



YOUTH VOLLEYBALL LEAGUE 2020

Playing Rules:

- A player can serve for a max of five times in a row and then rotate positions, with a new server now serving (same team keeps the ball)
- No specific serving line for youth league.
- In/out lines (red lines) stay the same as normal volleyball rules. If the ball touches the line it is considered in.
- Subs will rotate in on the serve.
- At the end of a game, players will line up to shake hands with the other team.
- **3RD & 4TH GRADE ONLY:** Each player gets two chances to make the serve over, before the other team gets the point.
- **3RD & 4TH GRADE ONLY:** A player will get reminded they had a lift when the play is over, but it won't be called unless the same player keeps lifting the ball after being reminded it is illegal or if it is an obvious lift.
- **5TH & 6TH GRADE ONLY:** Same lift rule as 3rd/4th for the first two weeks then after two weeks a lift will be called when it occurs.



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League Rules:

- No food or pop in gym. Water bottles and sports drinks are allowed on sidelines.
- Do not kick volleyballs or throw the ball over the net.
- Be at the games at least **15 minutes early** to stretch and warmup.
- Be ready to start practice at 5:30pm for 3rd & 4th grade and at 6:55pm for 5th & 6th grade.
- Wear comfortable clothes and athletic shoes (no shoes that have been worn outside).
- No jewelry.
- Let coaches know if you will be gone ahead of time. This includes practice and game days.
- Ask questions if you do not understand something.
- Have fun!

Beneficial website for volleyball: <https://www.strength-and-power-for-volleyball.com/basic-volleyball-rules.html>

