Elementary Volleyball Rules

Start of Match

-Referee will flip a coin to determine which team has option of serve or side of court. This will rotate the next set. The coin will be flipped for the 3rd Set.

-All matches will be the best 2 out of 3 sets using rally scoring. The first 2 sets play to 25 (must win by 2). If a 3rd set is needed it will be played to 15 (must win by 2)

-Each team will consist of 6 players. A team must have 4 players present to start a match. Must rotate clockwise and not skip any player

Serving

-There will be a service line in front of the back line (3 point line for elementary) that CAN be used for a service line. This line CAN ONLY be used for the first 3 serves of a players turn. After three (3) consecutive points from the "up" service line the servers MUST back up to the regulation distance. The player will have an additional 2 serves.

-Every player on your team must serve at least once before a player is allowed to serve a second time. Coaches should ensure that all players get equal opportunities to serve.

-When a single server scores 5 consecutive points the offensive team MUST rotate and the next server can start the service process from the "up" service line.

-Overhanded and underhanded serves can be used.

Rally

- A team can ONLY hit the ball for a total of 3 times before the ball crosses the net. If the ball hits a structure on the team's side of the court (basketball goal or rafter) the team may play the ball over as long it does not exceed the 3 hits. If on the return volley the ball hits a structure on the opposing teams side the ball will be dead and the point will be awarded to the opposing team.

Timeouts

-Each team gets one (1) 30 second time out per set.

Substitutions

-Substitutions can be made for the upcoming server. Every player must serve before the same player can serve again and they need to rotate where they play each position at least once.

Coaches should ensure that all players play an equal amount. Coaches also should ensure that players play all six positions.