



2018 5TH - 6TH GRADE VOLLEYBALL RULES

NFHS volleyball rules will apply with the exception of the following:

- The match:
 - Consists of the best 2 out of 3 games using rally scoring
 - First two games to 25, third game to 15 if needed.
 - Games must be won by a minimum of 2 points
 - Games are played with 6 players per side; teams may play short-handed with 5 and/or borrow a player from the opposing team.
- Warm-Up:
 - A 10-minute warm-up period will precede each game, with a 4-4-2 format.
 - Home team shall take the net for 4 minutes while the visitor warms up at end of court.
 - Then teams switch positions and warm-up for 4 more minutes.
 - Lastly, both teams shall practice serving for remaining 2 minutes.
- Rock/Paper/Scissor between team captains will determine which team serves first
- Serve:
 - A player is allowed to serve and score up to 5 points at each serving turn.
 - Then, a side out is awarded and the other team will rotate and serve, with no point being recorded.
- Player Equipment:
 - Jewelry (earrings, necklaces, bracelets) should be removed before games and practices
 - Players must have non-marking court shoes (tennis shoes) on to play
 - Players should wear provided jerseys and comfortable shorts or pants
 - Knee pads are not required
- Substitutions:
 - Method 1: all players rotate through court positions and bench
 - Method 2: player for player (NFHS substitution rules)
- Miscellaneous:
 - Ball-handling will be called loosely to encourage play
 - Net Height is 7 feet
 - Game scores and leagues standings will be kept to determine seedings for the end of season, double-elimination tournament
 - Court Dimensions: 60 feet long by 30 feet wide

For courts in East/West Gyms:

- Boundary Lines: blue lines mark side and end lines
- Service line is 5 feet from end line- the black line

For the single court in Main Gym

- Boundary Lines: white lines mark side and end lines
- Service line is 5 feet from end line- dashed black line (tape)