

PYAA Volleyball, 5th - 12th Grade, GAME DAY RULES

(Rev: 7/7/25 by SQ)

5th - 6th NET HEIGHT: 2.13 Meters (7'0")

7th - 12th NET HEIGHT: 2.24 Meters (7'4 1/8")

I. WARM-UP:

- A. NET: Players will not begin warm-ups until the net is completely set up.
- B. OFFICIAL WARM-UPS begin at: **the top of the hour for 10 minutes.**
- C. REFEREES: Performs a coin toss to determine which team serves first.
 - 1. **HOME TEAM** picks a side of the court they will use during the warm-up time.
 - 2. 1st Set: The **AWAY** team captain calls the coin toss.
 - 3. The coin toss winner chooses **Serve or Side**.
 - 4. If **Side** is chosen you **CANNOT** also have **Serve**. Choosing to pick a side also means you get Serve Receive.
 - 5. Each team will have a **Referee Timed 5-Minute warmup** for hitting, passing, setting and serving.
 - 6. No Additional Time will be given for players arriving late.
 - 7. The Team who chose **Serve** will warm-up first.
 - 8. The Team **NOT** warming up will shag balls for the Team warming up.
 - 9. **Roll the balls under the net to the Coach. Do Not throw balls back over the net.**
 - 10. The referee will go over the 3 calls with the line judges: (IN/OUT/TOUCH)
 - 11. 2nd Set: You Do Not Need to Switch Sides. (Short Aux Gym court is the only Exception)
 - 12. 3rd Set: **HOME** team captain calls the coin toss.
 - 13. The coin toss winner chooses **Serve or Side**
- D. COACHES:
 - 1. **HOME** team coach finds 2 people to line judge.
 - 2. **AWAY** team coach finds 1 person to keep score.
 - 3. Coaches must have lineups ready.
 - 4. Coaches must rotate team captains every game.
 - 5. Coaches are encouraged to be active on or near the floor between points, but not during play.
 - 6. Coaches *should* remain on the same side as their substituting players in their "**Coaching Box**" to ensure subs are entering correctly.
 - 7. The "**Coaching Box**" **Coaches must stay between the 10 Ft line and serving line during game play. Coaches cannot stand in front of the 10ft line or behind the serving line during game play.**
 - 8. Coaches are responsible for maintaining the flow of the game.
 - 9. **NO** Libero
 - 10. **COACHES are responsible for turning scoring sheets into the REFEREE after every match. Both Coaches and Referee should sign both scoring sheets to confirm scoring, set and match results.**
 - 11. Once game is over and Coaches have signed score sheets. Coaches need to have their team exit the court immediately so the next team can begin warm-ups.
 - 12. Referees will then send Score sheets to Coordinators for data input to ensure timely reporting.

II. MATCH PLAY:

- A. In PYAA Volleyball, there are 3 sets max per match and each match is no more than 60 minutes.
- B. Matches will begin immediately at: **10 minutes past the hour.**
- C. Matches will be no longer than 50 minutes, ending immediately at the top of the hour.
- D. SETS:
 - 1. The 1st set will be no more than 20 minutes long.
 - 2. The 2nd set will be no more than 20 minutes long.
 - 3. The 3rd set will be no longer than 10 minutes long.

E. Sets will begin when; the line judges are in place, at least 5 players from each team are on the court and the referee directs the first server to serve.

F. **TIMEOUTS:**

1. Teams are allowed **ONE 30 second timeout per set. (The referee will keep this time, and the overall clock timer stops.)**
2. Official timeouts can be taken in case of injury. (The overall clock timer stops)

G. **TIME IS KING:**

1. The match is completed at the top of the hour period. **The 'win by 2' rule does not apply if the match time has reached the top of the hour.** This means there could be a tie.

H. **GENERAL GAMEPLAY:**

1. Teams will high five their opponent to say good luck before a match and good game after a match.
2. Teams with 6+ players must play no more and no less than 6 players at a time. (Normal substitution rules apply. See 'rotation' section)
3. Five players must be available for a set to start.
4. If a team only has 5 players to start with, then they may borrow 1 from another team within their program.
5. Players can play up in the league but cannot play down. The opposing coach must be notified (THIS IS NOT TO BE ABUSED TO STACK TEAMS!)
6. For the safety of the players, no jewelry shall be worn during volleyball games, unless it can be fully covered by their uniform.
7. ALWAYS ROLL the ball UNDER the net. It is safer and courteous.
8. NEVER kick volleyballs!

III. **SCORING:**

- A. Each set is rally scoring. (there is a point on every serve)
- B. The team to win 2 or more sets is the winner of the match.
1. Set 1 will be played to 25 points and win by 2 points.
 2. Set 2 will be played to 25 points and win by 2 points.
 3. Set 3 will be played to 21 points and win by 1 point.

