

Mudsock Youth Athletics Volleyball Rules and Information

Revised 8/16/26

1. Practices

- Check the website often to make sure there have not been changes.
- You are given your practice time from our scheduler. You may not change or swap your practice times without approval.
- Do not get the volleyballs out until the team before you has finished. You may stretch and jog in the hall but no volleyballs. Do not disrupt the other team's practice time.
- Be prompt about getting off the court when your time is up. It is not fair to the next team.

2. Matches

Regular Season Match Format

- Each regular season match will consist of three sets.
- Sets 1 and 2 will be played to 25 points and are capped at 27 points (a team does not need to win by two once 27 is reached).
- Set 3 will be played to 15 points and is capped at 17 points.

Playing Time Reminder for Coaches

Because the third set is shorter than the first two sets, coaches should make every effort to rotate players between the first and second sets throughout the season. This helps ensure that the same players are not consistently assigned to the third set and receiving less overall game time than their teammates.

We do not use the Libero position in our youth program.

3. Tournament

End of the season tourney will be best 2 out of 3 sets, (to 25 pts. Capped at 27) with the deciding third set, if needed, being played to 15 points (capped at 17 pts.)

4. Pre-Match Captains Conference

The official will have a coin toss prior to warm-ups, coaches need to choose 1-2 girls per match to be captains (take turns and let everyone be a captain). The winner of the coin toss shall choose between serve or receive. The serving team shall take the court first for warm-ups. There will be no additional coin toss prior to the third set during regular season. The warm-up time shall consist of 5 minutes court time for each team, serving to be included in that time. No shared serving. During the tournament when we play matches best 2 out of 3, there will be an additional coin toss before the deciding set 3 where the winner of the coin toss may elect to serve or receive or choose their preferred side.

5. Line-ups

Write your starting line-up on the sheets provided and turn them in to the score table. The line-up for that set must remain on the score table. Between games, you may get your line up sheet and write your next starting line-up, then return it to the score table. Be sure to include your team number on the line up sheet. We will not allow coaches to come to the table and tell the score keeper the line-up, it must be written on the sheet. When turning in your line-up, remember that if you are the receiving team at the beginning of the game, you will rotate before your first serve. This means that if you are the receiving team, your first server will start in right front.

To begin the match, all players will line up on the end line and run through the “Good Luck” line at the net. Then the starting 6 players will take the floor and the rest will go immediately to the bench so the match can get started. Sets 2 and 3, only the starting 6 will take the court in their position, ready to begin the set. At the end of the match, all players again line up on the end line and go through the “Good Game” line.

6. Serve:

4th Grade

- Players may step **10 feet into the court** (20 ft line) for up to **2 consecutive successful serves in a row**.
- For the first two matches of the season (August 22 and August 29), 4th grade players will receive **two attempts** to successfully serve the ball over the net. Once a player successfully serves the ball over the net, they will receive **only one serving attempt** on all subsequent serves for the remainder of that match.
- They must then move back to the **5 ft line** for up to **2 consecutive successful serves in a row**.
- After that, they must serve from the **end line** until a loss of rally.
- Once a player moves back to the next serving line, they may NOT return to the closer line until the **next match (Likely the following Saturday)**.
- *Example:* Player A makes 2 serves from the 20 ft line in Set 1. She must move back for the rest of Set 1, as well as Sets 2 and 3. She may step up again the following Saturday.
- If the Official feels a team is exploiting this rule, they may instruct the server to step back.

5th Grade

- Players may step **5 feet into the court** for up to **2 consecutive successful serves in a row**.
- After that, they must serve from the **end line** for the remainder of the match (all sets).
- Same restrictions and examples as above apply.

6th Grade

- Players serve from the **end line**.

- Exception: If serving **overhand**, they may step **5 feet inside the court (25 ft line)** for up to **2 consecutive successful serves in a row**.
- Once they move back to the end line, they may not step up again until the next match.
- Same restrictions and examples as above apply.

7th/8th Grade

- All serves must start from the **end line**.

Rec+

- All serves must start from the **end line and must be overhand serving**

Additional Serving Rules (All Divisions) •

The **foot fault rule** will be enforced:

- A foot fault results in a **loss of rally** and a **point awarded to the receiving team**.
- No second tries or re-dos.
- A player may serve a maximum of **7 consecutive serves**. After that, the team must rotate, and the next player in rotation will serve. *(This ensures more players get serving opportunities.)*
- There is no time limit between serves. However, players should be ready to serve and avoid excessive ball tosses. As a general guideline, servers should aim to complete their serve within two tosses. Officials may provide a friendly reminder or warning if repeated tosses are slowing the pace of play.
- Overhand serving is never required at any grade level (except Rec Plus). However, developing overhand serving skills will be a greater emphasis this season, including in the younger divisions. Our goal is to meet players where they are and allow them to be successful, while also helping them build the skills needed for future volleyball opportunities. We encourage coaches to provide players with opportunities to practice and use overhand serves during matches whenever appropriate.

