

## Volleyball Rules

- **HAVE FUN** 😊
- **Game ball** is a volley lite
- Andover has built in shared practice time for the first 20-30 minutes before a game. (CDAA and ARAA may not want to do this? Ask?)
- **Warm-up** is 10 min on your side of the court then shared serving time for 5 min. (Andover would use their shared 20-30-minute practice time for this).
- **Games:** 3 games to 25 or until time runs out.
- **Volunteer:** Ask a parent to do flip score
- **Height of the net**
  - 3<sup>rd</sup>/4<sup>th</sup> 6 ½ feet
  - 5<sup>th</sup>/6<sup>th</sup> 7 feet
- **Serving line**
  - 3<sup>rd</sup>/4<sup>th</sup>- approximately ½ of the way from the back line. (Never in front of 10-foot line)
  - 5<sup>th</sup>/6<sup>th</sup>-approximately 1/3 of the way from the back line.
    - Andover encourages girls to take a step back once they get comfortable with a location.
- **Serving rules:** Coaches discuss protocol before the match
  - Andover promotes overhand serving first, followed by either an underhand or another overhand depending on their success rate.
    - 3<sup>rd</sup>/4<sup>th</sup>: May serve 3 underhand, but the 4<sup>th</sup> must be overhand
    - Once a player has served overhand, they must serve overhand for the remainder of the series.
  - 5<sup>th</sup>/6<sup>th</sup>: May serve 1 (first 1 only) underhand, other 3 must be overhand.
  - A Second chance: Early in the season we allow a player a second chance only on the first serve of their turn. (CDAA and ARAA may not, discuss before the game)
  - A player can only serve 4 serves consecutively after they score their 4<sup>th</sup> point then ball goes to the other team.
- **Sportsmanship:**
  - Shake hands with opponent after the game
  - Work with the official and parents for a positive experience
  - Thank and encourage the official for their time and effort.