

## MICO Recreation Volleyball Rules

### 3rd-6th grade

- Volley lite volleyballs will be used.
- A match will consist of the best 2 out of 3 sets with rally scoring. The first two sets played to 25 and the last set, if needed, to 15. Sets must be won by at least 2 points.
- Each team is responsible for providing one volunteer to keep score and another volunteer to be a line judge.
- A coin toss by the ref at the beginning of the game will decide which team has the first serve and the other team will then choose which side they want to start the first game on.
- If the ball hits the ceiling and comes back down on the same side of the court the ball is still in play, as long as it is not the 4th hit.
- If the ball hits the ceiling and comes back down on the other side of the court the ball is a side-out.
- A team is allowed to start and play the game with 5 players.
- The server cannot serve the ball until the referee blows the whistle. The server has 8 seconds to then serve the ball.
- Overhand and underhand serving is allowed. NO JUMP SERVES.
- Blocking is not allowed.
- Each team is allowed one 30 second timeout per set.
- Pre game warm up---each team will receive 4 minutes of court time followed by 2 minutes of serving by both teams together.
- We encourage all players to play equal time
- Substitutions will occur only in the middle back position (as a player moves from right back (server) to middle back, unless due to injury or emergency), but a substitution is not necessary or mandated when any certain player reaches the middle back position. Substitutions can be made at the end of any rally.

### 3rd/4th grade rules

- The serving line will be 10ft in from the baseline and marked with tape.
- Foot faults will not be called on the first offense but will be called on consecutive offenses
- Each player is allowed to serve up to 5 consecutive serves then the ball will be given to the other team, however no point will be awarded.

### 5th/6th grade rules

- The serving line will be 5 ft from the baseline and marked with tape.
- Foot faults will be called.
- Each player is allowed to serve up to 5 consecutive serves then the serving team will rotate and the serve will be given to the next player in the serving position.