



# 3rd/4th 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)

**Practices:** The practice days and times will be determined by the coach. One practice for one hour during the week. Volleylite volleyballs will be provided. Locations available are the Farmington Jr. High and the Farmington Gymnasium.

**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 league games and will be on Saturday mornings. (Omit 11/25)

## Rules

**WARM-UP/SKILL BUILDING** Coaches will have 12 minutes to warm-up with their team and to work on skill building drills

**GAME TIME:** At game time if any team has less than 6 players, players from the other team can join the opposite team. Those players that join the opposite team can be switched during the sets.

**GAME:** Two sets (games) will be played to 25 points (cap of 2) If time allows a third game will be played to 15 points (cap of 17)

**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 are allowed to move-up to front of the court if needed to serve (yellow line). Ball may be served underhand or overhand. 5 consecutive points earned by the same server will constitute a rotation of players and a new server. **FOR THE FIRST TWO GAMES EACH PLAYER CAN HAVE 2 ATTEMPTS FOR A FIRST SUCCESSFUL SERVE.**

**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

**ROTATION:** Teams will rotate each time there is a side-out and your turn for 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. It is typical for the player that just served to be the one that is substituted

**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.

A 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. A ball can be played if it hits the ceiling and comes back down on the same side

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

On a side-out and the first serve for a player they will be given two opportunities to serve. 5 consecutive winning serves will require a side rotation with a new server

The out-of bounds (End Line) will be the black line

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