



Volleyball Rules & Regulations:

- Before the match, a coin flip between the two coaches will determine service or side of the court.
- Each match will be played with three sets and winner will be the first to win two out of three sets.
- Warm up time will be 5 total minutes for each team; last minute will be for serves.
- First & Second Set will go to 25, win by 2 with max of 30.
- If needed, 3rd set will go to 15, win by 2 with a max score of 21.
- One timeout per set; timeouts do not roll over.
- Players in 12U have two options on their initial serve, either from the regulation back line or the marked 25 ft line. Once a player has successfully served the ball over the net 3 times consecutively from the marked line the player must then move back to the regulation line.
- 15U will serve solely from the regulation line.
- When the serving team wins the rally, the player who served the ball serves again. The number of points that can be scored by an individual server at one time is limited to 5 points. After a server has scored 5 consecutive points, the current server will rotate to next position and ball will remain with serving team and the new server will rotate into the game of play.
- If a server does not execute a good toss, they must let the ball fall to the ground without touching it or it is considered a serve hit. Players will be limited to **two** tosses per serve.
- Substitution will be done through rotations.
 - Each new player will go into server position.
- Rotation must be maintained within each set, but rotation does not have to be the same each set.
- The ball can be played off the ceiling on your own team's side provided it hits the ceiling once over the playing area.
- Only TWO coaches allowed on bench and only ONE coach standing.

<u>AGE</u>	<u>Net Height</u>	<u>Serving Line</u>	<u>Rotations/Substitutions</u>	<u># of Serves</u>
<u>12U</u>	7'5	25ft./Regulation	Rotation	5 total consecutive (3 from 25 ft. line)
<u>15U</u>	7'5	Regulation Line	Rotation	5 total consecutive