



## Elementary/Middle School Volleyball Rules

### Start of Match

- Referee will flip a coin to determine which team has option of serve or side of court. This will rotate the next set. The coin will be flipped for the 3<sup>rd</sup> Set.
- All matches will be the best 2 out of 3 sets using rally scoring. The first 2 sets play to 25 (must win by 2). If a 3<sup>rd</sup> set is needed it will be played to 15 (must win by 2)
- Each team will consist of 6 players. A team must have 4 players present to start a match.
- Must rotate clockwise and not skip any player

### Serving

- There will be a service line in front of the back line (free-throw line for middle/ 3 point line for elementary) that CAN be used for a service line. This line CAN ONLY be used for the first 3 serves of a players turn. After three (3) consecutive points from the “up” service line the servers MUST back up to the regulation distance. The player will have an additional 2 serves.
- When a single server scores 5 consecutive points the offensive team MUST rotate and the next server can start the service process from the “up” service line.
- Overhanded and underhanded serves can be used.

### Rally

- A team can ONLY hit the ball for a total of 3 times before the ball crosses the net.
- If the ball hits a structure on the team’s side of the court (basketball goal or rafter) the team may play the ball over as long it does not exceed the 3 hits.
- If on the return volley the ball hits a structure on the opposing teams side the ball will be dead and the point will be awarded to the opposing team.

### Timeouts

- Each team gets one (1) 30 second time out per set.

### Substitutions

- Substitutions can only be made when it’s your turn to serve and you can only substitute for upcoming server.
- Continuous substitution will be enforced. Every girl must serve before the same girl can serve again and they need to rotate where they play each position at least once.