

CYS Grade School Volleyball Rule Addendums

CYS follows normal NFHS volleyball rules except for the items noted below. The league makes some changes that benefit our young athletes and increase competition for their age level.

Points of Emphasis – All teams must take part in a pre-game skills clinic. No jewelry permitted. Bobby pins may be worn if they are less than 2 inches in size.

Court Dimensions – The court will be shortened by using the sidelines of the basketball courts. Blue lines will designate the sidelines of the volleyball court. There will not be a 10-foot line, the basketball key will be used for substitution purposes. The green line is the approximated serving line designate by edge of BMC letters on each court.

Ball Size – Volley Lites

Net Height – 7 feet

Knee Pads – All players must wear knee pads during active play

Libero – Grade school volleyball will NOT use libero.

Substitutions – The substitution zone is the area between the net and the key of the basketball court. Only one substitution may enter the zone at a time. Additional substitutions must be ready near the bench or 10-foot line. Players may substitute for any team except the server. Player numbers are not tracked.

Timeouts – Each team is allotted two timeouts per game. The length of the timeout is 1 minute regardless of which team calls timeout.

Scoring – All games will be played using rally scoring, three sets which are scored and timed.

- A. Sets 1 and 2 will be played to 17 points, win by 2, with a cap at 19 or 20-minutes whichever occurs first.
- B. Set 3 will be played to 15 points, win by 2, with a cap at 17, or 15-minutes whichever occurs first.

Live Balls – A served ball that touches the net and continues over is a live ball. The ball may be played with any body part if there is not prolonged contact.

Serving - Players may serve from the green line (approximately to the edge of the BMC letters on each court) if serving underhand. Players serving overhand must do so from behind the basketball sideline. A player may serve up to 3 times before a team must rotate to encourage participation by all teammates.

Pre-Game – Warmups will consist of an 8-minute period. Each team will have 4 minutes to utilize the full court and includes serving time. The visiting team will have the first 4 minutes following the pre-game conference.

Pre-Game Conference – There will be a pre-game conference that includes 1 coach and 1 captain from each team. Referees will cover the ground rules of the facility and they will conduct a coin flip with the coaches and captains.

- The visiting team will call the coin flip and the winner may elect to serve or receive for Set 1. The other team will serve first in Set 2 depending on the outcome of the coin flip. Then for Set 3 the team who served in Set 1 will serve for the final set.
- Teams will not switch sides between sets.

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