

MEGA VOLLEYBALL RULES

5th-8TH GRADE REC DIVISION

Sportsmanship:

Good sportsmanship will be enforced at all times for players, coaches, and spectators.

Ball Size:

5th/6th (Molten U12)
7th/8th (Regulation Size)

Net Height:

5th/6th (7'0")
7th/8th (7'4 1/8")

Number of Players:

- 6 players on the court at a time per team.
- Teams may start and play with 5 players.
- Players may only play on one team in the same age division.

Serving:

- If you are the receiving team at the start of the match, you must rotate one spot when you get the ball for your first serve. Ex. If you want Susie to be your first server and you are receiving, she will need to be in the front right (#2) spot in order to serve the first for your team.
- The server must wait to serve until the referee authorizes the serve with the blow of the whistle.
- The server has 8 seconds to serve the ball after the referee's whistle.
- Serves that hit the net but still go over are playable.
- Both underhand and overhand serves are allowed. Closed fist and open hand serves are allowed.
- Server's feet must be on the playing surface at beginning of serve for all divisions.
- 5th/6th grade servers must stay behind the step-in line.
- 7th/8th grade servers must stay behind the back out of bounds line.

Toss & Drop Rule Change: If a player tosses the ball and then catches it or it touches them, it is a tossing error and the service will be replayed.

***Receiving the Serve:

- The opponent's serve **must** be set or passed on first touch. It may **not** be hit/spiked at any height whether in the front or back row.

Games:

- 5-10 minute warm-up between matches
- All Matches have a 40min time limit.
- All matches are best of 3. The 3rd set will be played if teams split the first two sets. The third set must be played to its completion to get the winner even if you run over the time limit. If the same team wins the first two sets, and there is time, they may play the third set for fun.
- Rally Scoring.
- First two sets will be 25 points, starting at 4-4.

- Set 3 will be 15 points, starting at 0-0, if necessary.
- Must win by 2 points.
- Each team is allowed one 30 second timeout per set.
- Teams will flip for serve before the match and after the second set, if necessary
- Substitutions** - You do not have to signal them in. The substitution each rotation is middle back only.

-Rotation - Once you start a set, the rotation must remain the same for that set unless there is an injury or illness. If a player is injured or ill and cannot continue, he/she must remain on the bench until the set is completed. Once the set is completed, you may change the rotation. This includes adding back in the player that was injured/ill if they are able to continue playing. **If you have more than one player on the bench, you must rotate players in the same order as they enter or exit until the next set. Ex. Suzy, Sammy, Jane are the bench players. Suzy goes in, then Jane, then Sammy, then the first player that rotated out, etc. That is their rotational order.**

-Overhead Pipes – If the ball goes completely over the top of the pipe it is out. If your team is attempting to return the ball and it hits the pipe on the first or second hit and it stays on your side, it is playable by your team for a second or third hit. If your third hit hits the pipe, it is out.

-Net Rule – When a player is in the act of playing the ball, they may not touch the net until after they have completed their playing action. Ex. Player A attempts to set the ball to a teammate and brushes the net with her elbow during the setting action or finish. This is a foul and the ball goes to the other team. Ex. An outside or middle hitter's follow through after striking the ball should not touch the net either.

-All players must be allowed to serve.

- A player may cross under the net as long as they have part of their body still in contact with their side of the court or center line and do not cause a hazard to the opponent.
- All players should play in each match unless injured or ill.

***5th-8th* (additional rules)**

- Only 1 attempt to get the serve over per service attempt.
- A player may cross under the net as long as they have part of their body still in contact with their side of the court or center line and do not cause a hazard to the opponent.
- The divider nets and basketball goals are not playable surfaces. Once they are touched by the ball, the play is over.**

*****USAVB Rules will be used unless noted above*****

Here is a link to the USAVB rule book if you would like to read through it.

https://www.volleyballreftraining.com/rules_interpretations_indoor.php

