

Licking Heights Youth Athletics – Volleyball Program Rules

Juniors (GRADES 3 & 4)

(as 09/04/2009)

General

The focus of this age group is overall player development and introduction to the sport. To achieve this 'Games' are broken out into to parts.

Skill Drills

Match Play

Coaches are encouraged to be active near or on the floor between points, but not during play. For each rotation, it is anticipated that the coach will be needed on the court to position each child to his/her new position.

No officials will be used at this age group. The Ohio High School volleyball rules will apply except where otherwise noted. Coaches are expected to officiate themselves. Good sportsmanship and call honesty are expected. We are adults supporting our child athletes and expected to act in the best interest of the game, not our team or specific player. Coaches who fail to act in this manner risk suspension, removal and/or restriction from coaching other LHYA teams.

When the game is over, players must line up on each side of the net, cross under the net and greet the other team.

No tournaments will be held at this level. . Parents **STRONGLY ENCOURGED** to provide kneepads for each child at this age group. Youth volleyballs (lighter, softer) will be provided to each team.

Skill Drills

45 minutes (max)

Each match day will begin with Skills Drills warm-up as follows:

1. **Serving** -Each player tries 2 consecutive serves. Count the # going over the net and landing in the other court. The service line will be roughly 20 ft from the net. Note that the net height is 6 feet. Encourage under-handed serving and progress to over-handed serving if the child is comfortable. Serves must pass over the net without touching.
2. **Passing Accuracy** -Coach stands in the center circle (setter's position) and tosses ball to player who is playing back row. Player tries to pass up to the coach. 2 consecutive tries each.
3. **Partner Pass** -Players pair up 10 feet apart. Start the pass with a toss to the other player. Count the # of passes in a row between the 2 players. Allow 2 tries. See how long each pair can continue without dropping or catching the ball.
4. **Wall Set** -All players take a position next to a perimeter wall. All start setting against the wall. Player is out if ball hit's the ground (sit down). Last one standing is winner.

Coaches should strive for and celebrate improvement each week for each child.

8. Basic Rules/Violations

Carries, double hits, etc. will be called loosely at this grade level. It is still important for the players to know what those violations are and try to correct their technique between points.

- Maximum of three hits per side.
- Player may not hit the ball twice in succession (A block is not considered a hit).
- Ball may be played off the net during a volley and on serve.
- A ball touching a boundary line is good.
- A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.
- If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- A player must not block or attack a serve.
- Hitting the ball illegally (Carrying, Palming, Throwing, Kicking,etc.).
- Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- Reaching over the net, except under these conditions:
 1. When executing a follow-through.
 2. When blocking a ball which is in the opponents court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.
- Reaches under the net (if it interferes with the ball or opposing player).

Definitions/Terms

Not all apply to LHYA play. Included for reference/future understanding

- Ace:** A serve which lands in the opponent's court without being touched, or is touched but unable to be kept in play by one receiving team player.
- Assist:** A player passes or sets to a teammate who attacks the ball for a kill.
- Attack:** Any action other than a block or serve that directs the ball toward the opponent's court.
- Block:** A player or players block the ball into the opponent's court leading directly to a point or loss of rally.
- Dig:** An underhand or overhead defensive saving skill **resulting from a kill attempt** in which the ball is contacted by the forearm(s), fist(s) or hand(s) **and allows the ball to remain in play for the next hit.**
- Kill:** An attack by a player that is unreturnable by the receiving player on the opposing team and leads directly to a point or loss of rally.
- Loss of Rally:** A loss of rally is awarded when the serving team violates a rule during play.
- Penalty Point:** A point which is awarded when the opposing team violates a rule during play or a dead ball.
- Replay:** A replay is the act of putting the ball in play (other than at the start of the game) without awarding a point or a loss of rally and without a service rotation.
- Re-serve:** When the server releases the ball for service, then catches it or drops it to the floor.
- Roof:** When a player jumps above the height of the net, and blocks the ball.
- Serve:** Contact with the ball to initiate play.
- Sideout:** When the team that served the ball makes a mistake, causing the ball to go to the other team.
- Point:** A point is awarded when the opposing team violates a rule during play.
- Spike:** An attack play in which the ball is forcibly hit into the opponent's court with one-hand overhead m