

3RD & 4TH Grade Youth Volleyball



GAME LOCATION – PG Rec. Center Gym #2 - The full court will be divided in half and teams will play on the east and west courts.

PRACTICES – All practices will be held in gym #2. Practice times and day will be determined by the coach. Practice Day Options: Monday, Tuesday, Wednesday, Thursday or Friday Times: 4pm, 5pm, 6pm, 7pm or 8pm

LEAGUE T-Shirt - Registration fee includes a team t-shirt that will be handed out to coaches on the first game day.

LEAGUE – Season consists of 8 league games.

COACHES BACKGROUND CHECKS – All youth coaches for Pleasant Grove City Recreation programs are required to complete a background check.

PARTICIPATION TREAT – At the end of season, all participants will receive a participation treat.

LEAGUE PICTURES - A specific time will be assigned to teams by the picture company. Schedule times will be listed on picture packets that will be handed out a couple of weeks prior to picture time.

3rd & 4th Grade Volleyball Rules:

Please have your team ready to go 10 minutes before game time.



WARM-UP/SKILL BUILDING

Coaches will have 12 minutes to warm-up with their team and 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 opposite team until they get enough players to play.

GAME

Two games will be played to 25 points.
If time allows a third game will be played to 15 points.

RALLY SCORING

Rally scoring will be used. (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 mid court if needed to serve, as skills and strength increase have server move back. Coaches please guide players and push them to strive to serve behind the baseline (service line).
Ball may be served underhand or overhand.
Net serves are legal

NET

Players may not touch the net or step **over** the line under the net. A point will be awarded to the opposing team.

TIME OUT

Two (2) 30 second time outs per team per game can be called when the ball is dead.

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 – it is how each team will do substitutions

JEWELRY/CASTS

Players shall not wear anything dangerous to themselves or other players, such as watches, rings, hats, earrings, casts, etc. Wrapping of casts is not acceptable.

PLAYING THE GAME (VOLLEY)

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, if it is not the 3rd hit.