



Volleyball Rules

Version update: 10/2024

Teams will play according to the National Federation of State High Schools with the following exceptions:

League Administrative Rules:

1. Failure to follow these rules will be an automatic forfeiture of the game.
2. League games shall be played as scheduled. Any changes or cancellations need to be reported to league officers.
3. If a player is being disciplined or is sick and will not be fulfilling the playing requirements, it shall be reported to the game officials and the opposing coach before the game.
4. Coaches of the teams playing the first and last games of the day will be awarded extra sportsmanship points for helping to set up and clean up the gym. (Coaches are encouraged to have team parents and players help as well).
5. Playing score sheets will be filled in by the referee. Coaches will check the score sheets and sign or initial it. (They should make sure that the sheet is filled out correctly first). Any questions or concerns will be handled by the host official prior to the coaches leaving the gym. If the coaches feel the decisions made by the host official are not following T.S.P. rules, the coach may present his/her concerns to the volleyball director for clarification or possible reversal of the decision.

Games Administration:

1. TSP shall provide game officials and line judges for each game.
2. All players MUST wear gym or tennis shoes and knee pads.
3. No jewelry will be allowed on the playing floor – NO EXCEPTIONS, if earrings cannot be removed, they must be covered with Band-Aids or tape to prevent injury to other players.
4. Hair devices must be made of soft material.

Playing Time:

1. Games will be rally score

- a. 3rd/4th-grade games: the first two sets play to 20. (This may be adjusted for 3/4 depending on the length of the game)
 - b. 5th/6th grade games: the first 2 sets will be played to 25.
 - c. The 3rd set will be played to 15 points for both 3rd/4th and 5th/6th.
2. The games will be best 2 out of 3, if time permits the 3rd set can be played regardless of the winner.
 3. Each player will rotate after each side out.
 4. Each team is allowed a 1 minute time-out for injury per match.

Rules:

1. A coin toss shall be conducted between the captains of each team. The designated visiting team shall call the toss. The winner of the toss shall choose to serve or receive the first serve of the first set. The loser shall choose the courtside. The team that did not serve first in the first set match shall serve first the second set. The serve of the third game will be determined by another coin toss with the visiting team making the call.
2. The ball will be the same size as the regular volleyball, but a Volley Light ball will be used for the games.
3. Game and practice balls are provided by T.S.P.

Court Details:

3rd & 4th Grade

1. The net height will be 6 feet
2. The number of players on the court will be 6
3. The court size for 3rd & 4th graders will be 50 x 30
4. The 3rd & 4th graders will use a 17-foot service

5th & 6th Grade

1. The net height will be 6 foot 6 inches
2. The number of players on the court will be 6
3. The court size for 5th & 6th graders will be 60 x 30
4. The 5th & 6th graders will use a 25-foot service line

Serving:

1. The service line is measured from the center court to the net.
2. The server cannot touch the line on a serve.
3. This is admissible if a player needs to step out of the back line to serve.
4. The underhand serve is allowed.
5. If a server makes contact with the ball and it drops they do not get a second chance. 6.

If a server drops the ball or changes their mind, they can try one more time if contact was not made to the ball.

7. If the team scores a point, the server is allowed to serve again up to 3 points. After making 3 consecutive points, the ball then is turned over to the opposing team for service.
8. The back row line will be 10' from the net. The back row players cannot cross to the front court while playing, except on an out-of-bounds save.
9. Each team is allowed to hit the ball up to three times.
10. A player may not make two consecutive hits.
11. A block is not considered a hit, therefore a blocking player may then make contact with the ball again.
12. Players shall rotate on a side out. Only the team receiving the serve rotates. The service starts in the right backcourt in the designated serving area. Players rotate to the left back court, then to the front right court, and then out with the extra players rotating into the serving area.
13. A team line-up must be followed to allow each child equal playing time.
14. Substitution of players will not be allowed unless a player is injured; the score clock will stop and you may use your 1 minute time out. The substitution will be the following person on the roster.

Fouls:

1. The server must hit the ball into the opposing team's half of the court.
2. In 3rd & 4th grade the ball cannot touch the net during a serve, however, the ball can touch the net during play as long as it makes it over.
3. 5th & 6th grade balls can touch the net as long as it makes it over, it is a playable ball.
4. The ball cannot touch a server's teammate, the ceiling, or be contacted by the server outside the serving area, or go out of bounds. Passing through the rafters is playable. Touching the rafters on the players' side is playable. Touching the rafters and bouncing to the opponent's side is a dead ball resulting in a side-out point.
5. The maximum number of hits allowed for any one team on a play is three.
6. The ball cannot visibly come to rest at the point of contact. For example; letting the ball rest in the hands when trying to set the ball instead of "springing" the ball up and out with the fingers.
7. The ball cannot rebound from one part of the player's body to another. For instance; rolling up the arm in an underhand pass or trying to set the ball without making contact with the ball at the same time.
8. A net foul usually occurs in a blocking situation or close plays at the net. No player can touch the net during play.
9. Over the centerline, the players are not allowed to step completely over the centerline. Standing on the line is acceptable.
10. Spiking the ball is allowed at the 5th & 6th grade levels only.
11. A served ball may not be blocked or spiked.

