

South Side Youth Organization Volleyball Rules & Information 2026

Varsity –Gold , Silver and Bronze Level (7th and 8th Grade)

- Regulation Volleyballs are used at this level
- Net Height: 2.24m (7'4 1/8")
- Rally scoring (2 games to 25 NO CAP) 3rd game to 15 (NO CAP) a team must win by 2 points.
Third game is always played regardless of time if needed to determine the winner of the match.
 - Encourage server to serve over hand, under hand is allowed!
 - Bronze and Silver/Gold players have a 6 serve maximum for each person, then the team must rotate and have a new server. The coach is responsible to keep track of the 6 serves as well as the scorekeeper. If a player accidentally serves 7 or more in a row and the official or scorekeeper did not catch it immediately, the point(s) will be taken away and the team will rotate to the correct new server.
- Substitutions: Players must be officially substituted into the game. Each team is allowed 18 substitutions. When substituting the same players must substitute for the same position in that game. More than 2 girls are allowed to substitute for the same position, but may not go into another position during that game. Substitutions take place between the net and the 10 foot line.
- Coaches **must** hand in a line up to the scorekeeper before the start of each game with their starting six players and their starting rotation. Once the scorekeeper writes down the line-up, refs must keep the line-up for their reference during the game.
- Libero may be used in the Varsity **Gold and Silver** division only. Libero is allowed to serve and they can only serve during their rotation. Teams using a Libero must track their own Libero.
- Colored balls are allowed but not required as a game ball. **Host site provides warmup and game ball.**
- The serving 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 unless the same team won the first 2 games, then they should allow the team that lost the first 2 games to choose serve or side.
- 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 games time will be given the first serve. Losing the first serve in each game is the only penalty a team will have for playing with less than 6 players.
- Kneepads are required No exception.
- No Jewelry except small stud earrings.
- Home teams will provide basic first aid supplies for all teams.
- **SCOREKEEPERS** – Host team provides official scorekeeper. Each team participating provides one line judge unless host school chooses to provide both.
- **Host site reports scores for ALL games at site to the SSYO.** Email to ssyomn@aol.com

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Cub Level – Gold/Silver/Bronze Level (Grades 4-6)

- Volleylite (light weight) volleyballs are used for all cub teams. (The use of volleylites for 12 and under is to encourage proper form allowing more successful game play. It also is to encourage the development of the overhand serve using proper form.)
- Net Height: 2.13m (7'0") (If a school does not have the ability to adjust net height lower, then cub teams will play at regulation height).
- Serving:
 - Serve from 20 foot line – players are not allowed to touch or cross over the 20 foot service line. (Schools must mark the 20 foot line)
 - **Players serving from the 20 foot service line should serve underhand.**
 - The server is allowed to serve the ball any place behind the baseline.
 - 6th graders and strong servers in silver and bronze are highly encouraged to move back closer to the baseline to serve. **If a Cub player serves from behind the baseline, they are allowed one step over the baseline with no fault called.**
 - Rally scoring (2 games to 25 NO CAP) 3rd game to 15 (NO CAP) A team must win by 2 points. **Third game is always played regardless of time if needed to determine the winner of the match.**
 - After three consecutive serves by one player, the serving team must rotate. (rotating in players) The serving team keeps possession of the ball and serves.
- Automatic rotation is required for all cub teams. All players at the match must be in the rotation of all 3 games. Players enter the game in the left front position. Players must stay in the same service order throughout each game with the exception of an injury. Service order and starting positions can be changed for the second and third games if a coach wants to make a change.
- Coaches **must** hand in their service order to the scorekeeper prior to each game. This includes the girls starting on the bench. Once the scorekeeper writes down the line-up, refs must keep the line-up for their reference during the game.
- A colored ball is allowed but not required as a game ball. Host site provided warmup and game ball.
- The serving 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 unless the same team won the first 2 games, then they should allow the team that lost the first 2 games to choose serve or side.
- Teams may play with as few as four players without forfeiting the game. Additional players may be added to the line-up during the game after their arrival to the gym. The team that has at least six players at games time will be given the first serve. Losing the first serve in each game is the only penalty a team will have for playing with less than 6 players.
- No Libero at the cub level.
- Kneepads are required. No exceptions.
- No jewelry except small stud earrings.
- Host teams will provide basic first aid supplies for all teams.
- **SCOREKEEPERS** – Host team provides official scorekeeper. Each team participating provides one line judge unless host school chooses to provide both.
- **Host site reports scores for ALL games at site to the SSYO.** Email to ssyomn@aol.com

