

THE OFFICIAL

# 2025 ALL OUT VOLLEYBALL RULE BOOK

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THIS CONTAINS IMPORTANT INFORMATION FOR  
COACHES, PLAYERS, STAFF, AND PARENTS.

# GENERAL LEAGUE

- **Net Size**

- Low-Impact is set at Junior Height.
- Jr. High and High School are set at Women's Height.

- **Scoring and Gameplay**

- Each regular season match will consist of two full sets, and one abbreviated set. There will always be THREE sets.
  - The first and second sets are to 25 points.
  - Third set is abbreviated to 15 points.
  - All sets the team must win by 2 points.
- Tournament matches are three abbreviated sets.

- **Rotations**

- More details on page 2.

- **Serving**

- More details on page 3.

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# ROTATIONS

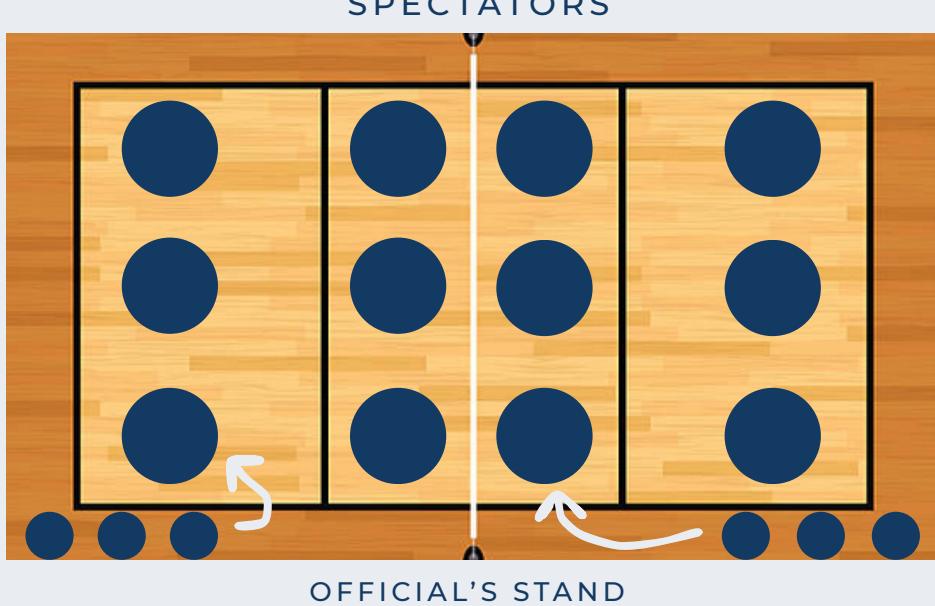
ALL OUT VOLLEYBALL IS A FAIR PLAY LEAGUE.

LOW IMPACT: EVERY PLAYER ROTATES CLOCKWISE ONCE THEIR TEAM WINS BACK THE SERVE. (ALL PLAYERS MUST ROTATE OUT WHEN IT IS THEIR TURN).

JUNIOR HIGH: EVERY PLAYERS ROTATES CLOCKWISE ONCE THEIR TEAM WINS BACK THE SERVE. (ALL PLAYERS MUST ROTATE OUT WHEN IT IS THEIR TURN).

HIGH SCHOOL: EVERY PLAYER ROTATES CLOCKWISE ONCE THEIR TEAM WINS BACK THE SERVE. (ALL PLAYERS ROTATE OUT EXCEPT FOR 1 OR 2 SELECTED BY THE COACH AND VERIFIED BY THE REF).

## Rotation Rules:



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BENCH: LEFT SIDE OF  
THE COURT ROTATES  
IN AT THE SERVING  
POSITION

★  
BENCH:  
RIGHT SIDE ROTATES IN  
AT LEFT FRONT

AT EACH LEVEL EVERY PLAYER WILL RECEIVE PLAYING TIME IN EACH SET.  
WE CAN NOT PROMISE EQUAL PLAYING TIME BUT WE CAN MAKE IT AS  
FAIR AS POSSIBLE.

