



East Ridge Athletic Association – Fall Volleyball –

Recreational Volleyball Rules & Guidelines

SERVICE RULES

Server may serve underhand or overhand. Server may catch their toss (or let the toss drop to the floor) without penalty.

3rd/4th Grade Level

- The service will be from no closer than the 10 ft line.
- It is the coach's responsibility to move their own players back as skill and strength progress.
- A second serve will be granted upon a service error (first service attempt only).
- If the server's team wins a rally, any subsequent service error results in loss of serve and a point for the opponent.
- Server may not step on or over the ten foot line until the ball is released. First offense per team is a warning; second offense is a service error.

5th/6th Grade Level

- The service will be from no closer than the 10 ft line.
- It is the coach's responsibility to move their own players back as skill and strength progress, with the intention of the players serving from behind the 3 meter line by years end.
- Coaches should challenge their players to move back each time they get a serve in from a further forward point, until the year end goal is met.
- For the year end Tournament, the service will be from no closer than a line 3 meter inside the end line. This is typically not marked so the area should be agreed upon with the coaches and referee prior to the start of the match.

For Both Age Groups

- If a team wins the rally on a fifth service, the serving team will rotate to allow for a new player to serve.

OBSTRUCTION RULE

Any time the ball crosses the net, including a serve, it is not allowed to contact any overhead obstruction.

If there is an overhead obstruction that has any part directly over the in-play surface, and the ball contacts the overhead obstruction between the three hits allowed by a single team, the ball is in play.

GAME PLAY

- All matches are rally scoring, two games to 25 points, must win by 2 points. If third game required then will be scored to 15 points
- If three games are completed prior to 50 minutes elapsing, teams may not continue to play additional games to allow for proper cleaning of equipment
- Teams will not switch sides.
- A ball will be provided by the **home team (Sanitized prior to play)**
 - *3rd/4th Graders:* Molten First Touch v210
 - *5th/6th Graders:* VolleyLite
- Scoring will be completed by the Ref.
- Net Heights
 - *3rd/4th Graders:* use the minimum height on standards, between 6' to 6'-6".
 - *5th/6th Graders:* use the USAV standard 7'-0" (2.13 m).
- One minute of serving should occur prior to the start of a match. Each team will receive a separate minute. No sharing of equipment allowed.

TOURNAMENT RULES

All of the above apply.

- For the year end Tournament, the service line for the 5/6th grade level will be from no closer than a line 3 meter inside the end line. This is typically not marked so the area should be agreed upon with the coaches and referee prior to the start of the match.