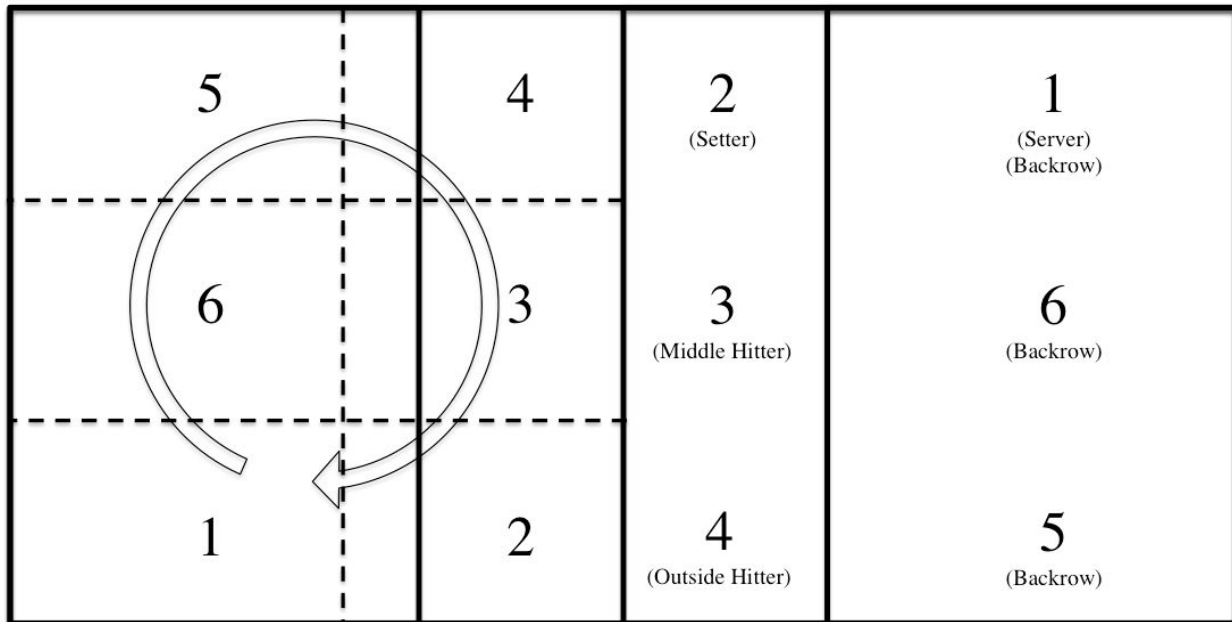
- Zones are numbered by location from the service position.
- Rotation is clockwise towards the service position.

**Positions:**

- Positions 1, 6 & 5 are back-row players and will handle most 1<sup>st</sup> contacts (pass).
- Position 2 is the setter and will handle most 2<sup>nd</sup> contacts (set/ overhead pass).
- Position 3 & 4 are hitters and will handle most 3<sup>rd</sup> 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:**

- At all scheduled "games" teams will play "sets" to 25. After each set is complete, teams will rotate sides and prepare for the next set to begin. We highly encourage teams to play up to the time allotted but not over our gym time. **Some "sets" will be timed if there are multiple teams at a location and teams need to rotate playing.**
- At times games will be shortened to 15 or 11 points to make sure we do not go over on our gym time.
- For the games, the score of the match is not the focus. Some locations will not have flip scores to use, so coaches will keep the score, or ask a parent to, but the score might not be visible. The games are for the experience and to get the kids starting to learn the game.
- The tournament will have more competition and scores will matter, since we will do elimination rounds during the event to have one final winner.
- Teams receive one time-outs per game. Coaches are encourage to use the matches to teach the game and may be on the court to assist during match play.
- Players are not allowed to make any contact with the net, although the ball is allowed to make contact with the net. If a net violation occurs, a point will be awarded to the opponent.
- Players are not allowed to cross the centerline onto the other team's court space. If a centerline violation occurs, a point will be awarded to the opponent.
- If the ball contacts the ground, a point is awarded to the other team.

### **5<sup>th</sup>-6<sup>th</sup> Grade Division Modifications:**

- Each play is initiated by a serve and the players play the rally out to see who earns the point.
- Players are allowed to step into the court for their serve. We want to encourage the girls to serve from at a minimum further than half court. For any mixed 3<sup>rd</sup>-6<sup>th</sup> grade teams, coaches will discuss this before the match and 3<sup>rd</sup>/4<sup>th</sup> grade players will be able to move closer.
- If a player is doing well with their serve, coaches should encourage that player to challenge themselves on their serve. They should do this by moving them as close to the end line as possible.
- If the team that served earned the point, then they serve for a second time. They are able to serve for a maximum of five consecutive serves.
- We will do a max of five consecutive serves by any player to avoid one player serving for an entire set.
- After a player has their fifth serve, the point is awarded to whichever team won the rally, but then the serve is switched to the other team.
- When a serve is missed, a coach from the serving side will toss a ball into play to the receiving side. The point is awarded on the missed serve, but the rally is still played out so the players do not miss an opportunity to work on their skills.
- All players rotate in during the game clockwise on their court. A rotation happens on a side when they earn the chance to serve. If Side A is serving to Side B, when side B earns the serve, they will do a rotate. Side A will not rotate until they earn the serve back.
- If a team has higher numbers, we will allow coaches to keep six players on the court for a set, and then play the remaining players in the next set. The goal is for playtime to be equal.
- We have a few 5<sup>th</sup>/6<sup>th</sup> grade teams that are mixed with 3<sup>rd</sup>-4<sup>th</sup> grade players. These teams can choose to play Triple Ball modifications at their games. Triple balls means that each round includes a serve and a toss from a coach to each side and then the ball goes to the other team to serve. This modification can only be used for games and will not be used at the tournament.

## 3<sup>rd</sup>- 4<sup>th</sup> Grade Division Modifications:

### **Tripple Ball Modification**

- To incorporate serving into the 3rd/4th grade matches, we will allow the server to attempt one serve. If the server misses her serve, the next three balls are initiated by a coach toss to the other side. If the server makes her serve, the coach will toss the next two balls to the other side.
- There will be 3 balls played on each side then ALL players will rotate on their courts.
- Players are encouraged to play the first contact and third contact “live” (no catching). We are encouraging all players to catch the second contact and then do a volleyball skill.
- On the second contact, if they catch the ball they should do an overhead set.
- The “catch” on each contact should be very brief, and coaches will encourage this.
- If players move to catch the ball they should execute the skill from the spot they are in (if they dove or slide to their knees they are allowed to stand up).
- Coaches can decide to challenge the group and have them play all “live” for one of their sets, but the catch on the second contact will be used for the tournament play.

### **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 opposing team serves– not when the opposing team scores.

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