



## **Sportsplex Volleyball League Rules**

### **Length of Game**

- All matches are played in one hour increments
- Games will start at the scheduled game time, unless both teams agree to begin earlier (if the court is available).
- Regulation match play will consist of best 2 out of 3
  - For 5th grade through High School, the first two games in a match will be played using rally scoring to 25. The third game, if necessary, will be played to 7 using rally scoring.
  - For 3rd and 4th grade teams, the first two games to 21; the third game will be played to 7.
- Games must be won by a two-point advantage.
  - For 5th grade through High School, the first two games may be played to a cap of 28 points, at which point the two-point advantage is no longer in effect. The third game will be played to a cap of 10.
  - For 3rd and 4th grade, the first two games may be played to a cap of 24 points, at which point the two-point advantage is no longer in effect. The third game will be played to a cap of 10.
- Time between games within a match will be no more than 1 minute.
- If a team does not have the required number of girls on the court (at least 4) by the beginning of the first match there will be a 5 minute wait period. After that 5 minute wait period, the team will forfeit game one if they do not have at least 4 players ready to compete. The teams can scrimmage each other for fun - mix players, mix teams, etc. By the start of game 2, the forfeiting team must have at least four players present in order to be eligible to compete. If the team does not have at least 4 players present, the team forfeits both games and at that point can choose to play game 2 or forfeit and leave. If the team has 4 or more players arrive for game 2, they are able to compete. At that point, the game would be determined by best 2 out of 3 sets.

### **Serving (3rd-5th Grade Only)**

- A player may have two attempts at their first serve to put the ball in play.
- Service line is 10 ft. from the back line for 3rd grade (the third line from the baseline) and 14.5 ft if serving overhand (the fourth line from the baseline).

- Service line is 6.5 ft. from the back line for 4th grade (the second line from the baseline and 10 ft if serving overhand (the third line from the baseline)).
- Service line is 3 ft. from the back line for 5th grade (the first line from the baseline).
- Servers can serve a max of 3 points in a row.
- **\*For 5th grade only\*** If the serving team receives the 5 points from the maximum number of serves, that team will keep the ball and rotate after the 5 points and continue serving until loss of point.

### **Substitutions**

- Substitutions can only be made after a side out or on a dead ball.
- Continuous substitution is not enforced and is up to the coach's discretion.

### **Timeouts**

- Each team is guaranteed two 30 second timeouts per game

### **Officials**

- Sportsplex will provide an official for all league games.
- The referee will conduct a coin toss or rock, paper, scissors between the captains of the teams to determine which team shall have the choice of serving or receiving for both first set and possible third set.
- The officials will briefly go over the rules and regulations for the game with the team captains and the coaches.
- The official's decision on any given call is final and will not be contested or appealed.
- Parents/Spectators are not prohibited to approach the ref stand and speak to a ref.
- Please remember, you are setting an example for your team. Do not argue or contest calls in a recreational game. If you have a question, please ask in a polite and professional manner. If there are any issues, please get Lindsey or Katie to address the issue.

### **Line Judges**

- Both teams are required to provide 1 line judge for 5th grade and older games.
- The referee has the right to overrule a line judge at any time.

### **Equipment**

- Volley-lite volleyball will be used for 3rd-6th Grade.
- A game ball will be provided by Sportsplex along with a basket of volleyballs for warm up before each match.

**Questions or Comments? Contact Directors of Volleyball:**  
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