

Las Cruces Bantam Weight Sports Association

6th and 7th Grade Volleyball Rules

Equipment

- The net will be set at a height of 7'4"
- A standard, regulation volleyball will be used in the game.

Rosters:

- Players must be entered into the scorebook 5-minutes prior to the start of the game
- Players Must be present in order to have their name entered into the scorebook.
- There must be at least 6 players present at the start of the game.

Pre-game Warm-up:

- Each team will be given 6-minutes of individual net time to warm-up followed by 3-minutes of shared "serving time".
- A coin toss shall determine which team serves first, the other team will choose the side of the court they want to play on and will serve first in the second game. For the third game, there will be another coin toss.

Participation Rules:

- Each player must play at least one game per match and no more than two games per match with the exception of substitution for injuries or if there are only 8 players or less on a team.
- All three games per match will be played

Substitution Rules:

- Once everyone has qualified, there is unlimited substitution
- When a substitute re-enters the game, they must substitute for someone who has already met their game limit.
- Substitution may be made after play has ended and before the next serve.

Offensive Rules:

- Servers may serve over hand, underhand or side-arm motion.
- "Let serve" (A serve that hits the net and continues to cross over the net) is considered legal and playable
- All spiking must be done with an open hand
- Players cannot lift or carry the ball.
- The ball cannot contact the body below the waste, whether it be accidental or intentional
- One coach may stand during play to instruct players in a non-disruptive manner. All other team members shall be seated on the designated team bench during the match.
- No Liberos (defensive specialist)

The Basics of the Game:

- Each team can hit the ball no more than three times legally, meaning that on the third hit, the ball must cross the net or the opposing team will gain a point and the ball for service.
- The same player cannot hit the ball twice consecutively, meaning that a player can hit a ball to a teammate but not to themselves. However, that player may hit the ball again on the third hit.
- If two players hit the ball at the same time, neither player can touch the ball on the next hit.

Boundaries:

- A ball striking the ceiling and landing on the same side as the team that played it last is considered a live ball, however if it lands on the opposite side of the net, it is considered to be a dead ball and a point is awarded to the opposing team.
- A ball which lands on any boundary line is considered "in bounds"
- A ball which touches the net antennas above or within the net or doesn't pass over the net entirely between the antennas is considered out of bounds.

Scoring Procedure:

- Rally scoring system will be used. (In rally scoring, a point is scored every time the play is ruled dead, regardless of who served it. In other words the offense scores a point and continues to serve if the defense misses the ball or hits it out of bounds and the defense scores a point and the ball for service if the offense misses the ball, hits it out of bounds, or does not complete a successful serve.
- If the serving team or player is assessed a penalty, the opponent is awarded a point and the ball for service.
- Each time a team gains a serve, it must rotate one position clockwise before serving.
- Beat 2-out-of-3 games wins the match.
- The first two games of the match will be played to 25 points with a 25 point cap (you do not have to win by 2 points). Game three of the match will be played to 15 points with a 15 point cap.

Time-outs:

- Each team will have 2 one-minute time-outs per game.
- Time-outs may be requested only when the ball is dead.
- During a match, 3 minutes will be given between each game to prepare for the next game.

Sportsmanship:

- Las Cruces Bantam Weight Sports Association takes sportsmanship very seriously. Any unsportsmanlike acts before, during or after a match will be penalized whether it be a coach, a player or spectator.
- Any person ejected from a match anytime for unsportsmanlike conduct will be suspended for at least one game (the team's next scheduled match).

LETS HAVE FUN