



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

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 Saturday league games and will begin on Oct. 23rd (Omit Nov. 27)

League Pictures: October 30th is picture day. Info via email will go out prior to picture day.

Rules

We ask for only 2 "fans" per player . Require social distancing by all "fans".

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: LINDA WEEKS/GYM MANAGER 801-939-9279 OR TAYLOR JENSON/ASST. MNGR 801-939-9228