



## 5<sup>th</sup>/6<sup>th</sup> Grade Girl's Volleyball Rules

### Starting the Game

During the pre-game conference, the referee shall flip a coin to determine first possession.

Teams must establish Captains and report them to the referee.

Home team's bench is always on the East side of the net.

Home team starts each match on the East side of the net.

Referee will blow whistle to start the game and before each serve after start of the game.

### Team Captain

The captain is the only player who may communicate with the referee. When the Captain rotates out, then the player that is substituted for her will become the new Captain.

During a dead ball, the captain may request:

- A time-out
- Verification of time-outs used
- Verification of serving order  
(for her own team or the opponent's team)
- A repeat of a call if the signal is missed or unclear

### Uniforms

Each player will be provided a T-shirt with a number that is to be worn during all matches.

Kneepads are HIGHLY recommended for games.

Players are prohibited from wearing the following during matches:

- Jewelry, including stud earrings
- Watches
- Barrettes
- Hats

### Rotating Positions

There are six rotating positions on the court.

After every side-out, the serving team rotates out the previous server (position 1) and rotates in the next person from the bench into the middle back (position 6).

- Position 1 - Right Back (Server)
- Position 2 - Right Front
- Position 3 - Middle Front

- Position 4 - Left Front
- Position 5 - Left Back
- Position 6 - Middle Back

### **Scoring the Match**

Rally Scoring will be used for all levels of play, meaning that there will be a point won on each serve. You do not have to be serving to score.

The first team to 25 points, with at least a two point lead, wins (27 point max; first to 27).

When the referee blows the whistle signaling end of the match, players and coaches are to:

- go to their respective end lines
- proceed in single file along the side court and net
- demonstrate good sportsmanship toward their opposing team
- All matches will consist of the best 2 of 3 games. Should a third game be necessary, it will be played to 15 points.

### **Time outs**

Each team is allowed two (2) 45 second time outs per game.

Only a coach or team captain may notify the referee of a time out request.

### **Serving**

A serve is in play as soon as the server strikes the ball with her hand.

A re-serve is called when the server drops the ball, tosses the ball in the air and catches it, or tosses it in the air and allows it to drop to the floor

A re-serve is part of a single attempt to serve.

A server may not step on or over the service line until the ball is in play.

A serve that contacts the net, yet still crosses over to the opponent's side, will be considered a live ball.

A server may score a maximum of 5 consecutive points. When the fifth point is scored, there is an automatic side-out.

Service is from behind the official service line.

### **Contacting the Ball**

A legal hit is a touch of the ball by a player's hands, arms or body at or above the waist. Contact by a player's head is legal, but contact with legs or feet are not.

For a contact to be legal, it must be very brief and crisp. Any prolonged contact is illegal.

A team shall not have more than three hits, or two consecutive hits by the same person, before the ball crosses the net with the following forewarnings:

***Simultaneous contact on the same team***— When two players on the same team simultaneously contact the ball, the contact is counted as just one hit and any player, including the two who just touched it, may play the ball.

***Simultaneous contact by players on opposing teams*** – When two players on opposing teams contact the ball above the net at the same time and the ball falls onto one side, the player on that side may make the next hit. Whether the player involved in the simultaneous hit or another player makes the next hit, it is counted as the first hit for the team.

***Multiple contacts for one attempt*** – When a player receives a hard-driven ball from an attacker (either a block or saving a spike) and the ball rebounds from one part of a player's body to ricochet off of another legal part of the player's body, the ball is still in play and the attempt is counted as a single hit. This does not apply if the ball is not hard-driven and the player simply mishandles the ball.

***Blocks*** – Blocks are not counted as hits. When a player blocks the ball, either she or any other player on her team may hit the ball next and that hit will be the first one for the team.

A front row player may contact the ball anywhere on or off the court.

A back row player behind the attack line may contact the ball on or off of the court, above or below the top of the net.

A back row player who is on, or in front of, the attack line, may not attempt to block or attack the ball above the top of the net.

Blocking a served ball is prohibited.

## **Inbounds, Out of Bounds and Crossing Lines**

### ***Inbounds***

A ball is inbounds and live when:

Any portion of the ball touches a side-line, end-line or inside the court.

The ball touches the ceiling or other obstruction directly above the hitting player's court and returns to be same side of the court.

The ball hits the net and goes over into the opponent's court.

### ***Out of Bounds***

A ball is dead when it:

Fails to go over the net by the third hit.

Touches any part of the antenna or pole.

Touches the ceiling or other obstruction above the player's court and goes to the opponent's side of the court.

Touches an obstruction (e.g. a basketball backboard) on the side or end of the court.

Touches any non-player.

### ***Crossing Line***

All players, except for the server, must be fully within the boundaries of the court when the ball is served.

Once the ball is served, players may go outside of the court to play a ball.

A player may not enter the opponent team's court.

A player may touch or cross the center line with a hand or foot provided the entire hand or foot does not cross it completely. No other body part (e.g. the head or elbow) may cross the center line.