

# Junior Frog Volleyball League Rules

## (Updated 9/19)

### Teams

- Rotation will take place via circulation method

### Playing Court

- Regulation sized volleyball court

### Net and Balls

- The official ball will be a Volley-Lite volleyball
- The net height will be 6 feet, 6 inches

### Coaches

- Coaches will be parent volunteers and/or High School volleyball players
- Coaches responsibilities include calling time outs, substitutions and starting line up order

### Warm Up

- Warm ups will occur for a few minutes prior to game start
- During this time, serve or side will be determined by coin toss or similar manner
- Both teams should help shag volleyballs for both teams

### Playing Format

- Games will be timed. 5 games for 8 minutes each. 1 minute between games
- Serves may be underhand or overhand from anywhere, preferably behind the 10 foot line. Everyone shall get 3 serves, regardless of result
- AFTER THE 3<sup>rd</sup> SERVE ONLY (missed or not), a free ball toss to the other team, directed to MIDDLE FRONT on the opponent's side

### States of Play

- Ball In - Ball touches surface of playing court, including boundary lines
- Ball out - Ball is completely out of playing court, under net or hits antenna, posts or support lines outside the antenna. Ceiling play is permitted on one's own side. Playing off of wall is not permitted.
- Playing the Ball - Unless it is obvious, play on. Work to get three contacts and have fun
- Ball handling faults - Unless it visibly comes to rest for an extended period of time, play on
- Net Play - Players may not touch the net, unless the ball pushes it into them. This is to protect players on both sides from injury

**Skill Specific Play**

- Service - overhead, jump/spike, underhand, windmill roundhouse are all acceptable serves. Encourage a toss, then serve, rather than hitting the ball out of the hand. Players will get as many chances at a good service toss if their first toss is not good.
- Reception/Defense - Ball may be played off any body part for a legal touch
- Setting - Normally done with two hands, lots of latitude will be given to those learning to use both hands attempting to set the ball to a player
- Attacking - Get attackers off the net, running, jumping and swinging fast

**Injuries**

- Play will stop immediately. A subsequent replay will be called

**Referee**

- Referee will be blowing whistle for serve and side outs. Referee will determine legality of play

**Parental Conduct**

- Kids first, winning second. Be the most encouraging parent you know