

3RD - 6TH Grade Youth Volleyball Rules



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, Times: 3pm,-8pm Friday 3pm-6pm.

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.

3rd – 6th Grade Volleyball Rules:

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



3rd & 4th Grade only -- WARM-UP/SKILL BUILDING Coaches will have 12 minutes to warm-up with their team and work on skill building drills.

5th & 6th Grades --WARM UP Each team will have 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. (This is contingent upon teams being on time and ready to begin warm up at GAME TIME. If late there will not be time for warm up).

Each game will start with a captain/coach meeting at the net to:

- choose serve or side (by rock, paper, scissor)
- review rules and lines.

Players CANNOT wear jewelry, sports bands & Fitbits. Covering of earrings /rings with tape is NOT allowed.

Players CANNOT play with a cast.

PLAYERS MUST BE REGISTERED. If you play a non-registered player the game will automatically be forfeited!

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. No forfeits in these two leagues.

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. Matches will be played the best 2 out of 3 games.

SCORING Two games will be played to 25 points. (cap at 27)
If a third game is played, Game will be played to 15 points.(cap at 17)
Third Game (No switching sides)

THE SERVE

Server may step over the service line IF NEEDED. 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. If a served ball hits the net and goes over it is legal to play.

NET Players may not touch the net or step fully **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.

BASIC VIOLATIONS

Hitting the ball illegally (carrying, palming, throwing)

Blocking or attacking a served ball.

Important!!!! Please make sure players have hands together on a BUMP, 2 handed lifts will be called in all leagues. Players will start to realize they need their hands together. Please practice this in your practices, especially in the younger leagues.