# SERVING

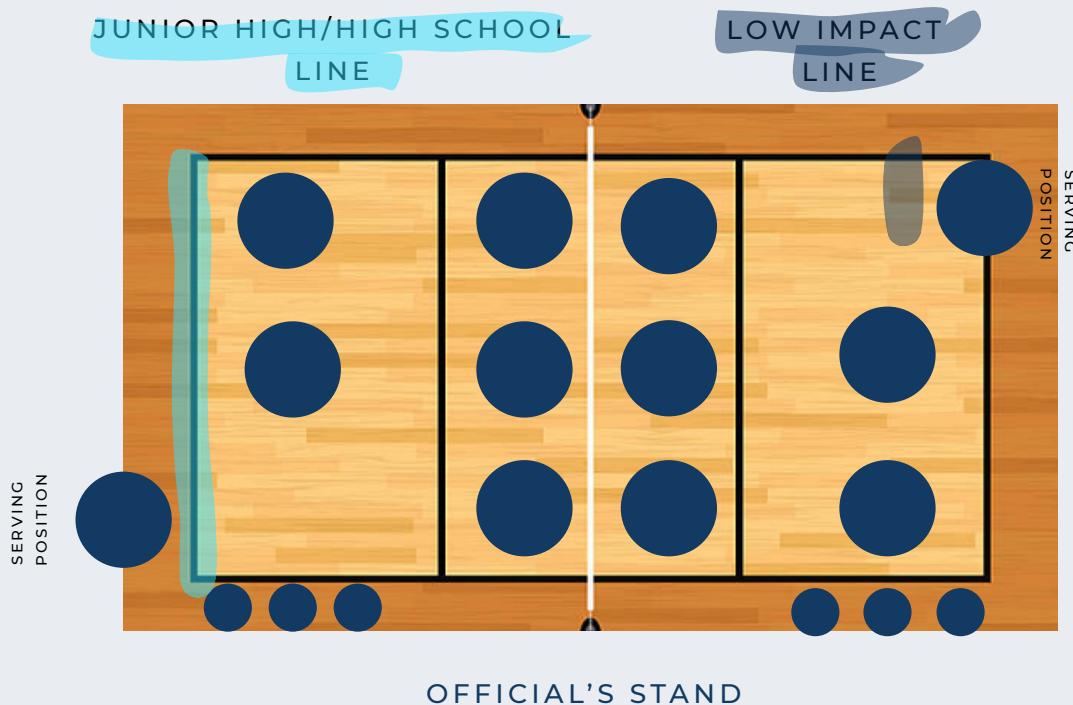
ALL OUT VOLLEYBALL IS COMMITTED TO GIVING PLAYERS A FAIR CHANCE AT SERVING.

**LOW IMPACT:** PLAYERS WILL SERVE FROM THE MODIFIED SERVING LINE, IF THEY CHOOSE THEY CAN SERVE FROM STANDARD SERVING LINE. THEY MAY SERVE UNDERHAND OR OVERHAND. PLAYERS WILL RECEIVE TWO CHANCES TO SERVE THE BALL OVER THE NET. IF THE BALL DOES NOT GO OVER THE TEAMS COACH WILL TOSS A BALL IN FOR THE OPPOSING TEAM.

**JUNIOR HIGH:** PLAYERS WILL SERVE FROM THE STANDARD SERVING LINE. THEY MUST SERVE OVERHAND ON THEIR FIRST TRY, IF THEY MISS THEY WILL BE GRANTED A SECOND TRY. THEY MUST STAY AT THE STANDARD SERVING LINE FOR THE SECOND ATTEMPT. HOWEVER, THEY CAN SERVE UNDERHAND IF NEEDED.

**HIGH SCHOOL:** PLAYERS WILL SERVE FROM THE STANDARD SERVING LINE AND GIVEN ONE OPPORTUNITY. THEY MUST SERVE OVERHAND.

## Serving lines:



**LOW IMPACT AND JUNIOR HIGH:** SERVING RUNS CAPPED AT 5 POINTS  
**HIGH SCHOOL:** SERVING RUNS CAPPED AT 10 POINTS.

ALL LEAGUES WILL ROTATE A NEW SERVER AFTER THE CAP IS MET. THE BALL DOES NOT GO TO THE OPPOSING TEAM.

# COACH EXPECTATIONS

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COACHES VOLUNTEER FOR THEIR POSITION AND ARE CHOSEN BY THE ALL OUT VOLLEYBALL STAFF.

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ALL OUT VOLLEYBALL COACHES ARE EXPECTED TO...

