

FFY Athletics - Youth Volleyball League Rules

Updated - June 17, 2022

1. The players on each team must have the same amount of playing time each game.
The players will not be penalized for missing practices or games.
The youth volleyball program at Foundation For Youth is a recreational league focusing on fundamentals and having fun.
2. We will not tolerate foul language or trash talking. The coaches are expected to speak to players in a respectful way and not talk down to them.
3. A player, coach or spectator displaying poor sportsmanship will be asked to leave the facility.
4. Foundation For Youth does not recognize protests.
The decision of the game officials will be final.
5. **We use the 24 HOUR RULE for all FFY Athletics.**
 - The volunteer coaches, officials, Athletic Director, and scorekeepers will not discuss game situations until at least 24 hours after the game.
 - This rule helps to move the discussion away from the presence of the players and allows all parties to have time to put things in perspective and “cool off” if necessary.
6. The players must remain seated at their bench during the game except for time outs and half-time break.
The coaches are not allowed on the playing floor unless beckoned by a game official.
We only allow the coaches listed on the season packet to be sitting on the bench.

General Rules

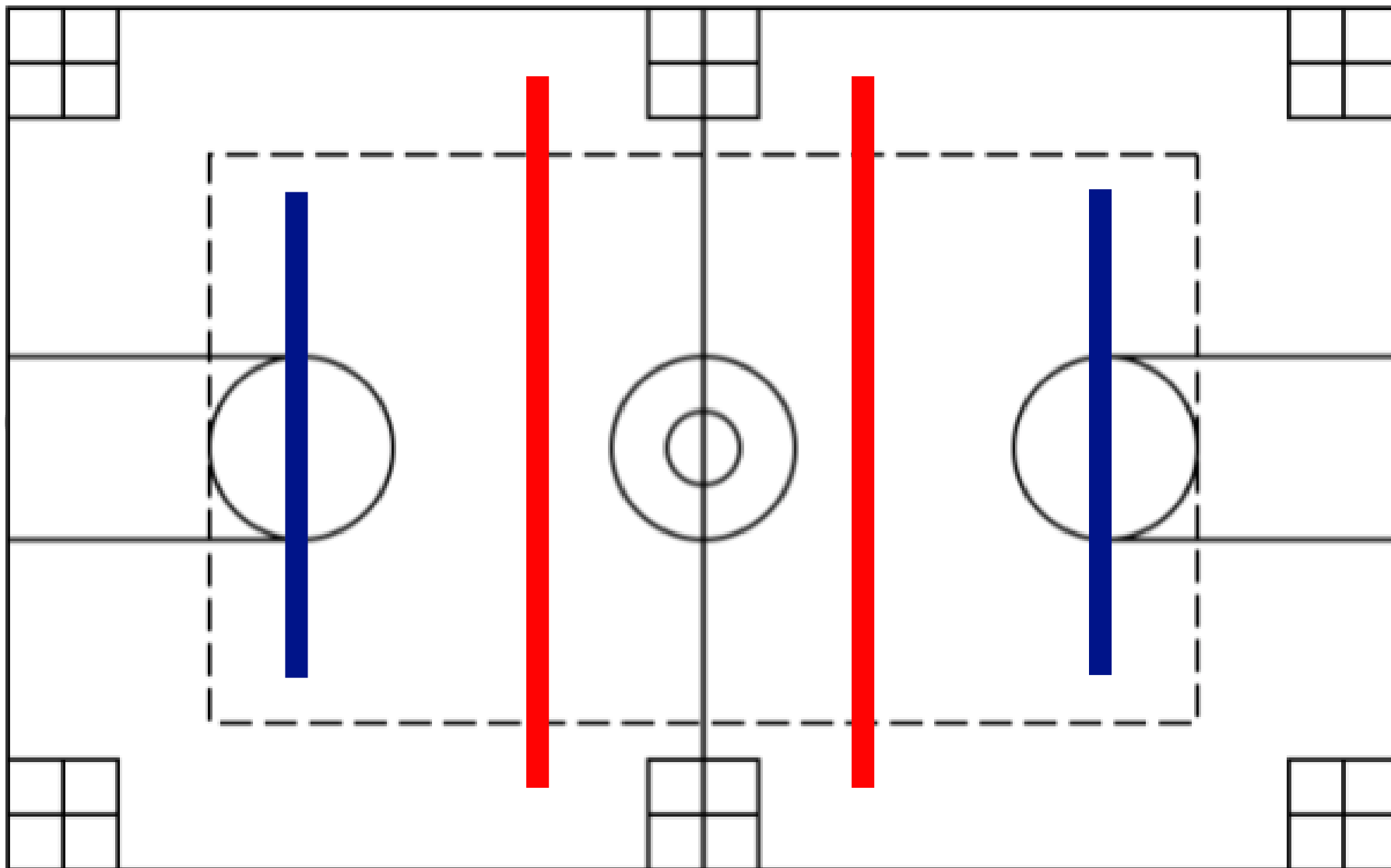
- The team must rotate before each time you serve.
- The same player may not strike the ball twice in a row.
- A ball that strikes the ceiling, lights, rafters, walls, or basketball goals and returns to your side are playable.
- A ball that hits any of the aforementioned and goes to the opponent's side is out.
- A ball striking any line is considered in.
- The volunteer coaches are not allowed on the court during live play.
- **The bench is for team players and coaches only.**
- You must wear tennis shoes during practices and games.
 - You will not be allowed to play without proper shoes.
- The volunteer coaches are allowed two (2), one (1) minute time out per set.
 - **Volleyball Match Timeout Example**
 - Set #1 - 2 Timeouts Maximum (*1 Minute Each*)
 - Set #2 - 2 Timeouts Maximum (*1 Minute Each*)
 - Set #3 - 2 Timeouts Maximum (*1 Minute Each*)

Serving Rules

- The last page of the rules has a diagram of a standard volleyball court.
The serving lines shown for the two divisions are **recommended, but not required.**
 - The volunteer coach should use their best judgement and have the player serve from a line that is appropriate based on the player's serving skills.
- A player is given a second serve if they miss their first serve.
- The other team is awarded a point and the ball if they miss the second serve.
- The ball is awarded to the other team anytime a player has served for 5 straight points.
- A ball that strikes the net and goes over is in play.

Scoring Rules

- A point is awarded on every serve (rally scoring).
- The best 2 out of 3 sets constitutes a match.
 - The first two sets are played to 25 win by 2.
 - The third set is played to 15 win by 2.
- The teams will play all three sets, regardless of one team winning the first two sets, unless otherwise noted.
- The end of the season tournament is most frequently played using the "best two out of three" format. The tournament brackets will have a note on the format of play.



GRADES 3-5 DIVISION



GRADES 6-8 DIVISION