

Regulations for youth tournaments in Iceland

Updated October 2024

U20 (2005 and younger)

The only event that has U20 competition is the youth cup

- 6 on 6 regulations.
- Team must win 2 sets with 25 points (win by 2 points) and if a third is required it is played to 15 points (win by 2 points).
- Each team has two time-outs per set.
- Substitutions must follow FIVB regulations.
- A minimum of 9 players must be registered in each team.
- Women´s net height is 224cm and men´s net height is 243cm.

U16 (9th and 10th grades, 2009 and younger)

Teams must be registered for both fall and spring tournaments to be eligible for the Icelandic Championships.

- 6 on 6 regulations.
- Team must win 2 sets with 25 points (win by 2 points) and if a third is required it is played to 15 points (win by 2 points).
- Each team has two time-outs per set.
- Substitutions must follow FIVB regulations.
- A minimum of 9 players must be registered in each team.
- Women´s net height is 224cm and men´s net height is 235cm.

U14 (7th and 8th grades, 2011 and younger)

Teams must be registered for both fall and spring tournaments to be eligible for the Icelandic Championships.

- 6 on 6 regulations.
- Team must win 2 sets with 25 points (win by 2 points) and if a third is required it is played to 15 points (win by 2 points).
- Each team has two time-outs per set.

- Substitutions are unlimited but must follow rotation. Each player can only substitute with one other player.
- A minimum of 9 players must be registered in each team.
- Women´s net height is 215cm and men´s net height is 220cm.

U12 (5th and 6th grades, 2013 and younger)

In the fall there is a fall tournament and in the spring there is the Icelandic Championships. Teams do not need to be registered in the fall to be eligible in the spring.

U12 has a girls, boys and a mixed division.

- The game is played 3 vs 3 players. 2 in the back and 1 in front. The server is in the right back position.
- The court is the size of a large badminton court, and the net height is 210cm.
- Each set is 8 minutes and two sets are played. The combined score from both sets determines the winner.
 - If teams are tied after two sets. One final serve is played to determine the winner.
- There are no timeouts.
- Each team needs to contact the ball at least twice before playing the ball over the net.
- Reception must be with a platform (bagger) against the serve.
- Each server can maximum serve three times before rotating so one server can never finish a match.
- The first two serves must be underhand and the third one can be an overhand serve.
- Serve must be behind the end line unless coaches agree upon letting players step 2m inside the court for their underhand serves as beginners.
- All players must rotate in at the serving position.
- At least 4 players must be registered for each team but no more than 6.

U10 (3rd and 4th grades, 2015 and younger)

According to ÍSí rules there is no Icelandic championships for these ages but only tournament champions.

Only mixed division is offered in U10.

- The game is played 3 vs 3 players. 2 in the back and 1 in front. The server is in the right back position.
- The court is the size of a large badminton court, and the net height is 200cm.
- Each set is 8 minutes and two sets are played. The combined score from both sets determines the winner.
 - If teams are tied after two sets. One final serve is played to determine the winner.
- There are no timeouts.
- Each team needs to contact the ball at least twice before playing the ball over the net.
- Coaches can decide if they want to allow players to catch the second ball to toss to a teammate and volley over. Ball cannot be tossed over the net.
- Reception must be with a platform (bagger) against the serve.
- Each server can maximum serve three times before rotating so one server can never finish a match.
- The first two serves must be underhand, and the third one can be an overhand serve.
- Underhand serves can be served from 2m inside the court but overhand serve from the end line.
- All players must rotate in at the serving position.
- At least 4 players must be registered for each team but no more than 6.

U8 (1st and 2nd grades, 2017 and younger)

According to ÍSí rules there is no competition for these ages but only participation acknowledgements.

Only mixed division is offered in U8.

- The game is played 3 vs 3 players. 2 in the back and 1 in front. The server is in the right back position.
- The court is the size of a large badminton court, with a badminton height net.
- Each set is 8 minutes and two sets are played. The combined score from both sets determines the winner.
 - If teams are tied after two sets. One final serve is played to determine the winner.

- There are no timeouts.
- The game is only catch and underhand throws. A reception with a platform (bagger) can be added for more experienced players. A volley over in the third touch can also be added to imitate U10 rules.
- Each server can maximum serve three times before rotating so one server can never finish a match.
- The first two serves must be underhand, and the third one can be an overhand serve.
 - Underhand serves can be served from 2m inside the court but overhand serve from the end line.
 - Serve can also be an underhand toss from the back line for beginners.
- All players must rotate in at the serving position.
- At least 4 players must be registered for each team but no more than 6.