



Fall Volleyball Rules



NET HEIGHT

- A. For grades 5th & 6th the net height shall be 6' 6" ~ Games will be on both courts (Mon & Wed)
- B. For Grades 7th & 8th the net height shall be 7' 4 1/8" ~ Games will be played on both courts (Tue & Thur)
- C. For Grades 9th-12th the net height shall be 7' 11 5/8" ~ Games will be played on both courts (Tue & Thur)

COURT

- A. Grades 5th & 6th will play **BLUE lines on the end line**, **dotted yellow** _____ & **RED side lines**
- B. Grades 7th -12th will play **RED lines on the end lines & pole side** & **dotted YELLOW** _____ other side

SERVING AREA

- A. 5th & 6th grades will serve anywhere behind the **Blue Line**
 - 1 Server may take one step over the serving line (**BLUE**) while serving
 - 2 If you swing and miss without making contact with the ball you will be allowed another try
 - 3 Ball may be served underhand or overhand
 - 4 Ball must be clearly visible to opponents before the serve
- B. 7th -12th Grades will serve anywhere behind the **RED Line**
 - 1 Server may take one step over the **RED** serving line, but must serve before the **Blue** line
 - 2 You can serve anywhere behind the **RED** Line
 - 3 Ball may be served underhand or overhand
 - 4 Ball must be clearly visible to opponents before the serve
 - 5 A serve may be received/returned by a bump or set. **NO BLOCK** ~ You **CANNOT** attack a serve
 - 6 If you have a bad toss on the serve, DO NOT catch it, let it hit the ground, and serve again.

SCORING

- A. Rally scoring will be used for all levels...5th -12th
- B. There will be a point served on every serve of the ball. **(5th and 6th each player will serve 3x's = side out)**
- C. Offense will score on a defensive miss or out of bounds hit
- D. Defense will score on an offensive miss, out of bounds hit, or a serve into the net
- E. Games will be played to 25 points for Games 1 & 2. (Max out at 27 pts. **ALL** leagues)
Game 3 will be played to 15 points. (Max out at 17 pts. **ALL** leagues)
- F. **Must win by 2 points in ALL games & in ALL Leagues**
- G. Game will be over at the end of **40 minutes**...or close to it
- H. **If player's don't wear the Recreation VB T-shirt (current season) the other Team will be given 3 pts for the 1st player, 2 pts. for the 2nd player, & 1 pt. for the 3rd player. 1st game only that they play in per match. Points will be awarded when player enters the game**
- I. **If the ball is hit more than one time, a girl has to hit it before it goes back over the net. (7th-12th)**

PLAYING THE GAME

- A. Maximum of three hits per side
- B. A block is NOT considered a hit
- C. Ball may be played off the net during a volley and on serve
- D. A ball touching a boundary line is **GOOD**
- E. Multiple Contacts (Double Hit) on the first hit over the net will be considered legal
- F. Anything from the foot up is considered legal
- G. If the ball hits the ceiling on your side and comes down on your side ~ Play it
- H. If the ball hits the ceiling or the basketball standard directly above the net, and goes over the net ~ illegal and a point will be awarded
- I. You **CANNOT** play the ball off the wall

J. If the ball hits the basketball standards at the end of the court it will be considered out of bounds

G. You are allowed two 30 second time-outs per game

ROTATION

- A. Team will rotate each time they win serve - **NO ONE** sits out. Everyone one plays equal time
- B. Players shall rotate in a clockwise manner -
- C. There shall be 4 -6 players on each side. You can start the game with 4 players (**Less than 4 = forfeit**) in leagues 5th-12th
- D. **Can't have more boys on the court than girls at any given time**
- E. Rotate **IN** or **OUT** to serve ~ your choice. You must rotate in the same spot until that game is over

BASIC VIOLATIONS

- A. Failure to serve the ball over the net successfully
- B. Hitting the ball illegally (Carrying, Palming, Throwing, etc.).
- C. Failure to serve in the correct order
- D. Crossing over the center line ~ You can step on it, but NOT over it
- E. It is illegal to touch the net with any part of the body.

SCHEDULES

- A. Make sure you check your schedule carefully...most every night you will play doubleheaders

FYI

REST ROOMS and the Drinking Fountain are just outside the gym door. They are next to each other.

We are NOT allowed in any hallways ~ Please limit the number of times going out.

If we abuse our privileges we won't be able to use the facilities and the Volleyball Program will be terminated. Coaches I need you help. If you bring anything in ~ please remember to take your garbage out.

If you spill anything (Water, Gatorade, Soda, etc.) **YOU** need to clean it up



**PLEASE BE KIND AND COURTEOUS TO OUR REFEREE'S
THEY'RE DOING THE BEST THEY CAN**



**This is a Recreation League ~ It's about having FUN and teaching
FUNdamentals.**

Thanks,
Nancy

