



Volleyball League Rules

3rd-12th Grade

Iron Courts Rec

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| Uniform | Iron Courts League T-shirt/Jersey |
| Ball Size | 25.5" - 26.5 " Volleyball Lite |
| NET HEIGHT | 7 feet |
| GAME LENGTH | First two sets played to 25, win by 2. Third set will be played to 15, win by 2. During regular season games, the third set will be optional based on both teams' willingness. |
| Timeouts | One- 30 second timeout per set. Timeouts do not carry over. |
| Serving | <ul style="list-style-type: none">● 3rd/4th Grade: can serve behind 10ft line● 5th/6th Grade: can serve behind 20ft line, but encouraged to serve behind serving line● 7th/8th Grade and older: must serve behind serving line <p>Players may serve underhand or overhand. Each player can only serve up to 5 consecutive inbound serves before rotating.</p> |
| Rotations/Subs/ Playing Time | <ul style="list-style-type: none">● Players will rotate through all positions.● Substitutions will take place at the position determined by the coach. This position must remain the same throughout the match.● 6 players are allowed on court during gameplay, all other players must remain on the sideline in predetermined rotation order. <p>It is the responsibility of the coach to try their best to have all players play an equal amount of time.</p> |
| Forfeits | <ul style="list-style-type: none">● Each team needs a minimum of 4 players present to start the match.● A 5-minute grace period will be allowed for the teams with less than 6 players at game time. |
| Practice/Games | Each team will have 1 practice and 1 game per week. |
| Jewelry | For player safety, we suggest taping over jewelry worn during game play. |
| Reminders | <ul style="list-style-type: none">● Our goal is for every team to compete, get better, grow the game of volleyball, and learn valuable skills.● Parents, players, coaches, officials and spectators are expected to present themselves as positive role models and encourage sportsmanship on and off the court.● Behavior deemed inappropriate by Iron Courts staff will not be tolerated from players, coaches, officials and/or spectators. This includes, but is not limited to, unsportsmanlike conduct such as arguing calls, shouting at players, coaches and/or officials, profanity, physical confrontation and/or threats● Players, coaches, parents, and spectators not demonstrating sportsmanship will be removed from the game and/or league. |