



"Mini-volley" U10 YOUTH VOLLEYBALL 4 vs 4 PLAYING RULES

updated 10.12.25

1. **Eligible Players:** All players must be registered in AAU and born on or after **7/01/2015**.
2. **Playing Time Requirement:** **NO SUBSTITUTION IN U10s.** Extra players rotate in.
3. **Game Procedures:**
 - A. Game format options (to be decided at the coach's meeting):
 - 1) Teams play games: Games to fifteen points (win by 2) rally score will be played.
 - 2) Teams play by TIME: Games will be timed to either 15 or 20 minutes, regardless of score.
 - B. LET SERVES ARE LEGAL (serves touching the net are legal).
 - C. Each team is entitled to two 30 second time-outs per game (except when playing timed games)
 - D. Net height will be 7' feet high for U10.
 - E. Each player may only serve three points per term of service. After a server's third consecutive point, the serving team must rotate and the next player on that team will serve.
 - F. Options (to be decided at coach's meeting) all servers must serve underhand for their first and second serve attempts. If they have a third serve, they may serve overhand. Option B: second serve attempt if the player misses the first serve.
 - G. VOLLEY-LITE BALL WILL BE USED FOR GAMES IN U10 MATCHES!
 - H. The Court for the U10 will be 20' for 20'.
4. **Uniforms:** All players on a team are expected to wear a numbered team shirts for the games.
5. **Jewelry/Head Bands:** No rings, watches, bracelets,(friendship included), earrings, chains, headbands wider than 2 inches, bandanas, hats, or necklaces are to be worn by players with the exception of medical alert and religious medallions. **Exception:** "Starter" earrings may be taped or bandaged on newly-pierced ears. Bobby pins & barrettes may be worn to control the hair. Bandanas may not be worn as a head covering, but may be folded to 2" width and worn as a head or sweat band.
6. **LINE UP:** The coach will fill out the player's shirt numbers in serving order on the line-up sheet and keep it with him/her during the match. **For 4 vs 4, Serving Order is MB, RF, MF, LF.** Players may rotate into either MB or LF. When listing the service order, the coach must alternate boys and girls as much as possible.

In the event a team starts a game with fewer than 4 players, any player(s) arriving late may immediately enter the game into any position except the server's position (RB).
7. **Team Sportsmanship:** Coaches must emphasize good sportsmanship at all times.