



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 part of the starting lineup at different times through-out the season. Rotation of players will be done after the serve for 3rd and 4th grade. 5th and 6th 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.
- Service line will be 5ft. in front of the base line for 3rd and 4th graders. This is a **blue** line – no server can be in front of the **green** line regardless of age on Saturdays. Lines will be marked. If player needs to be closer, let officials know before play
All 5th and 6th 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 3rd and 4th 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 5th and 6th Grade**
To prevent teams from serving the whole game, 5th and 6th 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.
- Nets will be normal height for 5th & 6th grade but will be lower for 3rd & 4th grade. Coaches need to be in agreement.
- 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 minutes to warm up before the 45 minutes start on the match clock. This will allow the court times to be kept on schedule.
- 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 to attend by players and coaches.

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-