

Arlington Heights Park District Youth Volleyball Playing Rules

Pool play..1st 6 weeks

1. Matches are 3 games to 25 points. We will play all 3 games (sets).
2. Cap 27 points. End on time on the hour. Win by one
3. Can borrow players if you have less than 6, but also can play with less than 6. No ghost rule. Please just borrow enough to make 6.

Playoff...last 2 weeks

1. Playoffs will be 2 out of 3 sets to 25. No cap and no time limit.
2. Unnecessary 3rd game will not be played.
3. No borrowing for playoffs. Talk to Joanie if this is an issue.
4. Rock Paper Scissors to determine serve or side for 1st and 3rd game.

AHPD Adapted Rules

1. Start time is 10 minutes after the hour. If game time is 3pm, then first serve is 3:10 and match will finish at 4pm.
2. Please do not arrive at the gym much earlier than 10 minutes before the hour.
3. Rock Paper Scissor to determine first serve.
4. Whichever team serves first, also serves third set.
5. Warmups...bumping and spiking (if wanted) and the last 3 minutes will be both sides serving
6. 5th/6th grade serving line is moved up. White line. No foot faults will be called for at least the first 3 weeks.
7. 5th grade will practice and play with a lite volleyball.
8. Players rotate into middle back. All players should receive relatively equal play time.
9. Players are limited to 8 serves during one term of service. The team will receive a point on the sideout. Player can serve and win 8 points. No point given to the other team if the server does in fact win the 8th serve. If the server's team does not win the 8th serve, the side out point is given to the opposing team.

Basic Rules..otherwise all other IHSA rules apply, within reason

1. Rally scoring. Do not have to serve in order to score.
2. 3 hits per side (or less). Blocks and block touches do not count as a touch.
3. Ball may touch the net on a serve.
4. Double hits are allowed on any first ball over. Lifts and carries are not
5. Setting a serve or first ball over is legal.
6. A ball landing on the line is good.
7. If a ball it's the ceiling on your team's side of the net and on your team's first or second hit, your team may continue to play. If it hits and goes over or hits on the other side of the court then it is out of bounds.
8. A ball touching the wall is out of bounds and a dead ball.
9. 2 time outs per game. Can be taken at any time.
10. Please encourage good sportsmanship.