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Basic Volleyball Rules for Playing the Game

- 6 players on a team, 3 in the front row and 3 in the back row.
- There is a maximum of three contacts per side.
- A player may not hit the ball twice in succession. (A block is not considered a hit.)
- A net serve is allowed. In other words the ball can touch the net on the serve.
- The server is allowed to serve the ball any place behind the baseline.
- Players may not serve out of order – the result will be a side-out and point to the opposing team.
- The server is allowed 1 dropped toss on the serve during their rotation of serving. When they rotate around and have their serve again they are allowed 1 dropped toss again. Players may catch the ball or allow it to drop to the floor.
- The server has 5 seconds to serve the ball once the ref blows the whistle to serve.
- A ball hitting a boundary line is “in”
- A ball is “out” if it hits...
 - an antennae,
 - the floor completely outside the court,
 - any of the net or cables outside the antennae,
 - the referee stand or pole,
 - the ceiling above a non-playable area
- It is illegal to catch, hold, or throw the ball. (Extreme lifts and throws will be called)!
- Players are ALLOWED to double hit the ball on the first contact, for example when they 1) serve receive, or 2) dig the ball (on a hard hit ball) – refs discretion
- A ball that hits the ceiling is playable as long as it stays on the same side and the team has hits remaining.
- The ball may be played off the net during a volley and on a serve.
- It is LEGAL to hit the ball with any part of the body, the foot and leg included.
- Players may not go over the court centerline with any part of their body. Exception: if it's the hand or foot, the entire hand or entire foot must cross for it to be a violation.
- If two or more players contact the ball at the same time, it is considered one play and either player involved may make the next contact (provided the next contact isn't the teams 4th hit)
- A player may not touch the net with any part of the body while the ball is in play. Exception: If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- If a ball is going over to an opponent's side and hits the ceiling and deflects and comes back to the same side, it is playable as long as the team has not already used their 3 contacts.
- A ball is playable if it goes over/through the rafters/curtain as long as it does not touch anything on its way over. If the ball touches the ceiling or rafters on its way over and lands on the opponent's side it is a dead ball.
- If the balls trajectory is heading over the net, but hits a beam or curtain directly above the net, and stays on the same side it can be played if contacts remain.
- A player cannot block or attack a serve. You must underhand pass or set a served ball.
- After the serve, players may switch positions and then return to their spot in the rotation before the next serve.
- A player may not attack a ball coming from the opponent's court if it has not broken the vertical plane of the net. Contacting the ball when reaching over the net is a violation.
- A back row player may not block a ball at the net (deflecting a ball coming from their opponent), when at the moment of contact the back row player is near the net and has part of his/her body above the top of the net (an illegal block).
- A back row player attacking a ball inside the front zone is illegal (the area inside the 10 foot line), when at the moment of contact the ball is completely above the net (an illegal attack).

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THE "LIBERO" PLAYER (Used in Varsity Gold and Silver Division Only)

Each team has the option to register one specialized defensive player, "Libero"

- The specific rules for a Libero player are as follows:
- Libero is restricted to performing as a back row player and has no right at all to complete an attack hit when the ball is above the height of the top of the net.
- The Libero may not block or attempt to block.
- The Libero may serve
- The Libero must wear a different color shirt from the other members of the team.
- Substitutions involving a Libero are not counted as regular substitutions and their number is unlimited. A Libero cannot take part in normal substitutions and may only enter or leave the game while the ball is out of play and before the whistle for service. Substitutions for liberos take place behind 10 foot line.
- It is necessary to have a rally between replacement of two different players involving a Libero. With the previous approval of the first referee, an injured Libero may be substituted during the match by any registered player within the normal line-up list of the score sheet.
- The designated replacement of a Libero will be limited to performing as a Libero for the rest of the match and the subsequent matches. Nevertheless, this player will be allowed to be registered again in the normal line-up of later matches once the initially registered Libero is officially re-instituted.
- No other player will be authorized to perform as a Libero and in the case of further injury of the originally registered Libero, he/she will be replaced by the same player under the same conditions as stated in previous points.
- If a libero sets the ball in front of the 10 foot line a player may not jump to attack the ball.