



GYA VOLLEYBALL RULEBOOK



Official League Rules & Guidelines | 5th–8th Grade Division

Gilbert Youth Athletics is committed to expanding opportunities for our student-athletes to continue participating in youth sports. GYA Volleyball focuses on key team-building skills and sportsmanship while strengthening your student's fundamental volleyball skills.

1. Game Format & Scoring

- **Set Structure:** Every match consists of **three (3) sets played to 25 points**. A team must win by two (2) points with no scoring cap.
- **Complete Play:** The third set will be played **even if one team wins the first two sets** to maximize playing time.
- **Time Limit:** Matches have a **1-hour maximum** time limit.
- **Serving Order by Set:**
 - **Set 1:** Top team on the schedule serves first.
 - **Set 2:** Bottom team on the schedule serves first.
 - **Set 3:** Top team on the schedule serves first.
- **Game Administration:**
 - Coaches are responsible for calling the lines.
 - Each team must provide a **parent volunteer** to run the scoreboard.

2. Serving Regulations

To promote successful rallies and development, serving lines and styles are modified by division:



5th & 6th Grade Division

- **Serving Line:** 20-foot line.
- **Serving Style:** Serves may be hit **underhand or overhand**.

7th & 8th Grade Division

- **Serving Line:** 30-foot line (*Exception: May use the 20-foot line for the first 3 games of the season if needed*).
- **Serving Style:** All serves must be hit **overhand**.

 **Continuous Service Cap:** To ensure balanced play, a single player can only serve up to **five (5) continuous serves** per rotation before possession is turned over.

3. Match Play, Substitutions, & Equipment

Feature	Specification
Net Height	7 feet, 4 inches
Minimum Players	5 players are required to avoid a forfeit (<i>Teams may borrow players from the opponent to play a scrimmage if short</i>).
Pre-Game Warm-up	9 minutes total, structured as 3 x 3 x 3 minutes prior to the game start.

Court Obstructions & Ground Rules

- **Ceiling Hit:** If the ball contacts the ceiling, it is ruled **out of bounds**.
- **Basketball Hoop Hit:** If the ball contacts an overhead basketball hoop, it is a dead ball and results in an immediate **replay of the point**.

4. League Development Goals

 **Skill Focus:** The primary competitive goal of this league is mastering **Receiving, Passing, and Setting**.

Coaches should actively instruct and encourage their teams to achieve **three (3) distinct touches** on their side of the net before hitting the ball over to the opponent.