



City of Hoover
Volleyball Rules
7th Grade and Up

PRE-GAME:

- Each team must designate a captain to meet with the referee and coaches to determine team sides and first serve, with a coin toss.
- Each team must designate a parent or volunteer to be a line judge. Line judges will sit on opposite court side of their team. They will signal in or out balls as well as serving violations.
- Away team must designate a parent or volunteer to work scoreboard.
- All jewelry must be removed, or small earrings taped before each game

GAME PLAY:

- 6 players start each game inside the marked volleyball court lines. Can play with 5 or 4 or 3 if you do not have enough.
- Rotation begins after first serve of either home or visitor team. (If you lost first serve, you still rotate when your first serve comes around; position 2 is your first server).
- 3 hits maximum on your side once the ball is in your court.
- Jump blocks or tips that fall in your side are not counted in 3 hit maximum (if your player tips the ball trying to block the opposing hit, you can still hit it 3 more times before getting it over the net).
- Balls reflecting off the wall or bleachers are out of bounds and unplayable.
- Balls that hit the basketball backboards or nets will be to discretion of the official whether the ball would have been out of bounds or whether the point will be replayed.
- If a ball hits the ceiling rafters and bounces back on your side (providing you haven't reached the 3 hit max), it is playable.
- If the ball hits the ceiling rafters and falls on the opponent's side, it is unplayable and a point is awarded to the opponent.
- If a setter attempts to set the ball, and succeed to "grab and throw" it more so than "setting" it with her fingers, she will be called for a lift and a point will be awarded to the opponent. Lifts will be tolerated for this 6th grade unless they are very obvious lifts. Mid-season for 6th grade no lifts of any kid will be tolerated.
- If a ball hits the arms and then the chest of a player, it is called a "double hit" and considered a lift, therefore a point will be awarded to the other team
- Once a player has served 5 consecutive times in a row the other team will rotate and have the possession of the serve.
- If the server throws the ball, she can let it drop or catch it and take another toss only one time per serve.
- 7th Grade and Up players must serve from the regulation line.
- Net Height will be 7 foot 4 inches and a quarter
- Only 1 timeout allowed per team per set

SUBSTITUTIONS:

- Alabama High School Athletic Association rules apply to all substitutions
- All girls must play at least 50% of every game.

SCORING:

- Rally scoring will be used for all games. Every time the ball falls dead, either team will receive a point; whereas inside out play only the serving team received points.
- Best 2-of-3 games; each game shall be to 25 points with the exception of the third game, if necessary, which shall be 15 points. A game must be won by a 2 point margin with a 5 point cap after 25 points. A 3 point cap after 15 points in the third set.