

# Spike Frog Volleyball League Rules

*General Volleyball Rules apply with these noted exceptions*

- Teams may consist of 6-10 players
- No jewelry may be worn. A flexible, non-plastic headband is allowed
- **Each team will provide one volunteer** (parent or responsible child) to call lines
- Carrying the ball (commonly known as a “lift”) will not be allowed. Contact with the ball should be short and immediate
- Players are allowed 8 seconds to serve once the whistle blows. Players are allowed multiple service toss attempts
- Each team is allowed a one minute timeout in Games 1 and 2. In Game 3, one 30 second timeout is allowed
- Players are allowed a maximum of 6 consecutive serves. Players may serve up to 3 times underhand. After three serves, the player must switch to overhand
- After 6 consecutive serves by one player, the official will whistle a sideout and the ball will be given to the other team along with a point. This is to encourage play on both sides of the net
- All divisions will use the regulation volleyball
- The net shall be 7’4”
- Overhand serves may be allowed from the 15-foot line. After 3 serves, player must move back to standard serving line. Underhand serves are allowed at 20-foot line (black line). Referee will not call foot faults, only to direct server to appropriate serving line
- No use of libero
- Free substitution into serving (position 1) or left front (position 4) only
- Only clean, non-marking, athletic shoes intended for wood floors are allowed

## **Points of emphasis for CPRC/Spike Frog Youth Volleyball League**

- A legal serve is allowed to contact the net and continue over to the opposite side
- The first ball over the net from the opposite side (via a serve, spike, or pass, etc.) may be “double” contacted provided the contacts occur as part of one action
- Players may NOT block or spike a serve while the **ball is above the net**
- Games will be rally scoring to 25 points in games 1 and 2. Game 3 to 15 points. Must win by 2, capped at 30 points
- Matches will be best two out of 3 games. If both coaches agree, 3<sup>rd</sup> game to 15 can be played. Please decide BEFORE match starts.
- Teams will trade sides when one team reaches 8 points in Game 3