HOLLADAY LIONS

FITNESS & RECREATION CENTER

**YOUTH VOLLEYBALL**

**LEAGUE RULES**

1. High School Volleyball Rules will govern with the following modifications. This league is purely recreational and rules may be modified at the discretion of the staff and program coordinator.
2. A match will consist of two games playing to 25 points, and a third game to 15 points if time allows. (Must win by two points– or first to 30). Rally scoring will be used in all games.
3. Net Height (approx)

7th – 9th grade division will play on official women’s net height (7’ 4”).

3rd graders through 6th graders will play on a 6’ 6” net.

1. Coin toss will determine which team will serve first and from which side of net. First team on schedule chooses. Teams switch sides between games.
2. One time-out permitted each game, not to exceed 1 minute. Unused time-outs do not carry over to next game.
3. Playing Time: Continuous substitution will take place with players rotating when team gains possession. Position 2 moves off court, sub enters into serving position. *See diagram on back of page.*
4. For the first 3 weeks players must serve within 15 seconds. After 3 weeks players must serve within 10 seconds.
5. For the first 3 weeks players will be given **two** chances to successfully serve. After 3 weeks players will only get **one** chance. 3rd-4th graders will be given a second chance if the ball does not clear the net on the first serve, throughout the season.
6. 5-Point Rule: Any team that has a player who serves his/her team to 5 consecutive points will be required to rotate, but will keep serve. This ensures everyone gets a chance to serve.
7. All specific rule interpretations are at the discretion of the official and site supervisor.
8. The Site Supervisor has the final say in any controversy. **HIS/HER DECISIONS ARE FINAL**.