

South Side Youth Organization Volleyball Rules 2010

The SSYO will follow Minnesota High School League Rules with the following exceptions.

Varsity

- Teams may play with as few as four players without forfeiting the game. Additional players may be added by substitution during the game after their arrival to the gym. The team that has at least six players at game time will be given the first serve.
- For **Varsity Bronze and Silver only**, after six consecutive serves by one player, the serving team must rotate to a new server. The serving team keeps possession of the ball and serves. This rule does not apply to the Gold division.
- If time allows, the third game of the match will be played regardless of win-loss record.
- Kneepads are required.
- Libero players will be allowed to serve.
- Libero player **MUST** wear a jersey different in color than the other members of her team.

Cub

- Teams may play with as few as four players without forfeiting the game. Additional players may be added at end of rotation during the game after their arrival to the gym. The team that has at least six players at game time will be given the first serve.
- After three consecutive serves by one player, the serving team must rotate servers. The serving team keeps possession of the ball and serves.
- Cub teams must use continuous rotation from the bench with players going in at the upper left front position and rotating out from a completed back left rotation. Rotation continuous throughout the match from the bench.
- Underhand and overhand serving is allowed. If using overhand serve, players are encouraged to serve from the back line.
- Cub players may serve from behind the 20 foot line. Schools must mark the 20 foot line for cub matches. If using overhand serve, players are encouraged to serve from the back line.
- Extreme lifts and throws should be called.
- If time allows, the third game of the match will be played regardless of win-loss record.
- Kneepads are required.
- Libero rule does not apply to Cub teams.
- Volleylite (light weight volleyballs) are used for Cub Bronze (4th Grade) and Cub Silver (5th Gr).

COACHES

Only two coaches are allowed on the bench during games. A third person may be on the bench as scorekeeper for the team but he/she is not allowed to participate in coaching.

High School League Rules

- Rally scoring (2 games to 25 (No cap). 3rd game to 15 (no cap).
- Setting a serve is allowed.
- Players cannot attack a serve about the net.
- A **double hit (*) on a serve/receive** is allowed if due to the velocity of the serve.
(*) The first team hit may consist of multiple contacts with one attempt to play the ball.
- If a ball **touches the net** at the antennae or outside the antennae, it is considered out of play regardless if a team player touches the ball.
- A served ball that hits the net and continues over is still in play and no longer a net serve. If the ball hits the antennae or is outside of the antennae, it is immediately out of play.
- A maximum of 18 substitutions is allowed per game at Varsity level.
- No jewelry!!! Players may not put tape over earrings.
- Players may not put extra hair wraps on their wrist!
- Color ball is allowed but not required as a game ball.

The home team is designated by a coin toss prior to the first game. Another coin toss at the beginning of the third game designates serving team.