



# 5th/6th 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). Volleylite balls will be used.

**Practices:** The practice days and times will be determined by the coach. One practice for one hour during the 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 league games and will be on Saturday mornings. (Omit 11/27)

**League Pictures:** A specific time will be assigned to teams prior to picture day, Oct. 30<sup>th</sup>. The day will also be posted on quickscores.

## Rules

**We ask that there be only 2 "fans" per players and to respect the social distancing when not in same household..**

**WARM-UP/SKILL BUILDING** 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** 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 27)

If sets are split a third game of 15 (cap of 17) will be played. With a switch of sides at 8 points.

**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 step over the service line IF NEEDED and as far up as the yellow line (middle court). Servers will get two attempts to serve "IN" on every side-out FOR THE FIRST TWO GAMES.

5 consecutive points earned by the same server will constitute a rotation of players 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 each time there is a side-out. Every player must rotate in at a designated position (USUALLY RIGHT AFTER THE SERVE). Each rotation a player will come out and a new one will go in. This is not optional— This is the time for on-going substitutions

**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. Our refs have been advised to give warnings instead of awarding a side-out.

Questions: Linda Weeks/Gym Manager 801-939-9279 OR Taylor Jenson/Gym Asst. Mngr. 801-939-9228