

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. The third set will be to 15. Three sets will be played no matter what the outcome of the first two sets.
- 5) Teams must win by 2, cap at 28. In the third game, cap is 22.
- 6) Serving team rotates prior to serving (except for the first serve of the set). Rotations will occur in a clockwise direction. Coaches may substitute players into the game when your team rotates. Substitutions will be allowed for injuries.
- 7) The player will be allowed to serve from a closer spot on the court. There will not be a line. The girls can serve from wherever they are comfortable. We want the girls to get the ball in play as often as possible so girls are learning to receive.
- 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.