- ADHERE TO THE RULES OF THE LEAGUE
- GIVE EACH PLAYER A FAIR OPPORTUNITY
- REFLECT A CHRIST-LIKE CHARACTER
- ACT WITH RESPECT AND PROFESSIONALISM
- BE A POSITIVE ROLE MODEL
- PROMOTE SPORTSMANSHIP AND HARDWORK
- ENSURE PLAYER SAFETY AND WELL-BEING
- COMMUNICATE EFFECTIVELY

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IN THE SAME WAY WE HAVE SET EXPECTATIONS FOR OUR ATHLETES (SEE NEXT PAGE). WE ALSO HAVE SET EXPECTATIONS FOR OUR COACHES.

IF THERE IS EVER A MOMENT YOU FEEL THE COACHES ARE NOT UPHOLDING THESE EXPECTATIONS, PLEASE REACH OUT. RESPECT THE 24 HOUR RULE, MEANING YOU WILL WAIT 24 HOURS TO THINK BEFORE REACHING OUT. WE ASK THAT YOU PLEASE HAVE A CONVERSATION WITH THE COACH BEFORE REACHING OUT TO THE COORDINATORS. COORDINATORS ARE HIRED TO HELP RUN THE PROGRAM, WHICH MEANS THEY ARE BUSY. IF SOMEONE IS IN HARM, A CONSISTENT ISSUE IS NOT BEING RESOLVED, OR YOU JUST HAVE QUESTIONS REACH OUT TO THEM. THERE IS CONTACT INFORMATION ON PAGE 6. THANK YOU!

# PLAYER EXPECTATIONS

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PLAYERS HAVE SIGNED UP TO BE A PART OF ALL-OUT VOLLEYBALL. THEY SHOULD SHOW UP READY TO WORK HARD AND HAVE FUN!

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ALL OUT VOLLEYBALL PLAYERS ARE EXPECTED TO...

- ADHERE TO THE RULES OF THE LEAGUE
- RESPECT THEIR COACHES, TEAMMATES, AND OPPONENTS.
- GIVE THEIR BEST EFFORT EVERY PRACTICE AND GAME
- BE COACHABLE
- DISPLAY A POSITIVE ATTITUDE
- BE ACCOUNTABLE
- PLAY REFLECTING HUMILITY, KINDNESS, AND GRACE.

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WE HAVE THESE EXPECTATIONS FOR OUR PLAYERS SO THEY CAN GET THE MOST OUT OF THEIR ALL OUT VOLLEYBALL EXPERIENCE. THIS PROGRAM IS MEANT TO HELP ATHLETES GROW IN THEIR VOLLEYBALL ABILITIES. HOWEVER, WE ARE ALSO HERE TO SUPPORT, ENCOURAGE, AND LOVE EACH ATHLETE AS CHRIST WOULD. IF THERE IS A MOMENT THAT A PLAYER IS NOT HAVING A GOOD EXPERIENCE PLEASE REACH OUT TO EITHER THEIR COACH OR A COORDINATOR. WE CARE ABOUT OUR PLAYERS AS NOT ONLY ATHLETES, BUT AS INDIVIDUALS TOO.

# CONTACT INFORMATION

BE SURE TO CHECK YOUR EMAIL. ALL-OUT VOLLEYBALL SENDS EMAILS REGARDING IMPORTANT INFORMATION THROUGHOUT THE SEASON.



## LOW IMPACT LEAGUE (4-6 GRADE)

COORDINATOR: NATHAN WHARTON

EMAIL:

WHARTONNATHAN2006@GMAIL.COM

PHONE: 740-272-6669

## LEAGURE DIRECTOR & JH/HS LEAGUE COORDINATOR

COORDINATOR: GWYN SANDS

EMAIL: GWYSANDS@MAIL.MVNU.EDU

PHONE: 740-485-5347



## PROGRAM ADMINISTRATOR

NAME: JAMIE DAVIS

EMAIL: JAIDAVIS@MAIL.MVNU.EDU

PHONE: 740-507-5607



## DIRECTOR OF SPORTS MINISTRY

NAME: RYAN FARR

EMAIL: RYAN@NEWLIFENAZ.NET

PHONE: 740-393-0880

ALL OUT VOLLEYBALL VALUES COMMUNICATION GREATLY. WE ARE COMMITTED TO TRYING OUR BEST TO KEEP EVERYONE INFORMED ON ALL MATTERS. WE APPRECIATE YOUR PATIENCE AND KINDNESS.

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**COLOSSIANS 3:23**  
“WHATEVER YOU  
DO, WORK AT IT  
WITH ALL YOUR  
HEART, AS  
WORKING FOR THE  
LORD, NOT FOR  
HUMAN MASTERS.”

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