

7th – 12th Grade Youth Volleyball Rules

GAME LOCATION- PG Rec. Center Gym #2 & #3 – The games will be played on full 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 plus end of season tournament – Awards will be given to the 1st and 2nd place tournament finishers.

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

7th – 12th Grade Volleyball Rules:

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



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 & fit bits. 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!

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 to the side. 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... The server may have one “re-toss” if they catch it OR let it land on the floor.

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.

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 STAY ON SAME SIDE and not switch at 8

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 3rd hit.



BASIC VIOLATIONS

Stepping on or over the line on a serve

Hitting the ball illegally (carrying, palming, throwing)

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

PLAYING THE GAME (VOLLEY)

10- 12 Grade League ONLY --If a ball is played more than once by a team, **a female must make at least one of the contacts.**

Maximum of three hits per side

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 3rd hit.

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.