7. Substitutions

Goal of MYA is to allow equal playing opportunities to all players. This is simple when you have 9 players on game day as easy to make a line up where each athlete plays in 2 of the 3 sets. In the case of other numbers, please follow instructions below for “Rotating In”

Subbing- exchanging one player for another specific player making the substitution signal to the ref to allow

Rotating In- In 3rd match, allowing every team player to get a chance to play in the set in order to promote even playing time

No Subbing in Regular Season/ Rotating In ONLY

Regular season – No rotating in at all for the first two sets. In the third set (if the team does not have the perfect 9 players), all players should be included in game play.

How this is done:

When a player is rotating from the right back position to middle back (they would have been the last server), a player from the bench is rotated in for the player who would have stayed in middle back. The player who just rotated out will go to the end of the bench line. Typically 2-3 more players will rotate in before that player gets a chance to rotate in again.

Tournament – No subbing the first 2 sets, 3rd set you may sub. Every player must play 2 sets during at least one of the matches in the tournament without being subbed out.

A substitution is when coach signals to referee for a specific player

Note- Substitutions are not the same as rotating players in to help ensure equal playing time.

Rotating In-3rd Match - Unlike the regular season when rotating in is required in the 3rd match in order to even out playing time, this is NOT a requirement in the 3rd match of the tournament

8. Court Etiquette during practice and matches (parents, coaches, fans, and athletes)

- No heckling (yelling while serving, taunting) any player
- No walking through the gym while the athlete is serving – please wait for the end of play.
- No balls anywhere but in the gym
- No admittance anywhere in the school except the gym. (No cafeteria, stairwell, classrooms, hallways, etc.)
- No propping doors to the outside.

9. Equipment

The Net and Poles

The height of the net will be 6ft. 9 in. for 4th, 5th and 6th grade matches.

The net height will be 7ft. 4-1/8in. for 7th and 8th grade matches.

The poles and official stands are property of the school

Scoresheet and Scoreboard

Score sheets and scoreboards will be provided by the MYA Volleyball League. One volunteer parent from each team will work the score table.

Volleyballs & Carts

Equipment will be provided by the MYA Volleyball League. If you are interested in purchasing a volleyball to practice with at home, we use the following:

- Grades 4-6: Molten U-12 (light ball) or Tachikara Volley Lite (light ball)
- Grades 7-8: Molten L2 (normal weight)

10. Player Equipment and Uniform

Uniform

We require all players to wear their team jersey which is provided to them by the MYA Volleyball League. Players are not allowed to wear jewelry or hard head bands. They will be allowed to wear soft head bands to control their hair. If you are unable to remove newly pierced earrings, they must be taped with athletic tape before entering the match. Families are responsible for getting their athletes tennis shoes, kneepads, and black spandex or shorts.

11. Official's Responsibilities

Umpire Responsibilities

We do not use an Umpire (R2) or down official. The Referee (R1) or up official will be the only official at the match.

Timer Responsibilities

We will not be using a timer for matches. The Official will be responsible for timing warm-ups and time outs.

Time outs: Each team is allotted 2 time outs each set. Time outs do not accumulate from one set to the next during the match.

Line Judges

Each team will provide one parent volunteer to be a line judge. If a team plans to rotate line judges during the match, all line judges must report to the Official before the first match for instruction. Line judges should be in high school or older.

Scoresheet and Scoreboard

Score sheets will be provided by the MYA Volleyball League. One volunteer parent from each team will work the score table.

12. Other

Rally Score:

A team does not have to serve to score a point. As a result, there is no longer a "side out" in volleyball. It is now called a "loss of rally." Whichever team wins the rally is awarded a point and the ball.

Let Serve:

A Let Serve is a served ball that touches the net, between the antennas, and continues over the net into the playable area of the opponent. It is legal for the serve to touch the net and then continue over.

Catching Ball During Serve or Letting Serve Toss Drop:

In the spirit of our recreational league, we allow servers to both catch the ball or let the ball toss drop without stopping the server's serve attempt. For either a caught ball or a ball toss

drop the player will continue their service attempt without having to wait on the referee's signal to continue.

Double Hit:

A double hit, or multiple contacts, is allowed on any first contact on your side of the net. Provided that the multiple contacts occur in one single attempt to play the ball (you can't swing one arm and hit the ball and then swing the other arm to hit the ball again; that is two actions to play the ball). It used to be that this was only legal on a hard driven attack. This means it is legal to receive the serve overhead (set/overhead pass). Any first contact on your side can be serve receive, a free ball, an attack, whatever the situation is the first time your team touches the ball on their side during the rally.