

# 5<sup>th</sup> & 6<sup>th</sup> 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.



## 5<sup>th</sup> & 6<sup>th</sup> Grade Volleyball Rules:

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

### **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).

### **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.

### **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 **over** the line under the net. A point will be awarded to the opposing team.

### **SCORING**

Rally score (a point scored on every score of the ball). Matches will be played the best 2 out of 3 games.

The first 2 games are played to 25, win by 2 (cap at 27) points.

If a third deciding game is needed, it will be to 15 points (cap at 17) points.

If a third game is played teams will switch at 8 and will stay in the same rotation order.

### **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 3<sup>rd</sup> hit.

## **BASIC VIOLATIONS**

Hitting the ball illegally (carrying, palming, throwing)

Blocking or attacking a served ball.