



## **NORTHEAST IOWA YMCA**

### **5<sup>th</sup> & 6<sup>th</sup> Grade Girls Volleyball League**

#### **League Agreement – Ground Rules and Guidelines**

This league is designed to introduce youth girls to the game of volleyball. Participants will learn the basic fundamentals of the game, as well as, rules and terminology. Our goal is to have fun, create relationships through sports, and increase volleyball knowledge.

##### **Section 1: Eligibility**

- All youth regardless of sex, race, religion, or color may compete.
- The player should be in 5<sup>th</sup> or 6<sup>th</sup> grade.
- Each player on the roster must play at least one half of every game that she is present for.
- Understanding of Core Values: Caring, Honesty, Respect, & Responsibility.
- Required to have fun!

##### **Section 2: Playing Rules and Guidelines**

- Each site will use the volley-lite balls for games.
- Net will be lowered to 6' 6" in height (If possible).
- Each site will have a 5<sup>th</sup> & 6<sup>th</sup> grade team.
- Coaches must engage with player on/off the court in a positive and encouraging manner.
- Coaches should make every effort to ensure all the players get equal playing time.
- Serving line will be moved in 5 to 10 feet for purpose of learning development. There will be no foot faults on serves. Regular out-of-bounds lines will be played once the serve takes place.
- The server may have a second attempt to achieve a successful serve over the net.
- After 5 consecutive points that have been scored by the player serving, the ball will automatically go to the opposing team.

##### **Section 3: Game Guidelines**

- Games will be held in the order of 5<sup>th</sup> grade first then 6<sup>th</sup> grade second (If possible).
- The Rally Point Scoring system will be used for all games.
- A match shall consist of the best of 5 games. Games 1-4 will be played until one team scores 25 points. Game 5 will be played until one team scores 15 points.
- Teams must win by two points. There is a scoring cap of 27 points for games 1-4, and a cap of 17 points for game 5.
- If the ball contacts a wall, ceiling, backboard, etc. it will be considered out and a side out or point will be awarded.
- Each team will have 2 time-outs per game.
- There will be no limitations on substitutions. Must be done on dead balls. Please let your girls play all the way around.