12. A 2 handed hit above the chest and elbows bent is considered attacking the serve
13. Blocking is allowed at the 5th & 6th grade levels only. This is a 2 handed action.
14. Players on the same team are not allowed to hit the ball at the same time
15. Contacting the ball – players are allowed to make a 1 handed hit, with a closed fist or the heel of their hand.

Coaches Conduct:

1. As a volunteer coach, you will be working with young people who in some cases will have their first experience on an organized team. Try to remember the more enjoyable the game, the longer the kids will remain active players.
2. As a coach, it is your responsibility to promote good sportsmanship and a sense of fair play in order to contribute to the positive attitude of our children. Also, it should be the responsibility of the coach to provide a better understanding of volleyball and to help each child understand athletic competition is a privilege that carries definite responsibilities with it.
3. As a coach, you are responsible for holding a coach-parent meeting to discuss the rules and spectator responsibilities. Sportsmanship and positive attitudes should be stressed to parents. Parents should also be made aware that kids need to be at every practice and picked up promptly from practice and games.
4. Good luck and thank you for your volunteer time to coach!

Contacting The Coach:

1. Any time a player will be late or not at practice or a game.
2. If you have questions about practice or game times.
3. Questions regarding ways you can help your child practice at home.

Basic Fundamentals:

3rd & 4th grade

- Forearm pass (bump)
- Serving
- Setting (very difficult)

5th & 6th grade

- Forearm pass (bump)
- Serving
- Setting
- Blocking
- Hitting

Parent Conduct Guidelines:

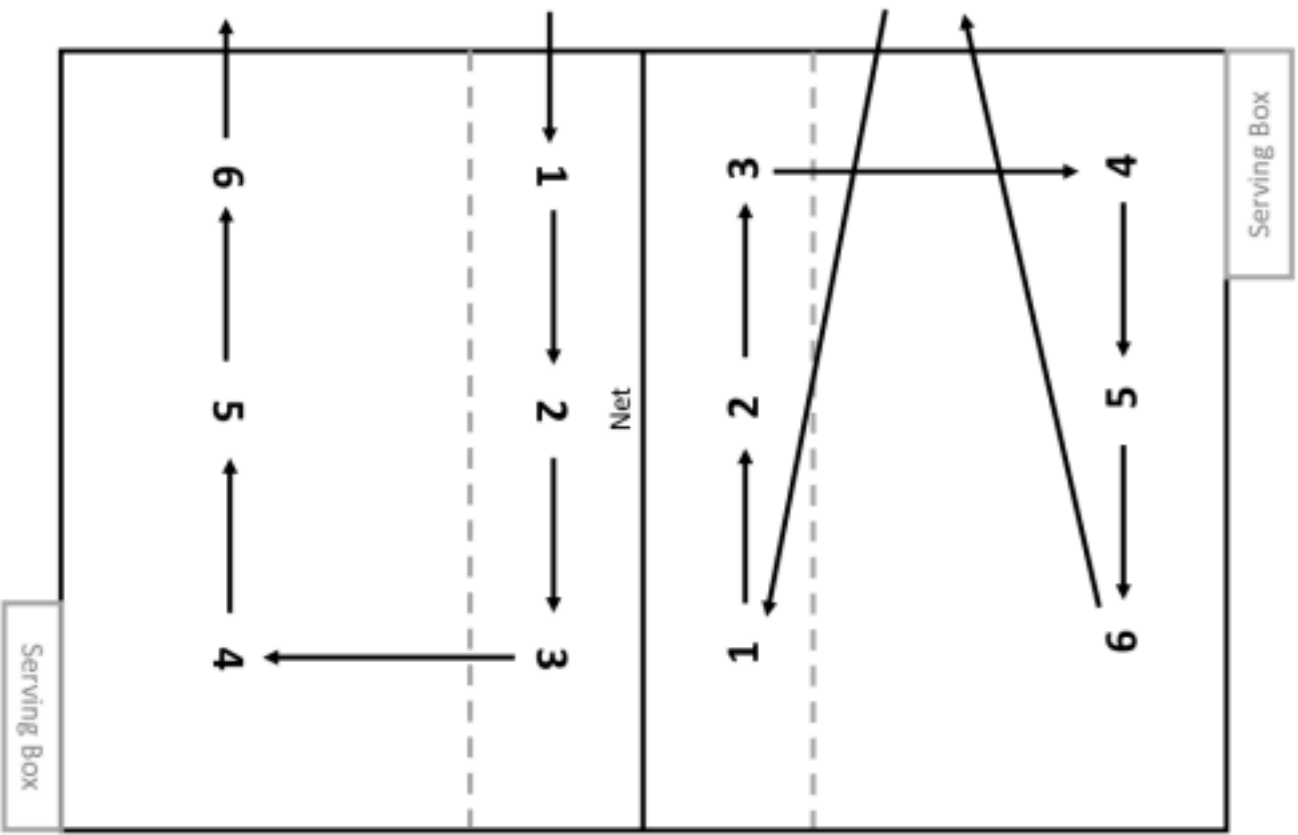
Every parent, guardian, and spectator is expected to conduct themselves in a responsible manner, including but not limited to:

1. Players, siblings, and fans are not allowed on an empty court at any time during other games.
2. Respecting decisions of officials, referees and line judges.
3. Refraining from coaching your child from the sidelines.
4. Do not expect your child to look at you during matches and time-outs.
5. Contact the coach through agreed upon procedures.
6. Understand that the coaches are responsible for doing what is best for the entire team, not just one player.
7. Be a fan of the team and your child, we encourage you to encourage them!
8. Respect the chain of command: Coach, Volleyball Director, and TSP board, give each an opportunity to examine the issue.
9. Refrain from making negative comments toward their child, the child's teammates, coaches, referees, members of the opposing team, or other spectators.
10. Refraining from any actions that would violate any federal, state, or local discrimination or other laws.
11. Enforcement: TSP officials may order a parent to leave the premises of any TSP event if the person is engaging in inappropriate behavior. Failure to leave the premises immediately could result in further sanctions up to and including permanent suspension from all TSP activities.

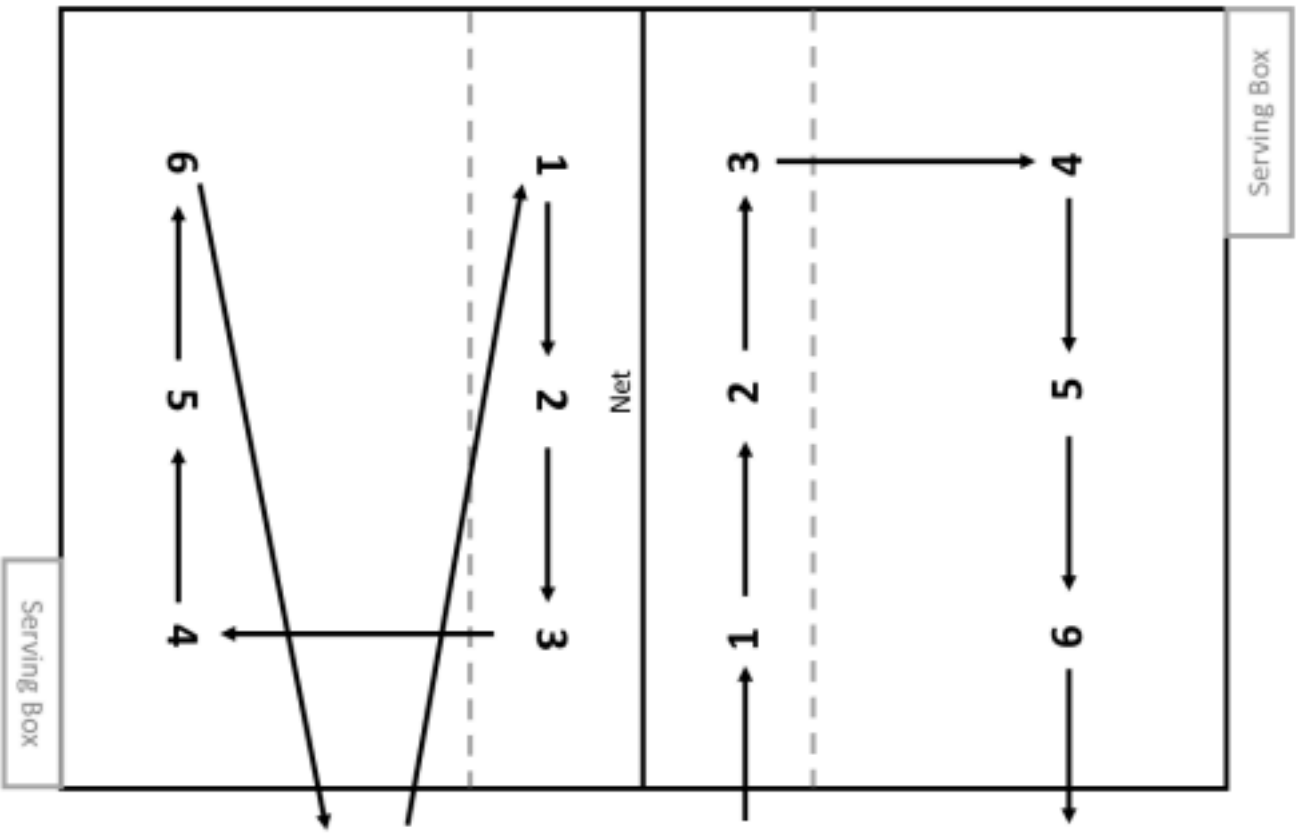
Student Conduct Guidelines:

1. Be at practice 5 minutes early.
2. Be at games 30 minutes before start time so you can get warmed up.
3. Bring your water bottle and knee pads to all practice and games. No knee pads, no playing.
4. Do not leave any practice or game until you are excused by your coach.
5. Cheer on your fellow teammates.
6. **Have fun!**

Coaches & Ref 5th & 6th grade



Coaches & Ref 3rd & 4th grade



Bleachers