IV. **SERVING:**

A. **PLAYERS**

1. **Players have 8 Seconds to Serve the ball into play.**
2. After 1st violation **REFEREES** will issue a **TEAM WARNING: Next 8 second violation will result in a Side Out Point Awarded.**
3. Players **5-12** receive **ONE** chance to serve the ball into play.
4. Players **7-12** must start behind the serve/out of bounds line and **May Not** step over the serving line.
5. Players **5-6** may start in front of the serve line. Players cannot serve more than 3 feet inside of the serving/out-of-bounds line.

B. **OVERHAND SERVES:**

1. Players **7-12** must start behind the serve line and **May Not** step over the serving line.
2. Players **5-6** must start behind the serve line and may step over the serving line. **Players cannot step more than 3 feet inside of the serving/out-of-bounds line.**
3. Players may drop their serving toss no more than one time per service and they should not catch the ball. They must wait for the referee to signal to them to serve again.

C. **CONSECUTIVE SERVES:** Once a player serves a **maximum of 5 consecutive points**, that team rotates and their next server will continue serving. All serving & rotation rules apply to the new server.

D. A ball that hits the net and goes over is in play

E. A player cannot attack/block a serve

- V. **PASSING, SETTING, HITTING:** There is a maximum of 3 ball touches to get the ball over the net.
- A. PASSING is usually the first ball touch after the serve.
 - 1. Passing is when the arms are stretched straight in any direction
 - B. SETTING is usually the 2nd ball touch after the serve and a pass.
 - 1. Setting is pushing the ball straight up with the tips of the fingers of both hands.
 - 2. Setting is allowed if it is done (for the most part) correctly.
 - 3. Referees should use their discretion when calling illegal lifts.
 - C. HITTING is usually the 3rd ball touch after the serve, the pass and the set.
 - 1. Hitting is forcefully hitting the ball, one-handed from up high.
 - 2. Hitting is allowed at this level. Coaches and referees should use their best judgement to make sure that it is done safely and legally.
 - D. A player may not touch (pass, set or hit) the ball two times in a row.
 - E. If a player passes a ball that touches any part of the ceiling and comes down on that player's side of the court, that team must play that ball.
 - F. If a player passes a ball that touches any part of the ceiling and goes to the other side of the net it is a Side-Out point awarded.
 - G. If a ball hits any wall or object attached to a wall, it is a Side Out Point Awarded
- VI. **THE NET:** To avoid knee, ankle, etc. injuries, never, at any time can a player touch or step under the net during play.
- VII. **BLOCKING:** is when a player at the net uses both hands flat to block a ball from coming over the net.
- 1. Blocking does not count as one of the 3 ball touches.
 - 2. A player can attempt a block and if failed, that player may pass, set or hit after blocking.
- VIII. **Rotation/Substitution:**
- A. Teams will Rotate subs in clockwise each time they get the serve back.
 - B. Player in the serving position rotates out after serving. Sub then rotates into position 6 (middle back).
 - C. The team that serve receives at start of game, should rotate before serving
 - D. Coaches are to practice proper subbing in front of the 10 ft. line. This is to prepare players for higher level play.
 - E. **Proper Subbing: The Player Rotating OUT will stand in front of the 10ft line ON THE COURT near the out of bounds line with their hand out in front of them. The player subbing IN will stand OUT OF BOUNDS in the same spot with their hand mirroring the player subbing out. REFEREE: will signal sub into play.**
 - F. Players will play a full rotation and should only be subbed out once they rotate into position 6 (middle back)
 - G. No other substitutions are permitted except in the case of injury or illness
 - H. This is an **instructional league** and players should receive equal playing time. Coaches are encouraged to allow different players the opportunity to start each week.

PYAA ETIQUETTE:

The rules and guidelines set forth by the PYAA Executive Board are for all participants and spectators at every PYAA event. Each person signs a user agreement at the beginning of every season and is expected to adhere to the agreement and maintain a behavior of good sportsmanship, respect, and kindness.

This is a recreational sport where the players can have FUN!

REFEREES:

- If there is an issue with a spectator or player during a game, bring that to the attention of the coach immediately. Also inform a PYAA Volleyball board member as soon as you can after the game.
- If there is an issue with a coach, notify a PYAA Volleyball board member asap.
- A referee should never put themselves in a dangerous position by addressing a hostile person directly. In the event of a situation unbecoming of PYAA standards, gather information from coaches, parents or other witnesses not directly involved in the situation such as; (first and last names, player's name & grade, coach name, team, time/place of game, etc.) and give that information to a PYAA Volleyball board member asap.
- At no point throughout the season should a referee feel uncomfortable, intimidated, pressured, or belittled by a player, coach, or spectator.
- If a referee feels that a negative situation has been addressed properly and is comfortable continuing game play, they may do so.
- If you ever feel unsafe, stop the game immediately and call Shawn or Jen.

A full description of PYAA rules and standards can be found online at www.pyaa.org

- I encourage you to familiarize yourself with the expectations of the PYAA organization.

EMERGENCY CONTACT INFORMATION:

PYAA Volleyball President: Jen Turner, 502-594-9297
PYAA Volleyball Referee Coordinator: Shawn Quigley, 614-348-5303