



Mandan Parks & Recreation District 5th & 6th Grade Youth Volleyball League Rules

Eligibility: Principals may make a player ineligible due to poor grades or disciplinary action.

Participation: Each player must receive equal playing time. Teams consist of six players on the court with substitutes entering in the middle back row. Each player must play in the proper set rotation.

Philosophy & Goals: The league is designed to teach basic skills, game rules, fair play, sportsmanship and teamwork, and, most importantly, the league is designed for fun! With your help, each child will leave the program with a “love for the game” along with the knowledge of the basic skills and rules.

Match Rules:

1. All matches will consist of 3 sets each played to 30 points with a winner by 2 points. We will be using Rally Point scoring in each set. Cap at 35.
2. If the three sets are completed before 50 minutes are up, play can continue until the time is complete.
3. Matches are played on a regulation size court with a net height of 7 feet.
4. **Players may step up to 3 feet into the court while underhand serving.** All overhand serving must be done from behind the end line. If a server scores 5 consecutive points, there will be a side out and the opponents will serve.
5. Correct hitting techniques should be stressed in practice. Ball handling will be called loosely so that players can get a feel for the game.
6. Any contact with the net is a violation.
7. Three (3) hits are allowed before the ball crosses the net.
8. The ball may be played off the ceiling if it remains on your side.
9. A replay will be called if the ball hits a basket or any supports if it is playable.
10. Coaches may request one timeout per set.

Coaches' Guidelines:

All volunteers will be treated as Park District staff and must follow these guidelines:

Be punctual. Coaches must arrive at least 10 minutes before players and leave only after all players have left.

Present yourself appropriately in dress, cleanliness, and behavior. Wear proper shoes and clothing.

Fulfill job responsibilities and promote the program, staff, and Park District in a positive manner.

Bring new ideas, suggestions, or concerns to the Site Coordinator or Recreation Specialist.

Find a qualified substitute if you cannot attend a scheduled practice and/or match, and notify the Recreation Specialist. Assistant coaches or substitute coaches need to fill out a background check and return to the park district office.

Site Coordinator:

Cheryl Aker

Recreation Specialist

Casey Johs

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