



LEHI CITY
RECREATION

Lehi City Girls Volleyball 2023

Coaches, thank you for your willingness to coach this year. We could not do this without you! We love volleyball and our hope is that each girl will leave loving the game as well!

Volunteer Application: Please fill these out and leave them on the table. Don't forget to read the concussion policy on the back of the application.

Shirts – Make sure to hand your team shirts out to your team before your first game.

Roster – Please **call** your girls within a few days. After you call the first time to confirm that they know who their coach is, email/texting is an okay form of communication.

Practice Schedule – Practices will start the week of August 8th. You may practice the week before if you have your own space to practice. Practices will be crowded, please work with each other and don't change practice times without letting Rhonda know. If you can't be at practice, have a parent fill in for you.

Schedule – The first games begin August 12th. All schedules will be posted online at: www.quickcores.com/lehi. There will be 6 regular season games. There will be no games or practices from Aug. 14th thru 19th for the Legacy Center closure week.

Tournament – Tentative Schedule: Sept. 25th – Oct. 3rd. More info will follow.

Sportsmanship – Reminder: When a player is serving the ball; no yelling, chanting or any form of distraction will be allowed. This applies to all players, coaches and spectators. Please always exhibit good sportsmanship during all games/practices.

Jewelry – NO JEWELRY will be allowed to be worn during games. This includes; necklaces, bracelets, earrings etc. Please remind parents of this rule!

3rd-6th Grade Rules:

3rd Grade: Serve from 10 ft. line

4th Grade: Serve from white line

For 3rd-4th Grade, the boundary line is the colored area of the gym.

5th Grade: Serve from tape

6th Grade: Serve from colored area

For 5th-6th Grade the boundary line is the regular yellow boundary lines.

First serve must be an over hand serve, second is the girls' choice.

Rotation will be from middle back. No substitutions unless an injury or illness. After one girl serves 5 serves, it will be an automatic side out but no point will be given to the opposite team.

7th-12th Grade Rules:

Games will start on time. Game time is forfeit time. You may start with 4 players. 2nd game will forfeit 15 minutes later.

Timing: Each game will be timed 40 minutes. First two games will be played to 25 minutes. If a third game is needed, only one serve is allowed (girls' choice). Game will play until time is up or to 15 points. The games will cap at 27 and 17. A team must win by 2 points except for caps, first team to 27 or 17 wins. **Coaches can speed this up by having girls chase the ball and quickly get it to the next server.**

The first serve must be an overhand serve. If the ball goes out of bounds they get another serve. Second serve – girls' choice.

Rotate from middle back and there will be no substitutions (unless for an injury or illness). All girls will play the same amount of time.

Timeouts: You will get two 15-20 sec. timeouts for games 1 & 2. You will get one timeout for game 3 if a third game is needed.

No attacking the serve (front row one handed hit).

Lifts and double hits will be referee decision. A referee's decision is the **FINAL** decision, there will be no negotiating.

Come to the first game well prepared for rotation and set up of girls on the court. This will help the games run smoother and allow for more playing time.

We will not allow a girl to throw the ball in the air several times before each serve (One toss only).

Warm-Up: There will be limited warm-up time before games so warm up outside of the building (weather permitting).

After the game – Do your team cheer and shake hands at the net. Then take your huddle off the court so the next team can practice serving.

7th-12th grade may not step on or over the line while serving.

Try to promote 3 hits – practice *pass/set/hit* with your girls.

Net Height

3rd-4th Grade Net: At Junior Girls

5th-6th Grade Net: At Juniors

7th-12th Grade Net: At Women's

