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FOR HEALTHY LIVING  
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# ABERDEEN FAMILY YMCA

## GIRLS VOLLEYBALL RULES

Aberdeen Family YMCA modified volleyball rules and guidelines for players, coaches, officials, and parents

- All players on the team will play as much as possible. Rotate players so that all players experience being a part of the starting lineup at different times through-out the season. Rotation of players will be done after the serve for 3<sup>rd</sup> and 4<sup>th</sup> grade. 5<sup>th</sup> and 6<sup>th</sup> grade may choose to sub front row/back row. The coach needs to let official and other coach know prior to start of the game. Use of Libero would also need to be noted prior to start of play. Libero can be in opposite color jersey to clarify.
- Service line will be 5ft. in front of the base line for 3<sup>rd</sup> and 4<sup>th</sup> graders. This is a **blue** line – no server can be in front of the **green** line regardless of age. Lines will be marked and will be regulation length/ If player needs to be closer, let officials and coaches know before play. Goal is to build confidence in the athlete.

All 5<sup>th</sup> and 6<sup>th</sup> graders will be expected to serve from the baseline (they may step into the court). Those (in all grades) physically capable of getting the ball over the net from the baseline will be encouraged to do so by the coaches. Players **may** underhand serve to allow volleys.

- **3 Serve rule for 3<sup>rd</sup> and 4<sup>th</sup> Grade**

Players will serve, if able, anywhere between the lines discussed above. Coaches may toss ball over at any point if player is unable to make it over the net. **Please discuss with other team and official before play starts regarding coaches tossing the ball over.** Object is to get as many live balls as possible. Teams are allowed to serve a maximum of 3 serves in a row, unless there is a miss. Then the ball will go to the other team.

- **3 Serve rule for 5<sup>th</sup> and 6<sup>th</sup> Grade**

To prevent teams from serving the whole game, 5<sup>th</sup> and 6<sup>th</sup> grade will only be allowed to serve a maximum of 3 serves in a row, unless there is a miss. Then the ball will go to the other team.

- Serve rule implies that a player can only get 3 successful serves in a row before change of service. Players will receive 1 serve attempt to get the ball over the net. Failure to go over will lead into a redo but the next serve will be a live ball no matter what. Example would be if a player serves into the net or the ball does not go over the net, they will receive a redo serve. Any ball going over the net will be a live ball and count for a point depending on the outcome of play. No redo serves for a players 2nd or 3rd straight serve.
- Nets will be same height for all grades and 5th/6th may move up if agreed upon by coaches.
- Regular volleyball rules will be followed during the tournament at the end of the season, except the rotation rule established by the league above. The YMCA's philosophy is participation with competition being secondary.
- For all grades a running clock of 45 minutes will be in effect. Teams are given 2 1 minute timeouts if needed. Score will be kept for all grades. Matches will be best of 3 and winning 2 of 3 constitutes as a win. Games will be played to 25. Game three will be played to 25 if time allows otherwise it will be played to 15 (must win by 2). Teams coming on the court to play will be allowed 5-15 minutes to warm up before the 45 minutes start on the match clock. This will allow the court times to be kept on schedule. Please do your best to get your team off the court following games.
- League will consist of 6 weeks of league play and 1 weekend (Friday and Saturday) of tournament play. Can be subject to change dependent on teams, rosters, and grades.
- Player and coaches Clinics will be announced prior to the start of the season. These clinics are included in the price of registration and are highly encouraged, but not mandatory, to attend by players and coaches.

Dates: Jan.13 and 27/ Feb. 10 and 24. 3rd/4th graders will go from 6-7 PM & 5th/6th graders will go from 7-8 PM.

ABERDEEN FAMILY YMCA  
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The continued quality and future success of this league depends upon the leadership of our coaches and parents. This is the YMCA Youth League and it is designed for kids to have fun, learn how to play the game of basketball and learn how to in-