

Youth Volleyball Rules/Guidelines

4th, 5th and 6th Grade

- Teams will play for 25 minutes and have a five minutes break in between games. We will stay on schedule as much as possible using a running clock. Please have your teams ready to go and be aware of what court you are playing on.
- A modified serving line that will be marked on the courts. In the past we have generally moved this line up about 5 ft. If you have a line in your gym that is already there that can be used, that is fine. We will allow the girls to step up to the line. **We will also only have three serves in a row allowed by one player.** We will be generous with our 4th and 5th graders since this is their first year. We want to get the girls to get the ball over to practice the game. Each player will get one opportunity to serve or if the toss is bad we will allow one re-serve.
- We will use volley-lites for play.
- Host schools will provide warm up balls when possible. If it is not possible, the host team will need to notify the schools attending.
- We will keep track of score and play games to 15. We will not switch sides after games.
- Regulation net height will be used for all grade levels.
- Unlimited substitution is allowed, we will not keep track of substitutions or submit line ups when we play. It is up to the coach's discretion as to how he/she wants to sub in players.
- Teams do not need to have uniforms with numbers on them. A team t-shirt is fine for the girls. Shorts can be any color and do not have to be spandex. This will be up to the coach as to what they want their team to wear.
- Schools should provide either high school players or parents to be used as officials for the courts. Please make sure you have at least one person (two if possible) to officiate. Off teams can be used to help with line judging if needed or coaches can help.

7th and 8th Grade

- Score will be kept for these grade levels. We will play games to 21 and a deciding game to 15 if needed.
- We will play for 40 or 45 minutes (depends upon how the host school schedules it). If we need to play the deciding game, we will finish it.
- Regular volleyballs will be used.
- Serving lines will be the standard court, there will be no modified line.
- Substitution procedures will be the same as high school. We will not keep track of subs however.
- High school rules will be followed for serving procedure.
- In order to save time, we do not need to switch sides in between each set.

***Please remember our goal is to provide our young ladies with an opportunity to learn the fundamentals of the game of volleyball. We are here for the kids and that is our focus. Our job is to continue working on developing and improving their skills.**

