



## 2016 3<sup>rd</sup>/4<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> Grade Fall Volleyball Rules

. The purpose and philosophy of the Boys & Girls Club Volleyball program is to provide the opportunity to play volleyball for fun and to learn sportsmanship, discipline, and self control along with the fundamentals of volleyball.

### 1. Players

- Each player must play equal time in every game. All players will rotate out at the middle back position for consistency.
- Each player will wear the B&GC assigned team uniform and non-marking shoes must be worn. We recommend all participants wear knee pads.

### 2. Games

- Each game must start on time. Home team will start serving in the first and third game.
- Games will be played 6 on 6. If a team is short players, they may borrow players from the opponent in order to field 6 players but it will be a forfeit. Teams may play with 5 players and not forfeit the match.
- Each match will be played the best 2 out of 3 games. If a team wins in two games, a third game will still be played.
- All games will be played with rally scoring (no side outs).
- Each game will be played to twenty-five points rally scoring, win by 2, cap at 31.
- Teams will be given 1 time out per game, 30 seconds in length. Time-outs do not carry over.
- There will be 1 minute between games. Teams will switch sides after each game.
- Net height will be set at approximately 7 feet.
- Warm up should be no longer than 5 minutes with two minutes each for passing, spiking and serving. Cooperation between teams should be emphasized to ensure a safe warm-up. Warm-ups may be cut short if the game is starting late.
- 3<sup>rd</sup>-4<sup>th</sup> grade and 5<sup>th</sup>-6<sup>th</sup> grade will use volley-light balls while 7<sup>th</sup>-8<sup>th</sup> grade will use regulation volleyballs.

### 3. Offensive Regulations

- Servers may serve side arm, overhand or underhand. 3<sup>rd</sup>-4<sup>th</sup> grade and 5<sup>th</sup>-6<sup>th</sup> grade serving line is the dark blue line in Bellingham. 7<sup>th</sup>-8<sup>th</sup> grade serving line is regulation blue line.
- A five-serve rule maximum will be in effect for each team, and then serving team rotates and continues serving.
- Serves that hit the net and go over are still playable.
- All players will be given an opportunity to serve during the match.
- 3<sup>rd</sup>-4<sup>th</sup> grade league, servers will be given one additional serve opportunity if their initial serve does not go over the net. This rule applies only to the players first serve attempt each rotation.

### 4. Defensive Regulations

- On the serve players may receive the ball with a bump, set, overhead double fist or any other manner that is not a lift. Non purpose double hits are also allowed. Players are not allowed to attack the serve.
- No liberos (defensive specialist)

### 5. Additional Volleyball Rules

- Opposing coaches and players will shake hands after each match.
- League standings will be kept.
- Score will be kept on the scoreboard by a home team representative.
- 3<sup>rd</sup>-4<sup>th</sup> grade back out of play line is the serve line (5<sup>th</sup>-6<sup>th</sup> back line is regulation line even though serve line is in front).