

Youth Volleyball Rules

General Guidelines for All Ages

- Respect and sportsmanship are mandatory at all times.
- All players must wear athletic shoes and appropriate attire.
- Teams must arrive 15 minutes early to check in and warm up.
- Games are played indoors or outdoors (adapt to your community's setup).
- Coaches/volunteers should emphasize teamwork, participation, and skill development over winning.

Ages 6–8 (Intro to Volleyball)

Format

- Court Size: 20x20 ft (or half volleyball court)
- Net Height: 5 ft
- Ball: Lightweight trainer or foam volleyball
- Team Size: 4 vs 4 (can rotate more players in)
- Game Time: 3 sets of 10 minutes or 15 points (whichever comes first)
- Scoring: Rally scoring

Rules

- Serve from closer line (10–15 ft from net)
- Players may catch and toss the ball instead of bumping
- 3 hits per side encouraged but not required
- No spiking or blocking
- Coach allowed on the court to assist
- Rotate after every 5 serves

Ages 9–11 (Beginner Youth Rules)

Format

- Court Size: 30x30 ft
- Net Height: 6 ft
- Ball: Youth volleyball (softer and lighter)
- Team Size: 6 vs 6
- Game Time: Best of 3 sets to 21 (win by 2)

Rules

- Serve underhand or overhand from regular service line
- Rally scoring system
- Maximum of 3 hits per side
- No spiking from front row unless the ball is passed high
- Blocking not allowed
- Rotate after winning serve
- Substitutions allowed after each rotation

Ages 12–14 (Intermediate Youth Rules)

Format

- Court Size: Standard volleyball court (30x60 ft)
- Net Height: Girls – 7 ft, Boys – 7 ft 4 in
- Ball: Official youth volleyball
- Team Size: 6 vs 6
- Game Time: Best of 3 sets to 25 (3rd set to 15)

Rules

- Rally scoring
- Overhand and jump serves allowed
- Spiking and blocking allowed for front row players only
- Players rotate clockwise after each side out
- Libero optional (for more advanced teams)
- Timeouts: 1 per set (30 seconds)

Ages 15–17 (Advanced Youth Rules)

Format

- Court Size: Standard
- Net Height: Girls – 7 ft 4 in, Boys – 7 ft 11 in
- Ball: Standard competition ball
- Team Size: 6 vs 6
- Game Time: Best of 3 or 5 sets (per league decision)

Rules

- Follows most USA Volleyball/High School rules
- Rally scoring
- Libero allowed (must wear contrasting jersey)
- Jump serves and back-row attacks allowed
- Blocking and spiking allowed
- Timeouts: 2 per set

Optional Add-Ons for All Age Groups

- Spirit Points: Teams earn bonus points for sportsmanship, teamwork, and positive attitudes.
- Co-ed Rules: For mixed teams, require at least 2 girls/boys on court at all times.
- No-Show Rule: Teams must have minimum of 4 players to start.