

Dublin Youth Athletics

2024 Girls Volleyball League Rules



Match Format

Matches are the best of three sets or to a maximum time limit of 1 hour. The first 2 sets are to 25 points and the 3rd set is to 15 points, win by 2 points (rally scoring). If a team wins the first 2 sets, the 3rd set could be played for "fun" at the coach's discretion. Rock/Paper/Scissors will determine who serves first and teams will NOT switch sides after each set. Matches will start promptly after a 10-minute warm-up and will end after one hour total from the scheduled start time.

We will have referees for the 5th/6th Grade & 7th-12th grade matches and 3rd/4th Grade will be refereed by coaches. Parent/sibling volunteers or assistant coaches are responsible for scorekeeping and optional line judging.

Substitutions

One of the primary goals of DYA is participation, so we encourage equal participation as much as possible. We encourage a "continuous rotation" so kids who are on the side are rotated in on a regular basis. Even if you have strong players, they should be substituted in and out on a regular basis. The goal is to play and hopefully win, not to win and hopefully play.

Serving

First serve should be from the back line or short service line (approx. 3 large steps from back line) depending on the child's skill level. If they miss the first serve, they can take a few steps forward and re-serve. If that second serve is out, it is considered a side-out (loss of point and other team gets the serve).

Maximum of three consecutive serves per person. If you win three serves, your team will rotate, and the next server begins to serve. This prevents the same server from serving the entire game.

All players must serve overhand. They could move up to an area on the Court where they could consistently serve over the net. Coaches are responsible for moving player back in an effort to get them to the back line. The referee/coach will signal to the server by sounding a whistle and/or waving their hand that they can start the serve.

Out of Bounds

If any part of a ball touches the endlines or sidelines, the ball is in. The ball can touch the ceiling and be played on the same side. It cannot hit the ceiling and go over the net, that is considered a side out. The back walls and side walls are out. Basketball nets and backboards on the sides of the court are considered out. If the basketball structures are above the court, they are considered part of the ceiling and can be played.

Other Rules

We will not call double touches or lifts; however, net violations will be called by referees as this rule is very important for safety. Maximum of three touches on one side before the ball must go over the net, not including a blocked hit.

Net Set Up

For 3rd/4th Grade, the net will be on the lowest possible setting. For 5th/6th and 7th-12th Grade, the net will be set on the third notch, and we will try to raise it to standard height as players improve throughout the season.