

# 7<sup>th</sup> – 9<sup>th</sup> Grade Youth Volleyball



**GAME LOCATION** – PG Rec. Center Gym #2 or 3

**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.

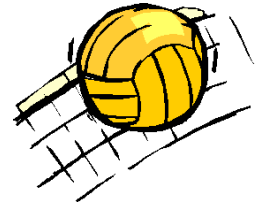
**COACHES BACKGROUND CHECKS** – All youth coaches for Pleasant Grove City Recreation programs are required to complete a background check.

**LEAGUE/TOURNAMENT** – 8 league games plus end of season tournament – Awards will be given to the 1<sup>st</sup> and 2<sup>nd</sup> place tournament finishers.

**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.

## 7<sup>th</sup>- 9<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 at the net. While one team is at the net, the other team will be 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**

A full team consists of 6 players. However a team can start and end with 5 players. If a team does not have the minimum number to start on the court at game time, the team will forfeit the first game of the match. If the team is still not ready to play in ten minutes, the team will forfeit the match.

### **TIME OUT**

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

### **SUBSTITUTION**

Rotational substitution **ONLY!** Teams will rotate each time they win the serve. Every player must rotate in at a designated position and stay in order – failure to do so will result in a side out. This is not optional – it is how each team will do substitutions.

### **THE SERVE**

Server must serve from behind the line until after contact.

Ball may be served underhand or overhand.

Net serves are legal

Players may not block or 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 side out.

## **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 (cap at 27) points.

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

The caps will apply to season games and tournament games except for the championship game.

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

## **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

Players may not block or attack a served ball.

If a served ball hits the net and goes over it is legal to play.

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**

Stepping on or over the line on a serve

Blocking or attacking a served ball.

Hitting the ball illegally (carrying, palming, throwing)

Rotations for serving must stay in order – failure to do so will result in a side out.

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