

## CYO 3<sup>rd</sup>/4<sup>th</sup> GRADE VOLLEYBALL RULES

### **GENERAL RULES**

If children are brought to the games, they must be continuously supervised and remain in the gym WITH YOU at all times. They are not allowed to play in the hallways of the building. Coaches please inform your parents of this rule. There will be monitors at every game to insure this is followed.

**COACHES** if coaching two teams you need to keep the two teams separate. No student will be allowed to play on both teams. The only exception is if you are going to be short a player that night.

A minimum of 4 players must be present at game time. If 4 players are not ready at game time, your team will forfeit.

Games will run every 45 minutes: 5:30p.m., 6:15p.m., 7:00p.m., 7:45p.m.

### **SCORING**

All three games will be played to 21 points, rally scoring, games must be won by two points. Cap is 25 (even if it's only by 1 point).

The team winning two out of the three games wins the match.

### **START OF GAME**

The ref will call captains and flip a coin or use odd or even to decide who serves first. Then the 2<sup>nd</sup> game the team that did not win the flip will serve first.

Teams will switch sides for the second game. If each team has a win after the first two games there will be another coin toss to see who gets to serve first in the third game.

### **SPIKING RULES**

Only a front row person may spike the ball. A back player may spike if they jump from behind the 10 foot line. NO attacking the serve.

### **SERVING**

Overhand and underhand serves are allowed, let serves are allowed.

3<sup>rd</sup>/4<sup>th</sup> grade may move up to within 12 feet of the net when serving underhand, and 15 feet if serving overhand, it will be taped off.

If a server serves 3 in a row the team will rotate and the next person will serve. If three servers serve all their serves over, 9 serves, it's a side out and the other team gets the ball.