

K-1 Sports Academy

Volleyball Rules

Ball size

Ages 7 – 9: volleyball lite (official size but less weight)

Ages 10 – 15: regulation size and weight volleyball

Net height

Ages 7 – 9: approximately 7 feet (may vary slightly at different game sites)

Ages 10 – 15: approximately 7 feet (may vary slightly at different game sites)

Number of players

All age levels will have six players on the court (may play with 4 or 5 if necessary)

Time limit

Matches are limited to 50 minutes. Teams can play as many games as possible within the fifty minute time frame. Each game consists of 25 points (a team needs to win by two points if the game is tied at 24). At the end of the 50 minutes, whether the game is tied or a team is ahead by one point, the game will end as is. Each team is allowed two 30 second time-outs per game.

Rotation of players

Ages 7 – 9: All players present at the game are required to play in each game. Players should sit along the end line in team rotation order when not currently playing. Players rotate into the game at the center back position and rotate out after service rotation. Rotation occurs after a side out and only the serving team rotates. The team losing the serve does not rotate. The team rotation remains the same from game to game. Players who finish game one on the court will start game two and so on.

Ages 10 – 15: Coaches have the option to rotate players into center back position or request for substitutions. Coaches need to signal the officials for substitutions, and the officials must acknowledge the subs before the players enter the game. Whichever option a team chooses at the beginning of a match, it must continue the same option for the entire game. Each player must play half of a match and must play all front and back row positions, including serving.

Serving

Play/rally begins with a serve by the serving team. Players may serve underhand or overhand at all levels. In the 7 – 9 division, players may serve serving from the free throw line. This rule is in place to promote play. In the 10 – 15 division, players may serve anywhere behind and along the end line. If the ball touches the net during service, ball is still playable. Ball is “out” when it hits the ceiling or overhead structure & then goes in the opponent’s side. The server will continue to serve until their serve is broken.

Scoring

Rally scoring will be used for all ages – any team can score a point when it wins the rally or the opposing team commits a fault. If the receiving team wins the rally, it scores a point and gains the right to serve.

Team Hits

The team is entitled to a maximum of three hits (in addition to blocking) for returning the ball. If more than three hits occur a team fault is occurred. The hits of the team include not only intentional hits, but also unintentional hits. A player may not hit the ball two times consecutively. The ball may touch any part of the body. The ball must be hit, not caught or thrown.

Faults/Violations (resulting in a rally point)

Ball lands out of bounds.

Team hits more than 3 times.

Same player hits the ball two consecutive times.

Lift/Carry (if the player catches & throws the ball).

You touch the net or cross the line while in active pursuit of the ball.

Ball hits the floor (in bounds) & is not returned.

Illegal rotation/substitution occurs.

Foot faults.

Service ball hits ceiling before landing in opponent's side.

Attacking, spiking, and blocking

are allowed in all age levels however, it is illegal to attack or block a serve.

Blocking does not count as the team's first contact.

Double hits/lifts

Two handed open/palm hits (underhand or overhand) or throwing hits will be called on all age levels. One hand is legal as long as the ball does not come to a rest. Ages 7 – 10: Illegal hits will be called more liberally. Ages 11 – 15: Illegal hits will be called tighter with underhand pass (hands together) and overhand sets (brief contacts with finger pads).

Obstructions

Any ball touching an obstruction (basketball hoop, poles of the net, antennae, ceiling, etc.) of the opponent's side is considered out-of-bounds. Any ball touching the ceiling on your playing side is considered playable. A ball that touches the net but continues to the opponent's side is permitted.