



## YOUTH VOLLEYBALL LEAGUE RULES



### 3<sup>rd</sup>- 4<sup>th</sup> Grade

- Teams will play 5 games.
- Games will be played to 21 and must be won by two points. The first four will be capped at 25. The fifth game will be capped at 23.
- Girls will play on a 7 ft. net, using a “Volley-lite” ball.
- Server must rotate after 3 successful serves
- Rally scoring with points awarded on each possession
- ***Girls may move up to serve underhand (10 ft line) overhand (15 ft line-red tape line)***
- A 1 minute transition time will occur between games
- Substitutions will be allowed at the 11pt mark of the 5th game if needed.
- Two, 30 seconds timeouts per match allowed
- Instructional league with equal playing time
- All other high school rules apply

### 5<sup>th</sup>- 6<sup>th</sup> Grade

- Teams will play 5 games.
- Games will be played to 21 and must be won by two points. The first four will be capped at 25. The fifth game will be capped at 23.
- Girls will play on a 7 ft. net, using a “Volley-lite” ball.
- Server must rotate after 3 successful serves
- ***Girls must serve underhand or overhand from the 25 ft line***
- Rally scoring with points awarded on each possession
- A 1 minute transition time will occur between games
- Substitutions will be allowed at the 11pt mark of 5th game if needed
- Two, 30 seconds timeouts per match allowed
- Instructional league with equal playing time
- All other high school rules apply

### 7<sup>th</sup>- 9<sup>th</sup> Grade

- Teams will play 3 games to 25 (cap at 30)
- 3<sup>rd</sup> game to 25 (cap at 27)
- Teams will use regulation/official volleyballs
- The first 3 matches of the season, girls may serve from the 25ft. line, if they are unable to serve from regulation
- ***Week 4 all girls in this division will be required to serve from the regulation line***
- Rally scoring with points awarded on each possession
- A 1 minute transition time will occur between games
- Server must rotate after 5 successful serves
- Two 1 minute timeouts per match will be allowed
- Girls will play on a 7ft. 4in. net
- Substitutions will be allowed once a team reaches 13 points in the 3<sup>rd</sup> game. Please use your best judgment whether to sub or not according to the equal playing time guidelines.
- Instructional league with equal playing time
- All other high school rules apply

**Player Shortage Rule**  
**(Rule Applies For All Divisions)**

- If a team has less than 6 players, they may play with 5 players and a side-out will occur at the missing players spot for that team—no point will be given to any team.
- Teams must forfeit if only 4 players are present at the start of the match, but the two teams may combine their players and scrimmage for the remainder of their match time.
- If a team starts the match with 5 players and an injury occurs, leaving fewer than 5 players the match may continue and the team may play with less than 5 players.
- If a team starts the match with 5 players and an additional player on the team arrives to play, the player may enter the game and must rotate into the serving position.
- With less than 6 players present a side-out will occur at the missing players spot for that team—no point will be given to any team.
- Teams may not substitute players that are not on their official team roster to fill the spot of their missing players.

**COACHES- Rule Applies For All Divisions**

- Brushy Creek Youth Leagues only allow for one coach, (the head coach) to stand at the bench or coach out loud to the players in the field of play during the competition. All other coaches must remain seated and coach only the players on the bench. Violators may be removed from the bench at any time by BCCC staff or by the officials of the game.