



# Grades 1-2 Volleyball Rules

## PHILOSOPHY

The Novi Parks sponsored leagues and activities are formed and operated on the principles of good sportsmanship, fair play, courtesy to others, healthy activity and other policies pertaining to all-around community understanding and development. Novi Parks' programs are strictly recreational; therefore, all players are to receive equal playing time in games.

Note: Any child who is not registered is NOT allowed to participate in any practice or competition for reasons of liability for the family and Novi Parks.

## PARENTS' ROLE

- Parents will be allowed on the court to help the players
- Coaches and parents will facilitate the sessions and control the games
- The practice plan and game rules will be provided to all parents

## EQUIPMENT

- A team jersey will be provided by Novi Parks
- Players are to wear gym shoes
- Volley Lite balls and cones will be provided at each session.

## NUMBER OF PLAYERS AND PARTICIPATION

- Games will be played in a 6v6 format
- Volunteer coaches are to make sure that all players participate in at least ½ of each game

## PRACTICES

- Weekly practices will be one hour.
- On game days, all teams will participate in a 25 minute warm-up/practice prior to game play
- The provided practice plan should be followed at each session
- The main goal of Girls 1-2 Volleyball is to introduce children to the skills needed to play volleyball in a fun environment

## DURATION OF GAMES

- Time will be kept by a parent or site supervisor (stopwatch will be provided)
- Games will consist of two sets to 21 or after a total of an hour is up between the practice and game. If the teams split, a third game to 15 can be played only if there is time.

## TEAM SEPARATION

- Once the 25 minute warm-up/practice on game day ends, volunteer coaches will split the teams into two. Those will be the teams for the day.

## GAME RULES

- Only 6 players may participate in any point. 4 or 5 may play if no other team members are available. Having less than four (4) players constitutes a forfeit.
- To ensure equal participation, all players will "rotate in". This order must remain constant unless another player becomes available or a player retires. Insertion of the players "rotating in" can occur at the following positions:
  - Left front position
  - Serving position
  - A position agreed upon by the coach and official

## SERVING

- **Service Error Forgiveness:**
  - The server gets 1 replay on their 1<sup>st</sup> attempt. If they get the serve over on the 1<sup>st</sup> attempt, no replays will be given.
  - **\*\*\*Can be altered by the judgment of coaches and official**
- The server will be allowed 5 seconds to serve following the referees whistle.
- Service tosses not hit must be allowed to fall to the floor untouched. If touched, a service attempt will be counted. One re-toss per point will be allowed.
- Each server will be allowed a maximum of 5 points per service rotation.
  - The serving team will rotate and the opposing team will take service.
- Service rotation will continue in subsequent sets with the next server in the line-up.

## GENERAL RULES

- Each team is allowed a maximum of 3 successive hits to return the ball to the opponent's area.
- If 2 teammates physically contact the ball simultaneously, it is considered 1 hit, not 2.
- If the first touch is a block at the net, that touch does not count as one of the 3 hits.
- Any part of the body is legal touching the ball, not just touching above the waist.
- When the ball comes to rest momentarily in the hand(s) or arms of a player, it is considered held and therefore a foul.
- Except for the blocker, double contact is when one player hits the ball more than once with no other person touching the ball between these contacts. Double contact is allowed on the first ball over, and is a foul for the remainder of that team's volley.
- If the ball is held between opposing players, a replay results. A replay also results if opposing teams commit simultaneous fouls. Other situations where the referee may call a replay include a ball hitting a basketball goal, a ball rolling onto the court etc.
- The ball remains in play if it touches the legal portion of the net in play, other than on the serve.
- A player may not touch the net while the ball is in play, except as a result of the force of the ball. The players' hair is allowed to touch the net.

- Feet may touch an opponent's court only if some part of the foot is in contact with the centerline.
- Only front line players, as identified by the current rotation, may jump to block or spike the ball at the net (inside the 10 ft line). Back row players may jump to spike only from behind the 10 ft. line, or hit with feet on the ground if in front of the 10 ft. line.
- A player may leave the court to play a ball but may not cross the imaginary extension of the centerline.
- A service may touch the net, and if it goes over (without touching side poles or going out of bounds) without being touched by player of serving side, this is a fair serve.

### **ATTACKING & BLOCKING**

- "Sets" may not be interfered with. Blockers may reach over the net to block the ball only if the opponents have hit the ball so it will, or must go over the net if not blocked.
- Serves cannot be blocked.
- A player may cross the vertical plane of the net as long as there is no interference with an opponent.
- A player may not spike (attack) the ball until part of the ball is on that player's side of the net. Two-hand ("tomahawk") attacks on any ball are illegal.
- The hands may legally pass over the net after a spike follow-through.

**No scores or standings will be kept.** These games are strictly for fun.

# Girls 1-2 Volleyball – PRACTICE PLAN (ALL WEEKS)



<p><b>WARM UP</b></p>	<p>Light Stretching &amp; Jogging</p>	<ul style="list-style-type: none"> <li>• Do basic leg and arm stretches</li> <li>• Have players run up and down the court a couple of times</li> <li>• <b>Sharks &amp; Minnows:</b> Utilizing the court lines, two players are designated as the sharks to start. The minnows must move from one sideline to the other without being tagged. If tagged, they become sharks too. The whole court is used, but they cannot touch the net.</li> </ul> <p><b>Skill Focus:</b> Avoid bobbing up and down while stretching</p>
<p><b>SKILL BREAKDOWN #1</b></p>	<p>Partner Passing</p>	<ul style="list-style-type: none"> <li>• Have two players stand approximately 5 feet away from each other and pass a ball back and forth in the air.</li> </ul> <p><b>Skill Focus:</b> Have players bump the ball back and forth without widely swinging their arms. They can also set it if need be.</p>
<p><b>SKILL BREAKDOWN #2</b></p>	<p>Serving</p>	<ul style="list-style-type: none"> <li>• Line players up facing the net on the end line (20 ft, with cones)</li> <li>• Start with having the kids attempt to underhand serve the ball over to the other side. If confident, they can attempt overhand as well.</li> </ul> <p><b>Skill Focus:</b> Underhand first, then move to overhand.</p>
<p><b>SKILL BREAKDOWN #3</b></p>	<p>Attacking</p>	<ul style="list-style-type: none"> <li>• Create two lines, one on the right line boundary, and one on the left. Have the line back up so the first person is 10 feet from the net.</li> <li>• Have a coach stand in the middle facing each line (so two coaches, back to back).</li> <li>• Coaches will lob volleyballs and the girls are to attempt to hit it over.</li> <li>• Girls are to chase their attacks and bring them back to the coach.</li> </ul> <p><b>Skill Focus:</b> Try to get them to approach like they are going to hit over the net. Focus on hitting it over first.</p>
<p><b>SKILL BREAKDOWN #4</b></p>	<p>Serve Receive</p>	<ul style="list-style-type: none"> <li>• Have three girls in the front row, and three girls in the back row on both sides. Have a coach throw a ball from across the net and let the point play out. Once the ball is down, a coach throws a ball from the opposite side and lets the point play out. Also practice rotating as teams win points.</li> </ul> <p><b>Skill focus:</b> Rotation and receiving a serve. Try to bump, set, spike as the season progresses.</p>