

Spike Frog Volleyball League Rules

(Updated 7/19)

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. **Players may serve up to 3 times underhand. After three serves, the player must switch to overhand**
- 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”
- All serves may be allowed up to the 15-foot line. Referee will not call foot faults, only to direct server to appropriate serving line
- No use of libero
- Only clean, non-marking, athletic shoes intended for wood floors are allowed

Points of emphasis for Spike Frog 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