

first
friends
SPORTS



YOUTH VOLLEYBALL
LEAGUE RULES





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LOW IMPACT VOLLEYBALL RULES

LEAGUE DETAILS

1. This league is for girls grades 4th - 6th.
2. Net height will be set at an appropriate height according to age and skill.
3. Divisions are created based on skill level.
 - Red: Experienced players
 - White: Developing Players
 - Blue: Beginner Players
4. Every match will consist of three (3) games rally scoring to 21 points. Must win by 2 points. Cap of 23 points.
 - **Rally Scoring:** a point is scored for each win of a rally or each side out.
5. Every game counts towards overall record.
6. All jewelry must be removed before games.
7. Players must wear a **First Friends Jersey** to play.
 - Home team will wear Blue. Visiting team will wear yellow.
 - T-Shirts must be worn underneath the jersey to play.
 - Tank Tops and Sports Bras alone are not acceptable to wear under the jersey.
 - All shorts or spandex must be as long as or longer than a players fingertips to play.

GAME DETAILS / RULES

1. Games are six (6) on six (6).
 - a. If a team is short on players that team may play with as few as four (4) players.
 - b. A team playing against a shorthanded team does not have to play shorthanded as well.
 - c. No fewer than four (4) players on each team will constitute an official game.
2. Teams will establish a traditional rotation (rotate in circle) at the start of each game and must stay in rotation's order until game end. No substituting allowed to ensure the fairest playing time for all players.
 - Coaches will strive to give equal playing time, but it is not guaranteed
 - League director will monitor as many games as possible and address any substitution discrepancies.
 - Coaches will create a rotation sheet and must turn those in at the end of every game to the scorekeepers.
 - No subs from outside the league or other league players.
3. Teams will receive two (2) timeouts each per game. Six (6) total per match.
4. 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 and the home team will chose the bench.
5. Serve can be overhand, underhand, side arm, or jump.
6. Service line will be adjusted to meet the strength requirements and ensure success of the participants.
 - Designated service lines will be placed on the floor at different distances.
 - Each player will be given a designation of which line they will serve at before the first match of the season.
 - If a plater is capable of, and does serve **TWO (2)** serves in a row, that player will be moved back by their coach to the next service line (this is the coaches responsibility not the referees).
 - This rule is to ensure safety as well as challenge the athletes.
7. All players have a serving cap of **SEVEN (7)** serves.
 - Players will serve no more than seven (7) serves per service attempt. Whether a side out occurs or not, once a player has served their seventh serve the other team will receive the ball after that point.
8. A let serve is good (ball hits the net and drops over).
9. A play should continue until the whistle is blown. When an inadvertent whistle is blown, the official will clarify if the ball is dead or a replay is needed.

10. Anytime the ball lands on the line it is considered in bounds. Antennas are out of bounds.
11. Each team must supply a line judge for each match
12. As the season progresses, lifts and net violations will be called and enforced with more regularity.

**All other rules follow official OHSAA and USVA rules*

DEVOTIONAL RULES

1. A 10-15 minute team devotional will be held at the conclusion of practices.
2. If a player attends practice, but does not show up when attendance is taken during the devotional time, then that player will sit for their first rotation of the next scheduled game.



JUNIOR / HIGH SCHOOL VOLLEYBALL RULES

LEAGUE DETAILS

1. This league is for girls grades 7th - 12th
2. According to OHSAA rules, no more than THREE (3) school players may be on the same recreational team. This rule is followed strictly by First Friends to ensure player eligibility during the school season.
3. Net height will be set at an appropriate height according to age and skill.
4. Divisions are created based on skill level.
 - Red: Experienced players
 - White: Developing Players
 - Blue: Beginning Players
5. Every match will consist of three (3) games rally scoring to 21 points. Must win by 2 points. Cap of 23 points.
 - **Rally Scoring:** a point is scored for each win of a rally or each side out.
6. Every game counts towards overall record.
7. All jewelry must be removed before games.
8. Players must wear a **First Friends Jersey** to play.
 - Home team will wear Blue. Visiting team will wear yellow.
 - T-Shirts must be worn underneath the jersey to play.
 - Tank Tops and Sports Bras alone are not acceptable to wear under the jersey.
 - All shorts or spandex must be as long as or longer than a players fingertips to play.

GAME DETAILS / RULES

1. Games are six (6) on six (6).
 - d. If a team is short on players that team may play with as few as four (4) players.
 - e. A team playing against a shorthanded team does not have to play shorthanded as well.
 - f. No fewer than four (4) players on each team will constitute an official game.
2. Teams will establish a traditional rotation (rotate in circle) at the start of each game and must stay in rotation's order until game end. No substituting allowed to ensure the fairest playing time for all players.
 - Coaches will strive to give equal playing time, but it is not guaranteed
 - League director will monitor as many games as possible and address any substitution discrepancies.
 - Coaches will create a rotation sheet and must turn those in at the end of every game to the scorekeepers.
 - No subs from outside the league or other league players.
3. Teams will receive two (2) timeouts each per game. Six (6) total per match.
4. 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 and the home team will chose the bench.
5. Serve can be overhand, underhand, side arm, or jump.
6. Serving lines may be adjusted at the league directors discretion (blue division only).
7. All players have a serving cap of **SEVEN (7)** serves.
 - If a side out does not occur after the current server's seventh serve, the serving team will rotate and the next player will begin serving.
8. A let serve is good (ball hits the net and drops over).
9. A play should continue until the whistle is blown. When an inadvertent whistle is blown, the official will clarify if the ball is dead or a replay is needed.
10. Anytime the ball lands on the line it is considered in bounds. Antennas are out of bounds.
11. Each team must supply a line judge for each match

**All other rules follow official OHSAA and USVA rules*

DEVOTIONAL RULES

1. A 10-15 minute team devotional will be held at the conclusion of practices.
2. If a player attends practice, but does not show up when attendance is taken during the devotional time, then that player will sit for their first rotation of the next scheduled game. e the following week. This will be enforced by the coach.



WEATHER ISSUES / CANCELLATIONS

CANCELLATIONS

1. All games are cancelled by the Director of Sports, Assistant Director of Sports or Facilities Director at First Friends Church.
2. Check website first – www.firstfriendssports.com
3. Coaches will be notified by the League Director → Players will be notified by coaches
4. Games may be cancelled due to weather or any other situation deemed necessary by the church.
5. In the event of a cancellation, make up games and refunds are not guaranteed.