

## Co-Ed Youth Volleyball League Rules

### GENERAL RULES

This is a non-competitive, instructional volleyball league. Our goal is to teach the skills involved in volleyball, while having fun! This is an instructional league and the focus of the league is on teaching volleyball, not on winning. All players, coaches and parents are expected to demonstrate good sportsmanship at all times. I.H.S.A. rules will be used with the following clarifications and exceptions:

### PLAYERS

- Six players on the floor at a time.
- Players rotate clockwise one position when a player starts serving.
- Extra players rotate into the back center position, ensuring equal playing time for all players.
- If a team is short of players, they may borrow a registered player(s) from the league within the same division or lower. Teams unable to find additional players may play with less than 6 players.
- All players must have equal playing time per match. Do not "carry over" playing time to the next match.
- No jewelry may be worn by any player during practices/games including rings, earrings, necklaces, hair clips, etc.

### SERVICE

- Players will serve from behind the designated line (boundary line for 7th-8th grade, 5' shorter line for 5th-6th grade, and 10' shorter line for 3rd-4th grade).
- Any serve touching the net and then going over the net (in bounds) will be considered "in play". A ball served into the net will be blown dead and a side-out awarded.

\*\*\***For 3 / 4 grade only**- After 3 successful serves by 1 player, there will be a side-out called, and the opposing team will get a chance to serve. Coaches are to assist with keeping track of the number of serves.

\*\*\***For 5 / 6 grade only**- A player will get a maximum of five serves. If, after five serves, the serving team maintains service, the players will rotate and the next player will take over service.

\*\*\***For 7 / 8 grade only**- For the first half of season, a player will get a maximum of five serves. If, after five serves, the serving team maintains service, the players will rotate and the next player will take over service. In the 2nd half of season, a player will serve until there is a side-out.

### MATCHES

- A coin flip is held before the first game & third game to determine which team will serve/receive & pick sides.
- We will be using the rally scoring method; each serve, a point will be awarded (i.e. a serve which goes into the net results in a point for the receiving team). Whichever team earns the point also earns the next serve.
- A match will consist of three games played to 25 points (or first to 27). The winner of two games wins the match.
- You must win by 2 points. If one team has won the first two games, the third game SHOULD (if time allows) still be played to 15 (17 max, time permitting). Maximum time for matches is one hour.
- Each team gets two time-outs per game. An additional time out will be given if the score is tied at "game point" (24 or 14).

### RULES

- Each team has three hits to return the ball to the other side of the net.
- A player cannot hit the ball twice in a row. A block does not count as a hit.
- The ball cannot be caught, lifted or carried.
- Players cannot cross over the centerline (but may step on the line) or touch the net during play (a net which is forced into the player is no infraction)
- No back row blockers or hitters are allowed.
- Blocking/Attacking the Serve is not allowed. An "attack" is any forward motion above the shoulders.
- Multiple Contact ("double hit") on the first play of the ball is legal on any play if it is a) the first of the team's three hits, or b) only one person attempts to play the ball.