



**BOYS & GIRLS CLUBS**  
OF BELLEVUE

## **Boys and Girls Club of Bellevue**

### **Volleyball Rules**

#### **1. Players**

- Each player must wear a Boys and Girls Club team shirt and non-marking shoes. We recommend all participants wear knee pads.

#### **2. Games**

- Teams will get 5 minutes to warm-up.
- Each game must start on time.
- Games will be played 6 on 6. If a team is short players, they may borrow players from the opponent in order to field 6 players.
- All Divisions will be guaranteed three games.
- Games will be 15 minutes long.
- Teams will switch sides after each game.
- Team will be given 1 time out per game, 45 seconds in length. Time-outs do not carry over.
- There will be 2 minutes between games.
- Net height will be set at 7'4-1/8".

#### **3. Rotation**

- Teams will rotate in a clockwise manner each time they win the serve.
- Coaches are encouraged to rotate ALL of their players from throughout the bench into the field of play. When one player finishes the end of the rotation, they are to sit down and the next player jumps into position 1.
- Coaches do have the ability to use a substitution system throughout the game but keep in mind the following:
  - 1) Games will still last 15 minutes and using the substitution system could possibly slow the game down if not done quickly.
  - 2) Coaches MUST do their best to ensure equal playing time for each player.
  - 3) Sportsmanship is still a big part of our program. Do not abuse the substitution system or it will be reviewed by the Athletic Staff and possibly abolished.

#### **4. Scoring**

- Rally scoring will be used for all games.
- Each game, except the third, will be played to twenty-five points rally scoring, win by 2, cap at 30 or time limit. The third game will be to twenty-one, win by 2, cap at 25 or time limit.
- There will be a point scored on every score of the ball.
  1. Offense will score on a defensive miss or out of bounds hit.
  2. Defense will score on an offensive miss, out of bounds hit, or a serve into the net.

# **GREAT FUTURES START HERE.**



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**5. Ball**

- 4<sup>th</sup>/5<sup>th</sup> – “Lite” Official Size Ball
- 6<sup>th</sup>/7<sup>th</sup> – Official Size Ball
- 8<sup>th</sup>/9<sup>th</sup> – Official Size Ball

**6. Service**

- Visiting teams will serve the first game of the match. (Visitors are first team listed on the schedule)
- Serves will alternate each game thereafter.
- 4<sup>th</sup>/5<sup>th</sup> grade division – Player’s may serve from 10 feet in from the end line.
- 6<sup>th</sup>/7<sup>th</sup> & 8<sup>th</sup>/9<sup>th</sup> grade division – Player’s will serve from behind the end line.
- Servers may serve either side arm, over hand, or underhand.
- Serves that hit the net and go over are still playable.
- A five-serve rule will be in effect for each team, then side-out.

**7. Basic Violations**

- Maximum of three hits per side.
- Failure to serve the ball over the net successfully.
- A ball touching a boundary line is good.
- Scooping, lifting, pushing, or carrying the ball are illegal hits.
- Reaching over the net, except under these conditions:
  1. During a follow through.
  2. When blocking a ball which is in the opponents court.

**8. Other Offensive Regulations**

- Players may not hit the ball twice in succession (A block is not considered a hit.)
- Ball may be played off the net during a volley and on a serve.
- A player may not block or attack a serve.
- If two of more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- All spiking must be done with an open hand.

**9. Other Defensive Regulations**

- On the serve and first hard driven ball players may receive the ball with a bump, set, overhead double fists or any other manner that is not a lift. Non purpose double hits are also allowed.

**10. Additional Boys and Girls Club Volleyball Rules**

- When the ball hits the ceiling, light fixtures, or basketball hoops, or when a foreign object enters the court, it is a “redo” or do over.
- Score will be kept.
- League standings will be kept for 6<sup>th</sup>/7<sup>th</sup> & 8<sup>th</sup>/9<sup>th</sup> divisions.

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