

Dublin Youth Athletics – Volleyball Program Rules

GRADES 3 & 4 MAC Division

Skills Drills - Each match day (1 hour max) will begin with Skills Drills warm-up as follows:

1. **Serving** - Each player tries 2 consecutive serves. Count the # going over the net and landing in the other court. The service line will be roughly 20 ft from the net. Note that the net height is 6 feet. Encourage under-handed serving and progress to over-handed serving if the child is comfortable. Serves must pass over the net without touching.
2. **Passing Accuracy** - Coach stands in the center circle (setter's position) and tosses ball to player who is playing back row. Player tries to pass up to the coach. 2 consecutive tries each.
3. **Partner Pass** - Players pair up 10 feet apart. Start the pass with a toss to the other player. Count the # of passes in a row between the 2 players. Allow 2 tries. See how long each pair can continue without dropping or catching the ball.
4. **Wall Set** - All players take a position next to a perimeter wall. All start setting against the wall. Player is out if ball hit's the ground (sit down). Last one standing is winner.

Coaches should strive for and celebrate improvement each week for each child.

Games - After the Skills Drills, play 1 game until the end of the hour. No score will be kept for this age group. This format will focus on learning the skills of the game (passing, setting, serving, 3 hits before going over the net, etc.) rather than focus on the score. Assume that the front row, middle position will be the setter (if you happen to ever get 3 hits on one side). If more than 30 minutes remains for the game, stop after ~15 minutes for a side change and water break. No timeouts are allowed at this age group.

Substitutions – When rotating after a side-out, the new player will enter the back-row middle. The player in the service position (back-row, right) will sub out. Each week, a different 6 players must start the game. No other substitutions are allowed other than for an injury. Equal playing time is mandated.

Service line - During Skills Drills, the service line will be roughly 20 ft from the net. During games, the server should stand where appropriate for their skill level (no closer than 15 ft). Encourage under-handed service.

Serving – Any one server cannot serve more than 3 consecutive points. After 3 consecutive points, a side out will occur (serve goes to the other team). The server should get 2 chances to serve successfully on his/her first service attempt.

Violations - Carries, double hits, etc. will be called loosely at this grade level. It is still important for the players to know what those violations are and try to correct their technique between points.

General - Coaches are encouraged to be active near or on the floor between points, but not during play. For each rotation, it is anticipated that the coach will be needed on the court to position each child to his/her new position. No officials will be used at this age group. The Ohio High School volleyball rules will apply except where otherwise noted.

When the game is over, players must line up on each side of the net, cross under the net and greet the other team.

No tournaments will be held at this level. Parents must provide kneepads for each child at this age group. No child will be permitted to play without kneepads. Youth volleyballs (lighter, softer) will be provided to each team.

Dublin Youth Athletics – Volleyball Program Rules

GRADES 5 & 6 Midwest Division

Games – A match consists of three games to 25 points or 15 minutes each game. Rally scoring is used, meaning that a point may be scored by either team on any service. A game must be won by two points unless the 15 minutes expire. The clock will run continuously. Ties are possible when time has expired. The first game MUST start by 10 min. after the scheduled start. A fourth game can be played if time allows, but it will not count toward the league standings. The court must be available for the next match at the scheduled time. The net height will be 6 ft. No timeouts will be allowed at this age group.

Substitutions – When rotating after a side-out, the new player will enter the back-row middle. The player in the service position (back-row, right) will sub out. The rotation does not change during the match. 5 players must be available for a game to start. Each week, a different 6 players must start the game. No other substitutions are allowed other than for an injury. Equal playing time is mandated.

Serving – Any one server cannot serve more than 3 consecutive points. When this has occurred, rotate to the next server. The server should get 2 chances to serve successfully on his/her first service attempt. The service line will be at least 25 ft.

Violations - Carries, double hits, etc., will be called at this grade level. It is important for the players to know what those violations are and try to correct their technique.

Hits - Encourage passing, setting, hitting (3 hits) before the ball goes over the net.

Spiking - An overhead hit with good control should be encouraged. An out-of-control spike or kill is discouraged.

General - Coaches are encouraged to be active near or on the floor between points, but not during play. For each rotation, it is anticipated that the coach will be needed to position each child to his/her new position without stepping onto the court. Coaches are also responsible for maintaining the flow of the game. DYA will supply one official. The Ohio High School volleyball rules will apply except where otherwise noted.

