

East Bernard Youth Sports Association
All Ages
Volleyball Rules (revised 09/14/2025)

The Game

To Win a Set

Sets, or games are played to 25 points, with the winning team having to have at least a two point lead.

To Win a Match

A match can be either one game, or best two out of three, with the deciding third set, if needed, being played to 15 points.

Teams will switch sides after every game.

Rotation and Position Faults

All players must continuously rotate into play. This includes players on the bench.

The rotation order may be changed in between games.

At the moment of the serve, all starting players must be on the court or court lines, not standing outside the court. Rotation for service moves in a clockwise direction.

Players enter the service position from the last position on the bench.

Players come on to the bench from the front right position.

Please review the attached "Diagram A" to understand the rotation.

Upon changing possession for service, rotation must occur.

A player serving out of order or leaving the bench early will be called a position fault resulting in a point for the opposing team and a change of possession away from the offending team (if possible).

A player may not touch any part of the opponent's side of the court. You can unintentionally touch the net poles and guy wires.

Coaching

A team may have two coaches on the court at any one time. Both coaches must remain next to their players' bench area. Coaches are not permitted to move around the court during a game.

States of Play

Ball In

The ball touches the surface of the playing court, including the boundary lines.

After the first touch, a team may continue to play the ball off the ceiling or the net.

Ball Out

On a hit which returns the ball over the net, the ball is out if: the ball touches outside the playing court (ceiling, walls, basketball goals, etc), passes completely under the net, or touches the support lines, antenna, posts, or the net outside of the antenna.

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Playing the Ball

The ball may not be thrown or carried. The ball cannot be double hit. Unintentional double hits are allowed. The ball must be hit over the net with a maximum of three contacts. The ball can hit any part of the player's body, including feet.

Ball Handling Faults

1. Hitting the ball more than four times.
2. Lifting/carrying/throwing the ball.

These faults result in a point being awarded.

Net Play

Players may not touch the net, unless the ball drives the net into them. The ball may hit the net and continue over at any time, as long as it passes fully between the antennas.

Skill Specific Play

Service

This can be done by overhead action, jump/spike action, underhanded, or windmill (roundhouse). Players can hit the ball out of their hand, but should work towards a low and consistent toss in time. A player gets two chances at serve tossing, letting the ball drop to the ground if their first toss is not good. Serves can take place anywhere on the end line of your side of the court and up to 10 feet behind the end line if space permits. The server must hit the ball before stepping on the end line or into the court.

Players may NOT serve UNTIL whistle permission has been granted by the head official indicating that the receiving team is set and ready.

A line fault should be called if a player steps on or past the marked service line. This results in a point awarded to the opposing team and a change in possession. **During the FIRST WEEK ONLY, players will be given ONE foot fault warning per rotation at server.**

5 Point Max

Servers shall be limited to five serves at which time a side out will occur.

Service Line

The service line for 3rd/4th grade will be marked 10 feet in front of the back line. The service line for 5th/6th grade will be marked 5 feet in front of the back line. The location of the line is NOT NEGOTIABLE.

Reception/Defense

Normal ball handling rules apply, just remember that the first ball reception can be done overhead, like a set, or with a forearm pass. The ball can rebound off any surface of your body, so heading the ball, like in soccer, or even kicking up a save is allowed. The ball can be touched on or two handed as well.

Setting

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This is the second contact by the team, most frequently placing the ball up to be spiked, by using two hands. The set does not have to go the way a player is facing and can even be set behind the setting player, called a back set. This second contact is, of course, also legal if done with a forearm pass/dig. The main desire is to make the ball able to be hit.

Attacking

This is the act of directing the ball towards the opponent's side. A player can jump and spike or tip, stand and set it over, forearm pass it over, etc. The tip action (one or two handed) cannot be caught or thrown over. Any one of the two to four players on a youth team may jump and attack the ball from above the top of the net.

Blocking

A ball blocked counts as a touch, but does not count as one of the team's three hits and can be played by a blocker without being called for a double hit. A team cannot block the serve, nor block a ball that is completely on the other side of the net (it must be hit into you, you cannot block a ball unless part of the ball is on your side of the net).

Miscellaneous

Injury

If an injury occurs, stop the game immediately and tend to the injured player. A replay is called. A player with a hard cast on, should not be allowed to play volleyball, even if they pad the cast. Only a small finger splint or cast, padded, which does not gain the player an advantage in contacting the ball, is allowed.

The head official will call foot faults, track the number of serves, call defensive interference (at the net), ensure proper rotation of players, give whistle permission for every service, and generally guarantee enforcement of EBYSA volleyball rules. The head official is the final rule in ALL CALLS. The head official can choose to place themselves anywhere around the perimeter of the court as they see fit to best regulate the game.

Line Judges

Line judges are to be adults provided by each team playing in the game. They are to remain standing for the duration of the game and use clear hand motions to declare the ball IN or OUT. Lines judges are responsible to assist in calling foot faults. Foot faults may also be called by the head official. Junior high and high school students are not permitted to be a line judge.

Time Outs

Each team is afforded one time out per game. Time outs may not be rolled from one game to another if not used.

Score Keeping

The home team is responsible for providing a score keeper. This must be a parent or guardian.

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DIAGRAM A.

