

Arlington Heights Park District Youth Volleyball Rules

Regular season play

1. Matches - three games to 25 points. Must win by two points. Game capped at 27 points.
2. Teams play all three games, regardless of standings after first two games.

Playoffs: final two weeks

1. Matches – best two out of three games to 25 points. Must win by two points. No cap score and no time limit in playoffs.
2. Teams only play the third game if necessary to determine the match winner.
3. Rock-Paper-Scissors determines serve or side for the first and third games.
4. Teams may not borrow players during playoffs.
5. Five-serve rule will be in effect during playoffs.

AHPD Adapted Rules

1. Teams have a 5-minute serving warm-up before games, and start time is 5 minutes after the hour. For example: If game time is 3pm, first serve is 3:05pm. Match ends at 4pm. Win by 1 point, on the hour, if need be.
2. Rock-Paper-Scissors determines the first serve of the first game. Whichever team serves first for the first game also serves first for the third game.
3. Teams switch sides for each game. Teams will play game 1 and game 3 on the same side.
4. 5th and 6th grade serve from 25 foot line.
5. Players rotate into middle back. No IHSA substitution allowed.
6. Teams may share players. If your team will have a sub for a game, that player **must be currently registered** in an AHPD Youth Volleyball league.
7. Fifth grade brackets will practice and play with a light ball. If we combine 5th and 6th grades in the same bracket, the 5th/6th grade bracket will play with a light ball.
8. A player may serve a maximum of five serves during one term of service. If the serving team wins the fifth serve, the serving team receives the point, rotates to the next server, and continues serving. This rule applies during pool play and playoffs.

Basic Rules (if rule isn't addressed, IHSA rules apply)

1. Rally scoring (team does not have to serve in order to score).
2. Maximum of three hits per side. Blocks do not count as a touch.
3. Ball may touch the net on a serve.
4. Double hits are allowed on any first ball over. Lifts and carries are not allowed.
5. Players may set a serve or first ball over the net.
6. A ball that lands on the line is in bounds.
7. If your team hits the ball into the ceiling:
 - a. On your side of the net on your 1st or 2nd hit and comes down on your side of the net, the ball is in play.
 - b. On your side of the net and goes over the net, it is out of bounds
 - c. On the other team's side of the net, it is out of bounds.
8. A ball hit into the wall, the curtain, the track, or the ceiling under the track is out of bounds.
9. Teams have two time outs per game and may use them at any time.
10. The serve receiving team must rotate into serving position for the 1st serve.
11. Point of emphasis: players may play the ball off any part of their bodies.
12. Point of emphasis: players are allowed one re-serve during any one term of service.
13. Coaches, players, and spectators must demonstrate sporting behavior.