

# NSA Little Spikers

## Rules & Expectations

### Practices

-Each player will need to bring their own volleyball, shoes and knee pads to every practice. (4th & 5th Grade- Volley Lite, 6th Grade- Standard)

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- Season starts September 9th and will go through October 7th (4 weeks regular games/1 tournament).
- A match will consist of the best 2 out of 3 sets. All sets to 15 cap at 20. MUST win by 2 points even if the clock runs out in set 3.
- Clock will be set at 35 mins, with a 10 minute warm-up in between each game. If the schedule is running behind, warm up time will be adjusted.
- Please arrive early before your game time so that things are on schedule. If we are running early, we WILL start early!
- Each team will need one volunteer for line calling per match.
- Game balls will be provided. Bring your own ball to warm-up with.
- Out of bound lines (at back of court): 4th-24 ft. line, 5th-24 ft. line, 6th-regular regulation.
- Serve lines: 4th grade-behind 10 ft line, 5th grade-behind 24 ft line (we will have to tape a line across). 6th grade will be a normal regulation volleyball line.
- Each player will have two attempts to get the serve over. Once a second serve is utilized they will not get a second attempt again during the same service.
- Each player is only allowed FIVE consecutive serve points.
- If at all possible, every player MUST serve at least once per match. Players MUST serve behind their serve line. If they step over, it will be called. Serves will follow the referee signal.
- You may sub in one person for one person (Ex: #1 for #3, #3 for #1) in each match. No random substitutions. Table will keep up with substitutions.

## **Little Spikers Rules**

4th grade: The net will be lowered by 6 inches (6'10")

Game ball will be a volley lite

Players will only be allowed 2 tosses

Out of bounds line- 24 ft line

Serve line will be 10 ft line

Best 2 out of 3, rally score to 15

Or drop dead at 35 mins, but **MUST** win by 2 points even in set 3.

5th grade: The net will be lowered by 3 inches (7'1")

Game ball will be a volley lite

Players will only be allowed 2 tosses

Out of bounds line- 24 ft line

Serve line will be 24 ft line

Best 2 out of 3, rally score to 15

Or drop dead at 35 mins, but **MUST** win by 2 points even in set 3.

6th grade: The net will be standard height (7'4")

Game ball will be a regular volleyball

Players will only be allowed 2 tosses

Out of bounds line is regular.

Serve line will be regular.

Best 2 out of 3, rally score to 15

Or drop dead at 35 mins, but **MUST** win by 2 points even in set 3.

**\*If at all possible, EVERY player MUST serve at least once  
per match\***

**1 minute time-out per set**

**Clock only stops on time-outs**