

Galena ARC Volleyball League  
3-6th grade  
Games played at the Galena Middle School

- 1) Warm ups will consist of both teams serving at the same time for 3 minutes.
- 2) A coin toss will decide who serves first.
- 3) Rally scoring will be used in both sets.
- 4) The teams will play two sets to twenty-one. There will be no third set.
- 5) Teams must win by 2, cap at 28.
- 6) Serving team rotates prior to serving (except for the first serve of the set). Rotations will occur in a clockwise direction with the server rotating out and a new player rotating into the middle/back row position. Substitutions will be allowed for injuries.
- 7) The player will be allowed to serve from a closer spot on the court which will be marked.
- 8) Players will be allowed two attempts on his/her first serve. If the ball touches the net and goes over on a serve it is a live ball.
- 9) A player may only serve 4 consecutive points. After 4 consecutive points, the opposing team serves.
- 10) Other basics:
  - a) The ball may be hit three times by one team in a volley.
  - b) Any one player cannot hit the ball twice in succession.
  - c) Touching an opponent under the net is not allowed.
  - d) Players may never touch the net while the ball is in play.
  - e) The ball will be called out if it hits anywhere outside the boundary lines, hits the sidewalls/curtain or hits ceiling and advances over to the defending team's side.
  - f) The ball may be played after touching the ceiling or any other object overhanging the playing area, as long as it does not travel over the net and the hitting team makes a legal hit.
- 11) Each team is allowed one timeout per set. Unused timeouts will not carry over to the next set.
- 12) Volley Lite balls will be used.
- 13) Players must wear athletic shoes.
- 14) Knee pads are strongly recommended.