



9th-12th 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 Farmington Gymnasium , 294 S 650 W, 801-939-9229

Practices: The practice days and times will be determined by the coach. One weekday hour per team. No practices on Thanksgiving week

League T-Shirt: Team t-shirt included and will be handed out on the first game day.

League: Season consists of 6 Saturday league games starting Oct. 28th (OMIT 11/25)

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.

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

Rules

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. Final scores will not be posted

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 : Players must serve from behind the service line until after contact. 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" . **A server that serves 5 consecutive points will constitute a rotation from that team and a new server.**

NET: Players may not touch the net or step over the line 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 after each opportunity to serve after a side out. This holds true even for the first side out of the game. 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!

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.

There should never be more boys on the courts than girls. If 3 hits are made before the return of the ball over the net one of those hits must be hit by a girl.

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

The first violation will be a warning unless obviously deliberate.

QUESTIONS :

RECREATION COORDINATOR, EMME PAGET 801-939-9226, epaget@farmington.utah.gov

