



LIST VOLLEYBALL RULES

GRADES 5/6 AND 7/8

Revised 2/17/12

1. Playing court measures 9m x 18m (59' x 29'6") and is divided by the centerline into two team courts. Boundary lines and centerline MUST be marked. For 5/6th grade play, a service line 7m (23') parallel to the centerline should be marked with tape on both team courts.
2. The net should be tight enough so that a ball may be played out of the net. 5/6th grade net height is 7'0" and 7/8th grade net height is 7'4".
3. There should be six players on each team court at all times (3 boys, 3 girls playing per team). Players should alternate positions by gender if possible.
4. Court shoes are required. Players should have knee pads. No hats or jewelry are allowed. All players will wear shirts with their team color and a number on the back.
5. A match will consist of 3 games. The first two games will be played to 25 points using rally scoring (to be declared winner, the team must win by 2 points). The third game will be played to 15 points using rally scoring. The first team to 15 points is declared the winner of the third game (no 2 pt. margin rule). The referee will keep score, but may ask a representative from each team to also keep score.
6. Teams will be allowed two 2-minute time outs per match (not including water breaks between games).
7. A match should not run over 1 hour in length. After 50 minutes of play, the referee should inform coaches that 10 minutes remain. If a match starts late, the coaches and referee should confer before play begins to decide the time of each game. Up to 5 minutes may be used for water or meetings between games.
8. At the moment the ball is put into play, each team must be completely within its own court (except the server) in two rows of three players. The rows may be staggered but each player must be in their respective position. Three players are front row players and three players are back row players. Once the ball is in play, the players may move to any position on their side. Position faults (a player is not in their respective position at service) are penalized with a loss of rally.
9. The ball is served into play by the right back-row player (the server). The ball may be served from anywhere behind the back court line. Player's feet should not contact the line or court until after the ball is put into play. One player may serve only up to 5 points. After the 5th point, a side-out is called and the service moves to the other team. Two exceptions apply to 5/6th grade service:
 - a) The service line is moved in to a distance of 7m (23') from the centerline. Play then extends back to the 9m line after service.
 - b) On a player's first serve, they get two tries to get the ball into play. If a point is scored and the player gets a second serve (or more) then they only get one try.
10. The official volleyball for 5/6th grade play will be a volley-light ball. The official volleyball for 7/8th grade play will be a standard size and weight volleyball. Home teams will supply balls.

11. The ball may be contacted up to 3 times on a side before it is returned over the net. Double hits and catches (lifts) will be called by the referees. A double hit is allowed during the first contact of the serve reception as long as it occurs as part of one action. (A *double hit* is when one player contacts the ball twice in succession or the ball contacts various parts of the body successively. A *catch* is called when a player does not hit the ball but rather catches and throws the ball.)
12. Contact with the net by a player is not a fault, unless it interferes with play. Players at the net may contact the center line and feet may even penetrate in to the opponent's court as long as one part of the foot is in contact with the centerline. The ball may not be contacted above the plane of the net by a back row player within 3m (10') of the net. While the ball remains on one side it may be played off of the ceiling (not walls). The ball still needs to cross the net before a fourth team contact.
13. A ball contacting any portion of the line is considered in.
14. When the receiving team gains the right to serve, its players must rotate one position clockwise.
15. Substitutions are unlimited and may be made at the time of rotation without referee approval.
16. All referee's decisions are final. The referee's judgment may not be questioned. Explanation or clarification of a call may be requested during a stoppage in play.