



## Youth Volleyball Rules

### General Information:

1. Team Photos are not required
2. Participants are to wear the Junior Thunderbird Jersey available at the Cedar City Aquatic Center at the cost of \$10.
3. Our main purpose is to teach the skills of volleyball and provide a safe and fun environment, all while exemplifying sportsmanship.
4. Any rule not specified will be referred to in the current National Federation High School Rule Book.
5. Please do not warm up in the hallways.
6. Coaches, players and spectators are always expected to demonstrate good sportsmanship .
7. We ask that younger siblings not be left unsupervised at the gym during games or practices.
8. No one is allowed in the gym balcony.

### The Game:

1. Every participant present must play at least  $\frac{1}{2}$  of the match.
2. All players must have one turn sitting out before a player is asked to sit out for a second time.
3. Substitutions may be made after play has ended before the next serve, per free substitution rules.
4. All participants must have the opportunity to serve.
5. Games are played 6 vs 6.
6. There are no forfeits, if a team does not have 6 players they are to borrow a player from the opposing team. If the opposing team does not have extra player, a game can be played 5 vs 6 or 5 vs 5.
7. Teams will be given one time out per set, 45 seconds in length. Time outs do not carry over into the second set.
8. There will be a two-minute break between sets.
9. To keep games on schedule, teams are expected to move on and off the court quickly.
10. There will not be warm up time on the court prior to the games.
11. To start the match, serve & side will be determined by "Rock, Paper, Scissors."

12. The match will end by teams lining up on the sideline and walking past the opposing team at the net, engaging in a congratulatory high five or fist bump.

**Serving:**

1. There will be a 5 serve rule for each player in their term of service, meaning if one player serves 5 points in a row, the serve is then given to the opposing team, but no point is awarded for the side out.
2. We encourage serving from behind the true service line. Some participants, in order to have success will be allowed to move up to the “pre-determined line” to serve. There will be one line specified for 5<sup>th</sup> & 6<sup>th</sup> grade and one specified for 7<sup>th</sup> & 8<sup>th</sup> grade. Foot faults will not be called in any situation. Although a player may be asked by the official to move to the back and re-serve if they are deemed too close.

**Scoring:**

1. Games will be scored using the rally scoring method. Rally scoring is when a point is scored on every serve, no matter which team served.
2. The reason for the score being kept is not meant to be for a competitive purpose. The score is kept for the purpose of keeping a flow to the match, since volleyball is not a timed sport.
3. Best two out of three will constitute a match. The first two sets will be played to 25 points (capped at 27 points.) If the third set is needed it will be play to 7 points (capped at 9 points.)

**Tournament:**

1. A single elimination tournament will be played at the end of the season if gym space is available. This is not guarantee each year depending on how many participants register and how many teams are formed.
2. The tournament will not be seeded. It will be schedule at random.

