



## Youth League Rules 2<sup>nd</sup>-3<sup>rd</sup> Grade

### 1. League Format

- 45 min of skills training performed by an Ozark Juniors Coach.
- 1 set to 15, followed by 10 min of interactive game with the coaching staff
- 2. All Matches will be 1 set to 15 points. They must win by 2 points. Cap at 17.
- 3. All Matches will be rally scored.
- 4. **Serving:** The player is allowed to serve anywhere behind the designated serving line (10ft line). The server may not be on or over the line when striking the ball. He/she is allowed 8 sec. to serve the ball. If a whistle is blown for a time violation, the player will lose the serve. Only one re-toss per serving round is allowed.
- 5. In the 2<sup>nd</sup>-3<sup>rd</sup> grade league each player has **2** chances to get the serve over the net. The first serve must be an overhand serve. If the player misses the first serve into the net or before the net, he/she is allowed to make a second attempt. The second serve can be either over-hand or thrown over-hand.  
  
If the first overhand serve is missed by serving out and the ball crosses the net, the player will not be allowed to re-serve again. The only reason we will have two serves is if the player is not able to get the ball over the net. Each athlete may serve not more than 5 serves. On the 6<sup>th</sup> serve the ball must be given to the other team. **NO** point will be awarded for that.
- 6. **Playing at the Net:** When playing under the net, the athlete will be allowed to be on the centerline, but not over it. He/she is not allowed to touch the net at any time during play.
- 7. The team may start a game with no less than 4 players. If the team has less than 4 players, then the match is considered a forfeit. The coach may pick up players from other teams if he/she is missing any. This rule applies for during the regular season matches, but not during tournament play.
- 8. The team will get 2 time-outs per game (30 sec.) each.
- 9. **Substitutions:** Players will substitute when they get to the zone 6 position once they rotate.



## Youth League Rules 4<sup>th</sup>-5<sup>th</sup> Grade

1. All Matches will be 2 sets to 25 points. You must win by 2 points. Cap at 27.
2. All Matches will be rally scored.
3. **Serving:** The player is allowed to serve anywhere behind the designated serving line. The serving line is 5'0" into the court. The server may not be on or over the line when striking the ball. He/she is allowed 8 sec. to serve the ball. If a whistle is blown for a time violation, the player will lose the serve. Only one re-toss per serving round is allowed.
4. In the 4<sup>th</sup> – 5<sup>th</sup> grade league each player has **2** chances to get the serve over the net. The first serve must be an overhand serve. If the player misses the first serve into the net or before the net, he/she is allowed to make a second attempt. The second serve can be either over-hand or an overhand throw.  
  
If the first overhand serve is missed by serving out and the ball crosses the net, the player will not be allowed to re-serve again. The only reason we will have two serves is if the player is not able to get the ball over the net. Each athlete may serve not more than 5 serves. On the 6<sup>th</sup> serve the ball must be given to the other team. **NO** point will be awarded for that.
5. **Playing at the Net:** When playing under the net, the athlete will be allowed to be on the centerline, but not over it. He/she is not allowed to touch the net at any time during play.
6. The team may start a game with no less than 4 players. If the team has less than 4 players, then the match is considered a forfeit. The coach may pick up players from other teams if he/she is missing any. This rule applies for during the regular season matches, but not during tournament play.
7. The team will get 2 time-outs per game (30 sec.) each.
8. The team will get minimum of 6 min. to warm up before the match. The time for warm-up is 4-4-2. Serving team gets the whole court for 4 min, then the receiving team. Both teams get 2 min. of shared warm-up, during which the teams can serve.
9. **Substitutions:** Players will substitute when they get to the zone 6 position once they rotate.



## Youth League Rules 6<sup>th</sup>-7<sup>th</sup> Grade

1. All Matches will be 2 sets to 25 points. You must win by 2 points. Cap at 27.
2. All Matches will be rally scored.
3. **Serving:** The player is allowed to serve anywhere behind the designated serving line. He/she may not be on or over the line when striking the ball. The server is allowed 8 sec. to serve the ball. If a whistle is blown for a time violation, the player will lose the serve. Only one re-toss per serving round is allowed.
4. In the 6<sup>th</sup>-7<sup>th</sup> grade league players will have only one attempt to serve. The serve may be over-hand or underhand. Each athlete may serve not more than 5 serves. On the 6<sup>th</sup> serve the ball must be given to the other team. **NO** point will be awarded for that.
5. **Playing at the Net:** When playing under the net, the athlete will be allowed to be on the center line, but not over it. He/she is not allowed to touch the net at any time during play.
6. The team may start a game with no less than 4 players. If the team has less than 4 players, then the match is considered a forfeit. The coach may pick up players from other teams if he/she is missing any. This rule applies for during the regular season matches, but not during tournament play.
7. The team will get 2 time-outs per game (30 sec.) each.
8. The team will get minimum of 6 min. to warm up before the match. The time for warm-up is 4-4-2. Serving team gets the whole court for 4 min, then the receiving team. Both teams get 2 min. of shared warm-up, during which the teams can serve.
9. **Substitutions:** Players will substitute when they get to the zone 6 position once they rotate.