



YMCA YOUTH VOLLEYBALL RULES FOR 4TH-6TH GRADES

- **Equipment Modifications**
 - Players will use Volley Lite volleyballs for all practices and matches.
 - Players will play on a 7 foot net.
 - Official court markings will be used as the out of bounds lines.
- **Matches will be played with a standard 6 v 6 format.**
 - A team must have at least 4 players present, or a forfeit will be recorded and teams will split up and play an inter-squad game.
 - If a team has only 4 players present, their opponent may still play with all 6 players.
- **Players will have equal playing time.**
 - Players will rotate into the middle back position to ensure equal playing time.
- **Rally Scoring will be used.**
 - In rally scoring a point is rewarded on every play, and a team does not have to be serving to score.
 - Matches will consist of 3 sets to 25, with a cap of 25.
 - A team does not have to win by 2.
- **Players will have a modified serving line closer to the net.**
 - 4th Grade
 - Players may serve from 1-2 steps inside the end line.
 - Foot faults will not be called.
 - Coaches please use your judgment on determining an appropriate service line for your players.
 - 5th Grade
 - Players may serve from 1-2 steps inside the end line.
 - Foot faults will not be called.
 - Coaches please use your judgment on determining an appropriate service line for your players.
 - 6th Grade
 - Players must serve from behind the end line.
 - Foot faults will be called.
- **All players will get an opportunity to serve.**
 - 4th Grade
 - Overhand serving will not be allowed
 - After the same player scores 5 consecutive points, a "side out" will be awarded to the other team, but no points will be recorded.
 - 5th and 6th Grade
 - Overhand serves will be allowed.
 - The server may serve 5 consecutive points. After 5 serves, the player will be asked to serve underhand. There is not a maximum number of points scored from underhand serves.