

Grimes Parks & Recreation Department

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CITY OF
GRIMES



Youth Volleyball League Game Rules

- 1) **Start time:** Each game will begin approximately 15 minutes after the hour.
- 2) **Ball and Net:** VolleyLite Balls will be used and net height will be set to “junior” size.
- 3) **Time Limit:** Games will start after a 15 minute warm-up, followed by a 30 minute match.
- 4) **First Possession:** Coin flip will determine who serves the ball first.
- 5) **Scoring:** Each game will be played with rally scoring to 21 points with a cap of 25. Matches are best 2 of 3. If time remains after three games, another game can be played until time expires.
- 6) **Serving:** Players may step up to the free throw line (designated on court) to serve. Each player is encouraged to attempt an overhand serve with their first serve, but may serve underhand. If the ball doesn't cross the net, they may have a second attempt and serve either overhand or underhand. No foot faults will be called. **If the serve crosses the net but goes out of bounds, there will not be a second serve.**
 - a. A second serve will not be given if after the first serve (or 2nd attempt). For example, if a player scores on their first serve, they will only have one chance to get it over on the consecutive serves.
- 7) **Serve limit:** If one player scores on five consecutive serves, the ball will automatically be given to the other team. No point will be added with the change in possession.
- 8) **Rotation:** Each player should play an equal amount of time. Each time a team receives the serve, a rotation should occur. When switching sides of the court after a game, the players should position themselves in the same positions and then continue the rotation.
- 9) **Substitution:** One substitution should be made each time a team gains possession of the ball. The substituting player should step into the serving position, play in each position on the floor, and then be replaced with a substitute before rotating back into the serving position.
- 10) **Service toss or release error:** If a player makes a bad toss, they will be allowed to try again. The official will authorize the serve again.
- 11) **Let serve:** If the ball is served and hits the net, play will continue as long as it crosses to the opponent's side.
- 12) **Faults that will be called:**
 - 1) If the ball hits the ceiling and remains on the same side of the court, the team may attempt to get it over. If it hits the ceiling and goes to the side of the opposing team, a sideout will be called.
 - 2) If it hits the wall, it will automatically be called a sideout.
 - 3) Double hits
 - 4) Net (severely running into the net or crossing over the midline)