



Gr 4-6 Low Impact Volleyball Rules

1. There will be **three** games to 21, with rally scoring and a cap at 23 points. All games count towards your season record.
2. Rally scoring: a point scored for each win of a rally or each side out.
3. Playing time: coaches will strive to give equal playing time, but it is not guaranteed. Traditional rotation (going around in a circle), will occur with every team and watched by the league director as much as possible. Coaches are responsible to fill in the rotation sheet and turn it in at the end of every match.
4. Net height will be set at appropriate height according to age.
5. Every player **MUST** remove all jewelry, **NO** tape over earrings, **NO** metal clips in hair. Any player with these will sit out until removed.
6. All play should resume until whistle is blown. When an inadvertent whistle is blown, official will clarify if ball is dead or a replay needed.
7. Two timeouts per team for each game, total is **six** per match.
8. Player must have the **First Friends Jersey** on to play. If player shows up without jersey, they will not play. T-shirts must be worn underneath jerseys to play. Tank tops and sports bras alone are **NOT** acceptable. Spandex shorts may be worn, but all shorts **MUST** be as long as or longer than player's fingertips to play. **NO** warnings will be given with this rule!
9. Net serves permitted. The ball may hit the net and continue over to be a good serve.
10. The official will toss the coin during the pre-match meeting to determine which team will serve or receive. The visiting team calls the toss; the home team will choose the bench.
11. Matches will be six on six. If a team is short on players, that team may play with as few as four, but the other team does not have to. No fewer than four players on each team will constitute an official match.
12. The service line will be adjusted to meet strength requirements and ensure success of the participants. Designated service line will be determined prior to first match of the season and remain constant until the season's conclusion. If a player is capable of, and does serve **two** serves in a row, that player will be moved back by their coach to the next line marked, (this is the coach and not the ref's job to move people back!). This will ensure safety as well as challenge the server.
13. All players have a serving cap of **seven**. No player will serve more than **seven** serves per service attempt. Whether a side-out occurs or not, the ball the other team will receive the ball (if a side-out does not occur, no point will be awarded).
14. Each team must supply a line judge for each match.
15. As the season progresses, lifts and net violations will be called and enforced with more regularity.
16. **At each practice players are required to attend a 15-minute devotional, held either before or after practice. If a player attends practice, but does not show up when attendance is taken during the devotional time, then that player will sit their first rotation of the next scheduled game.**

All other rules follow OHSAA and USVA rules.