

Spike Frog Pro Volleyball League Rules

General Volleyball Rules apply with these noted exceptions

- **Each team will provide one volunteer** (parent or responsible child) to call lines
- Carrying the ball (commonly known as a “lift”) will not be allowed. Contact with the ball should be short and immediate
- Players are allowed 8 seconds to serve once the whistle blows. Players are allowed multiple service toss attempts
- Each team is allowed a one minute timeout in Games 1 and 2. In Game 3, one 30 second timeout is allowed
- Players are allowed a maximum of 6 consecutive serves.
- After 6 consecutive serves by one player, the official will whistle a sideout and the ball will be given to the other team. This is to encourage play on both sides of the net
- The Spike Frog division will use the Volley-Lite volleyball
- The net shall be 7’4”
- Serving Rules:
 - Weeks 1 thru 3. All serves must take place behind a marked line, which is about 25 feet from net. Players are allowed multiple service toss attempts
 - Weeks 4 thru 8. All serves must take place behind regulation serving line. Foot faults will be enforced. Players are allowed 1 service toss.
 - Week 7 and 8. The maximum of 6 consecutive serves rule does not apply. Players will serve until the team loses the point or the game is over.
- Rotation Rules:
 - Serving order will be written on a whiteboard provided at each court
 - Server #1 shall be the first server and everyone will have a chance in subsequent rotations
 - No server shall be skipped
 - When game 1 ends, rotate one and start game 2
 - When game 2 ends, rotate one and start game 3
 - Rotation will occur in position 6 (middle back) of the court only
 - Players shall remain in the same order written on the whiteboard
- No use of libero
- Only clean, non-marking, athletic shoes intended for wood floors are allowed
- Team standing will be kept by Spike Frog Staff

Points of emphasis for Spike Frog Pro Youth Volleyball League

- A legal serve is allowed to contact the net and continue over to the opposite side
- The first ball over the net from the opposite side (via a serve, spike, or pass, etc.) may be “double” contacted provided the contacts occur as part of one action
- Players may NOT block or spike a serve while the **ball is above the net**

- Games will be rally scoring to 25 points in games 1 and 2. Game 3 to 15 points. Must win by 2, capped at 30 points, game 3 capped at 17.
- Matches will be 3 games.
- Teams will trade sides when one team reaches 8 points in Game 3