



## Forest Lake Area Schools Community Education

### 2009 Elementary Volleyball League Rules

1. Volleyball is generally played on a 30' x 30' court with a net at a maximum of 6'6".  
\* For our league, all 3/4 & 5th grade games will use a trainer volleyball. 6th grade games will use regulation volleyballs.
2. Volleyball is played with six players on the court from each team. If a team is short players, they may play with fewer players (no forfeits). You cannot pick up players from other teams in your grade.
3. Each team will consist of no more than ten players, with each player participating in at least the equivalent of one-half the playing time during the three-games in a match. Also, each player must "serve" at least one time during the three game match. Failure of any player to play one-half of the match, and all players to "serve" at least one time, will result in a forfeit of all three games in a match.
4. A match consists of three games. Twenty-one points constitutes a game. A team must win by two points or continue play until they do. All three games are played regardless of who wins the first two games. We will be using rally scoring. This means a point is scored on each serve.
5. The 3<sup>rd</sup>/4<sup>th</sup> grade league plays at Southwest. The 5<sup>th</sup> grade league will use the black line and the 6<sup>th</sup> grade league will use the green line when possible at Century.
6. The server serves the ball over the net. One point is awarded if the opposing team fails to return the ball in-bounds. However, if the opponents return the ball back over the net (in-bounds), and it is subsequently not returned, the serving team loses the serve. (A point is awarded on loss of serve.) Players on the opposing team then rotate clockwise when receiving the right to serve.
7. Both teams may score a point on a serve. Before serving, the server must call out the score, giving her team's score first, followed by the opponent's score.
8. No server may serve more than three consecutive points in a row. After three points are awarded, a "side out" is called and the opposing team is given the ball.
9. At the beginning of a match, the serving team is determined by a toss of the coin. The serve alternates in succeeding games during the match (so the other team gets the first serve in the second game, and then the teams flip for serve in the third game). Each team should appoint a captain for each match to represent them at the "toss of the coin". It's a good idea to let every girl have this opportunity.
10. Another player cannot assist the server in getting the ball over the net. If this happens, the opposing team gets the serve and the point.
11. A playable ball, including a serve, touching the net and going over is in play.
12. A playable ball, other than a serve, may be played off the net in an attempt to hit the ball over the net.
13. A maximum of three hits may be used to get the ball across the net. This may be three different people or the same person hitting it the first and third time with another player hitting it in between. No consecutive hits by the same player are allowed. Four hits are allowed IF the first hit is a block (right over the top of the net).

14. No player may touch the net or step across under the net when playing the ball. A player may step on the center line, but not over.
15. Two players hitting the ball at the same time is counted as one volley.
16. Substitutions can be made during any stop in play (before a serve). For our league, these substitutions can only be made for the back middle and back left positions. This "league rule" is to prevent an excellent "server" from continually being put into the game as the next "server" (again).
17. Fouls - If the following fouls are committed by the serving team, service is lost. This is called "side out". When they are committed by the receiving team, the serving team is awarded one point.
- A. Touching the net.
  - B. Failure to make a fair or legal serve.
  - C. Allowing the ball to hit the court surface in-bounds.
  - D. A ball touching the boundary line is good.
  - E. Failure to rotate according to proper order.
  - F. Volleying the ball more than three times before going over the net.
  - G. If the ball touches the floor outside the court lines.
18. Each player must wear tennis shoes in our gyms; elbow or knee pads are encouraged. Players CANNOT wear jewelry while playing volleyball as it is dangerous to yourself and to others.
19. The referees will report the results to the gym supervisor who will report them to Tim Conley immediately after the match. Standings will be kept and reported to the Forest Lake *Times* after each week's games. It is their decision if they have room to print them.
20. League champions will receive individual trophies. All Byes count as wins. In the case of a tie, there will be co-champions and all will receive trophies.
21. Coaches and parents should set a good example in sportsmanship. Remember, our goal is to have fun and to learn volleyball. Referees will be evaluating each team, coaches, and parents during ALL games this season. At the conclusion of the season, the team with the highest rated sportsmanship (based on accumulated point system), will be given individual awards.
22. Coaches must make sure players are under control at all times during practices and games. Elementary schools should be left in excellent condition when your practice is done. Remember, your players must be supervised at all times in the elementary schools during practice times.

**NOTE: Coaches - please encourage positive behavior by your players and fans when in school buildings.**

\* Do not leave until all your players have been picked up.

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