

LTYA Volleyball Rules

Third and Fourth Grade

1. Volleyball:

a. 6 Players on each side

b. Max of 3 hits per side

c. If a ball hits any part of boundary line it is considered in

2. Match: Best 2 out of 3 sets. 1st two sets play to 25, win by 2. If a 3rd set is needed it will be to 15, win by 2. We will not be switching sides each set this season to minimize team movement.

a. 4 minutes to warm up

b. Rally scoring will be used for all sets. Every rally is worth a point regardless of which team served.

c. Each team will have one 45 second time out per set.

3. Serve-Receive rotations/substitution:

a. Players will rotate each time they win the serve. Rotate clockwise. When rotating your server will come out and player coming in will be in middle back.

b. At the start of a new match, line rotation up accordingly if you are serving or receiving. If you are the serving team, you keep your rotation the same. If you are the receiving team, rotate your line up, one position counterclockwise so your starting server will rotate into the serve position when awarded the ball.

c. Evenly substitute players into the game to replace previous server's position. The last server will rotate out of the game. A player will serve on their last rotation.

4. Serving: All players will get two attempts to get a serve inbounds on their first serving rotation. On the second rotation the players have one (standard) attempt to serve the ball

inbounds. A server can only serve 3 winners in a row and then must side out to the other team.

- a. Players have 10 seconds to serve the ball. 3rd grade players can serve behind the 10ft line (serve lines will be taped)
- b. 4th grade players must serve from 6 ft from the back line if they are going to serve underhand. They can serve 10ft. in front of the backline (serve lines will be taped) if serving over hand.
- c. All players should be encouraged to try an overhand serve on their first attempt, but not required.

Fifth and Sixth Grade

1. Volleyball:

- a. 6 Players on each side

- b. Max of 3 hits per side

- c. If a ball hits any part of boundary line it is considered in

2. Match: Best 2 out of 3 sets. 1st two sets play to 25, win by 2. If a 3rd set is needed it will be to 15, win by 2. We will not be switching sides each set this season to minimize team movement.

- a. 4 minutes to warm up

- b. Rally scoring will be used for all sets. Every rally is worth a point regardless of which team served.

- c. Each team will have one 45 second time out per set.

3. Serve-Receive rotations/substitution:

- a. Players will rotate each time they win the serve. Rotate clockwise. When rotating your server will come out and player coming in will be in middle back.

- b. At the start of a new match, line rotation up accordingly if you are serving or receiving. If you are the serving team, you keep your rotation the same. If you are the receiving team, rotate your line up, one position counterclockwise so your starting server will rotate into the serve position when awarded the ball.

- c. Evenly substitute players into the game to replace previous server's position. The last server will rotate out of the game. A player will serve on their last rotation.

4. Serving: Players will have 10 seconds to serve. All players will get two attempts to get a serve inbounds on their first serving rotation. On the second rotation the players have one (standard) attempt to serve the ball inbounds. A server can only serve 5 winners in a row and then must rotate to a new server (no side out). a. 5th grade players can serve 6ft in front of the backline (serve lines will be taped) b. 6th grade players must serve from the backline. c. All players should be encouraged to try an overhand serve on their first attempt, but not required.