When each game is over, players must line up on each side of the net, cross under the net and greet the other team.

No tournaments will be held at this level. Parents must provide kneepads for each child at this age group. No child will be permitted to play without kneepads. Youth volleyballs (lighter, softer) will be provided to each team.

Dublin Youth Athletics – Volleyball Program Rules

GRADES 7 & 8 ACC Division

Games – A match consists of three games to 25 points or 15 minutes each game. Rally scoring is used, meaning that a point may be scored by either team on any service. A game must be won by two points unless the 15 minutes expire. The clock will run continuously. Ties are possible when time has expired. The first game MUST start by 5 min. after the hour. The 15-minute time limit does NOT apply to the 3rd game, but the 3rd game MUST finish before 1 hour from the scheduled start of the match. The court must be available for the next match at the scheduled time. Two 30-second timeouts are allowed per match. One minute is allowed between games. The net height will be 7 ft, 4 inches.

Substitutions – When rotating after a side-out, the new player will enter the back-row middle. The player in the service position (back-row, right) will sub out. The rotation does not change during the match. 5 players must be available for a game to start. Each week, a different 6 players must start the game. No other substitutions are allowed other than for an injury. Equal playing time is mandated.

Serving – Any one server cannot serve more than 5 consecutive points. When this has occurred, rotate to the next server.

Violations - Carries, double hits, etc., will be called at this grade level. It is important for the players to know what those violations are and try to correct their technique.

Hits - Encourage passing, setting, hitting (3 hits) before the ball goes over the net.

Spiking - An overhead hit with good control should be encouraged. An out-of-control spike or kill is discouraged and may result, at the discretion of the official, in a yellow card/warning. Subsequent actions may result in a red card/expulsion from the match.

General - Coaches are encouraged to be seated near the floor and cannot enter the floor to coach the players. DYA will supply one official. The Ohio High School volleyball rules will apply except where otherwise noted. One copy of the Ohio High School Volleyball rules book will be provided to each team.

When each game is over, players must line up on each side of the net, cross under the net and greet the other team.

During the last week of the season, a single elimination tournament will be held with seeding based on season records. All teams will be in the tournament.

Parents are encouraged to provide kneepads for each child.

Dublin Youth Athletics – Volleyball Program Rules

GRADES 9 – 12 SEC Division

Games – A match consists of three games to 25 points or 15 minutes each game. Rally scoring is used, meaning that a point may be scored by either team on any service. A game must be won by two points unless the 15 minutes expire. The clock will run continuously. Ties are possible when time has expired. The first game MUST start by 5 min. after the hour. The 15-minute time limit does NOT apply to the 3rd game, but the 3rd game MUST finish before 1 hour from the scheduled start of the match. The court must be available for the next match at the scheduled time. Two 30-second timeouts are allowed per match. One minute is allowed between games. The net height will be 7 ft, 4 inches.

Substitutions – When rotating after a side-out, the new player will enter the back-row middle. The player in the service position (back-row, right) will sub out. The rotation does not change during the match. 5 players must be available for a game to start. Each week, a different 6 players must start the game. No other substitutions are allowed other than for an injury. Equal playing time is mandated.

Serving – Any one server cannot serve more than 5 consecutive points. When this has occurred, rotate to the next server

Violations - Carries, double hits, etc., will be called at this grade level. It is important for the players to know what those violations are and try to correct their technique.

Hits - Encourage passing, setting, hitting (3 hits) before the ball goes over the net.

Rule Adaptations – The standard Ohio High School Volleyball rules will be followed with the following exceptions:

- Note player substitution and serving rules above.
- Male players may not spike or attack the ball. For male players, the ball must rise before it falls when playing it across the net. Male players may block and the action of blocking the ball may direct the ball downward.
- Male players must serve under-handed.

General - Coaches are encouraged to be seated near the floor and cannot enter the floor to coach the players. DYA will supply one official. One copy of the Ohio High School Volleyball rules book will be provided to each team.

When each game is over, players must line up on each side of the net, cross under the net and greet the other team.

During the last week of the season, a single elimination tournament will be held with seeding based on season records. All teams will be in the tournament.

Parents are encouraged to provide kneepads for each child.