

2025 Lady Lion Volleyball Club

Age Groups: 3rd-6th grade

Nebraska High School rules will be used with the exceptions listed below:

Warm-up: The procedure will be 2-1 after the coin toss has been completed. (Each team will have 2 minutes of shared court and then 1 minute for both teams to serve.)

Game: Each match is limited to 50 minutes. A match consists of best 2 of 3 sets, all using rally scoring system. First serve shall be decided by a coin toss or paper/rock/scissors. Sets 1 & 2 will be played to 25, Set 3 will be played to 15, must win by 2. Each team will be allowed two 60 –second time outs per set.

Minimum number of players: 5 players minimum to start a game. A team will default the set if only 4 players are present to begin a match. After a team defaults the first set, 10 minutes will be allowed for the team to wait for other arriving team members. At the expiration of the 10 minutes, the second set will be declared a default if still only 4 players are present.

Serving: We will use the “let serve”. The “let serve” allows the continuation of play if a served ball touches the net and then crosses to the opponent’s playing area within the crossing space. A server may serve from the regular base line or from the special marked line. There is no foot fall in any age group. 3rd Grade can serve from whatever position on the court allows them to get the ball over the net into play, behind the 10ft line. 4th grade can serve 6 ft. in from the base line at all times. Each server will be allowed two serving opportunities on their **first attempt**. If the server misses their first serve, no point will be awarded. If the server misses on their second try, a point will be awarded to the other team. 5th & 6th grade can serve 3 ft. in from the baseline. 5th & 6th grade - if the server selects the special marked line and serves three (3) consecutive balls in, they must move to the regulation base line. After five (5) consecutive serves by the same team, the serve will be switched to the other team.

Net Height: 3rd – 6th grade – 7’

Violations: 5th & 6th grade - All net touches and any players that completely step over the center line will be called as a net violation. No one is allowed in the net during play at any time. 3rd & 4th grade – A warning will be given to each team before a violation is called. Two consecutive hits by the same player will be considered a double hit violation, which will result in loss of possession.

Substituting: One of two methods may be used.

Single substitutions may occur, but are not required, during regular rotation into the **front left playing position or Zone 4** only and without specific oversight of the officiating staff. Only the player rotating from the rear left (Zone 5) into the front left position can be substituted during single substitutions. No substitutions for servers are allowed.

Regular volleyball substitutions are an option as long as they follow volleyball rules and the same two girls are attached to one another and cannot be on the court at the same time. No libero is allowed.

There are no limitations pertaining to substitution based on playing position or based on how many substitutions occur during a set or game. The intent of substitution is to allow for equal playing time.

Games will start early if we are running ahead. Please be prepared to play!!!