



Volleyball Rules - All Divisions

Players

- Each player must play equal time in every game. All players will rotate out at a set 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.

Games

- Each game must start on time. Teams may use rock-paper scissors for the first serve.
- Games will be played 6 on 6. 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 as long as time allows without delaying the next scheduled game. **The third game is to 15.**
- 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. No cap in tournament play.
- Teams will be given 1 time out per game, 30 seconds in length. Time-outs do not carry over.
- There will be 3 minutes between games. Teams will switch sides after each game.
- Net height will be set at approximately 7 feet.
- The warm-up should be no longer than 10 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.
- 3rd-4th grade and 5th-6th grade will use volley-light balls while 7th-8th grade will use regulation volleyballs.

Offensive Regulations

- Servers may serve sidearm, overhand or underhand. The 3rd-4th grade serving line is yellow in Bellingham and blue in Ferndale, out of bounds is a thick basketball court line. **Out of bounds is the regulation line all season.** 7th-8th grade serving line and out of bounds is regulation.
- Servers may step across the service line with their lead foot. Their back foot must remain behind the line, or drag over the line remaining in contact with the floor until contact is made with the ball.
- A five-serve rule maximum will be in effect for each team, and then the 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.
- 5th/6th-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 player's first serve attempt at each rotation.

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 or block the serve.
- No liberos (defensive specialist).

Additional Volleyball Rules

- Opposing coaches and players will shake hands, bump elbows, air high-five, ect. after each match.
- No league standings will be kept.
- The score will be kept on the scoreboard by the ref, staff, or selected volunteer.
- If the ball hits a basketball board/apparatus, the ball is dead & will be replayed (5th/6th-grade division only). If the ball hits the ceiling or ceiling supports on the opponent's side, it is out. If the ball bounces off the ceiling on the hitter's own side, the ball is still live unless it goes over the net.