YOUTH VOLLEYBALL RULES

The Cloud-9 volleyball league is a recreational league focusing on skill development, teamwork and the fundamentals of volleyball in a fun atmosphere.

Game Rules

1. Number of Players: Games will be played 6 v 6 for 3rd – 8th grade

2. Game Length: 3 games will be played for each match. Rally scoring will be used in all sets. Games 1 and 2 will be played to 25 with a cap of 30. 3rd game will be played to 15 with a cap of 20. Must win by 2 points unless you reach cap in all games. All 3 sets must be completed in 1 hour.

3. Net Height: 6 ft. for 1st-4th grade and 7ft. for 5th-8th grade.

4. Standard size court will be used for 3rd-8th grade

5. Rotations

a. The serving team rotates prior to serving (except for the first serve of the set). Rotations will occur in a clockwise direction with the server rotating out and a new player rotating into the middle/back row position. Substitutions will be allowed for injuries.

6. Serving

a. 3rd – 4th grade will be allowed to serve from a spot on the court in which they can successfully serve over the net (if the first serve is in the net ref may allow another try. We want the kids to gain confidence and learn to serve). 3-4th grade will only be allowed to serve 5 consecutive points in row, if successful then the ball will go to the other team. 5th-8th grade will

serve from the back line (if there is someone who is struggling from the backline ref may ask the other coach if it's ok to move closer).

b. If the ball touches the net and goes over on a serve it is a live ball.

c. No attacking or blocking the serve.

7. Other Rules

a. A distinct hit must be made. No holding, throwing or catching the ball is allowed.

b. The ball may be hit three times by one team in a volley. Any one player cannot hit the

ball twice in succession.

c. Touching an opponent under the net is not allowed.

d. Players may never touch the net while the ball is in play.

e. The ball will be called out if it hits anywhere outside the boundary lines, hits the sidewalls/curtain or the backboard if the ball is traveling backwards and ref deems it unplayable, or hits ceiling and advances over to the defending team's side. The ball may be played after touching the ceiling, backboard if the ball is coming down or any other object overhanging the playing area, as long as it does not travel over the net and the hitting team makes a legal hit.

f. Each team is allowed one timeout per set. Unused timeouts will not carry over to the

next set.

8. Equipment

a. Volley Lite balls will be used for 3rd – 4th grade, official volleyballs will be used for

5th-8th grade division

b. Players must wear court shoes

c. Knee pads are strongly recommended

d. Cloud-9 will provide jerseys