HEREFORD SPORTS & WELLNESS

VOLLEYBALL RULES
3RD - 4TH GRADE

PLAYER ELIGIBILITY
- Players must be in the 3rd or 4th grade for the 2024-2025 school year.
- At any time during the season, Hereford Sports & Wellness may request proof of eligibility.
- The roster maxmimum is 12 players. Coaches may agree to add more players, but it is not mandatory. Roster minumum is 8 players.
- Players must register within their specific grade level. Players may play up one grade level. However, if two grades are merged to form one league, players must play within their designated grade and cannot play up one grade level.

EQUIPMENT
- Hereford Sports & Wellness will furnish the following equipment for teams:
    a. VolleyLite Volleyballs
- Please return all equipment immediately following the season.
- Players must wear their assigned Hereford Sports & Wellness t-shirt.
- Jewelry or hair accessories of any kind are not permitted, with the exception of plain bobby pins.
- Hard or plaster casts are not permitted.
- Knee pads are required.

GAME RULES
- All players must play in at least half the match.
- The serving area for the 3rd and 4th grade league is 10-feet inside the volleyball court line.
- The net height is 6-feet and 6-inches.
- Each match will consist of three complete sets. Teams will not play best two out of three.
- Time limit for the first two sets is 15-minutes. Time limit for the third set is 10-minutes.
- Time limit for all matches is 60-minutes with a running clock for each set.
- There will be a 3-minute break between each set.
- Each team will be allowed one 30-second timeout per set. The clock will stop.
- Teams must have six players to constitute a legal set. Otherwise, the set is a forfeit.
    a. A set will be a forfeit if one or both teams are not present 5-minutes after the set is scheduled to start.
- Win/loss records are determined by the total number of individual sets played, not matches.
- Substitutions will be made at the center back position only.
- Players may use either the overhand or underhand serving method.
- A server may not serve more than three consecutive, successful serves. After three consecutive, successful serves the result is a side out.
    a. If a serve is missed, the result is a side out and a point for the other team.
- Use the “let” serve method, meaning if a serve hits the net, goes over, and is not played, the serving team will be awarded a point. If the ball does not go over the net, the result is a side-out and a point for the receiving team.
- Players do not have to receive the serve with a forearm pass, but this technique should be taught in practice.

GAME RULES CONT.

- Front row players can not attack the serve.
- One official will be provided for each match. The official will keep time if there is no clock or the clock is not operating.
- Each team must provide one linesman and one scorekeeper for each game. They must be 18 years or older and the scorekeepers must sit together to avoid confusion.

SCORING

- The first two sets will be played to 25 points with a cap of 27 points. The third set will be played to 15 points with a cap of 17 points.
- Rally scoring will be used. A point is awarded to the serving team or receiving team depending on the result of the play.
- Before time has expired, if one team is not ahead by two points when they reach 25 points, the first team to 27 points wins.
- After time has expired, a team must win by two points (regardless if they have reached 25 points) or reach the cap of 27 points first.
    a. Example: If a team is ahead by 1 point and time expires, the match will continue until a team wins by 2 points or has reached the cap of 27.
    b. Example: If a team is ahead by two points or more and time expires, the set is over.

COACHES

- The head coach is responsible for:
    a. The physical and mental well-being of all children while entrusted to their care.
    b. Maintaining an adequate level of discipline on his or her team.
    c. The conduct and control of their team's fans and spectators.
    d. Ensuring minimum playing time is met for all players.
- All assistant coaches must be listed on the roster and have a background check on file. If no background check is on file, the coach will be removed from the sideline.
- Should head coaches or their assistant coaches violate any Hereford Sports & Wellness playing rules or directives, they may be subject to disciplinary actions.

CODE OF CONDUCT

- The Code of Conduct applies to parents, coaches/volunteers, spectators, parents, contracted employees, officials, and professional staff.
- Profane, obscene, abusive, degrading/threatening language, gestures and/or taunting in the presence of anyone attending a Hereford Sports & Wellness event is prohibited.
- Do not handle a child/participant in an aggressive or abusive manner.
- Any act of violence is prohibited.
- Accept the decision of the game officials as being fair and called to the best of their ability.
- Do not knowingly permit an ineligible player to play in any game.
- Please use good sportsmanship.
- The use of drugs, alcohol, vaping, or tobacco in any form is not permitted while attending any Hereford Sports & Wellness event.
- No firearms or weapons will be permitted at any Hereford Sports & Wellness event.

AT ANY TIME, AT THE SOLE DISCRETION OF HEREFORD SPORTS & WELLNESS, VIOLATION OF THE CODE OF CONDUCT IS SUBJECT TO SUSPENSION OR EXPULSION FROM OUR PROGRAM.