



# 7th/8th Grade Co-Ed Youth Volleyball

**Games:** All games will be played at the Farmington Gymnasium. Courts will be assigned for game days and are listed in the schedule on [www.quickscores.com/farmingtonutah](http://www.quickscores.com/farmingtonutah) [Farmington Gym 294 S 650 W](http://www.farmingtonutah.com)

**Practices:** The practice days and times will be determined by the coach. One practice for one hour during the week. No practices on Thanksgiving week

**League T-Shirt:** The registration fee includes a team t-shirt that will be handed out on the first game day.

**League:** Season consists of 6 Saturday league games and will begin on Oct. 28th (Omit Nov. 25)

We will not have team pictures this year and encourage parents to take their own candid shots.

## Rules

**WARM-UP :** The warm-up routine will consist of the following: 3 Minutes each at the net and 3 minutes off the net with ball handling. Each team will then have 2 minutes to serve together. If a team is late the above will not be accomplished.

**GAME TIME:** A full team consists of 6 players but a team can start and end with 4 players. An opposing team can lend players to a team that is not full

**GAME** Two sets (games) will be played to 25 points (cap of 27)

If sets are split a third game of 15 (cap of 17) will be played.

**RALLY SCORING:** "A point scored on every score of the ball." A team scores a point any time the opposing team makes an error.

**THE SERVE** Ball may be served underhand or overhand. Net serves are legal. Players may not attack a served ball. One service tossing error is allowed for each service. The server may have one "re-toss" as long as the server allows the ball to drop to the floor untouched. If they catch it, it will be a side-out. This league is allowed to step inside the "End Line" for the serve. A server that serves 5 consecutive points will constitute a rotation from that team and a new server. **FIRST WEEK ONLY EACH PLAYER WILL GET TWO ATTEMPTS TO PUT A SERVED BALL INTO PLAY**

**NET** Players may not touch the net or step over the line or under the net. A side-out will be awarded

**TIMEOUT** Two (2) - 30 second time-outs per team per set can be called when the ball is dead on either side

**ROTATION** Teams will rotate each time they win the serve. Every player must rotate in at a designated position. Each rotation a player will come out and a new one will go in. This is not optional— This is the time for substitutions. Rotational substitution ONLY! Same location throughout the game.

**JEWELRY/CASTS** Players shall not wear anything dangerous to themselves or other players, such as watches, rings, earrings, casts-padded or not.

**FORMAT FOR PLAYING THE GAME** Maximum of three hits per side.

Player may not hit the ball twice in succession

Ball may be played off the net during a volley or net serve

A ball touching a boundary line is good

If the ball hits the ceiling on your side and comes down on your side, it is playable

A ball that hits the walls or curtain will be considered a side-out

**BASIC VIOLATION** Hitting the ball illegally (carrying, palming, throwing). Blocking or attacking a served ball

Stepping on or over the line on a serve. Rotation for serving must stay in order

Questions: Emme Paget/Program Coordinator 801-939-9226

