

## SPX 5th Grade Girls Volleyball League Rules

The 5th grade league play begins Tuesday, August 18, 2026. Game nights will primarily be on Tuesdays. An end of season, single-elimination tournament will take place October 13-14, 2026.

1. A roster of all team players with #'s should be completed and is due by August 14, 2026. Email roster to [spxgirlsrb@gmail.com](mailto:spxgirlsrb@gmail.com).

2. Gym doors will open 15 minutes before the first scheduled match. In the interest of keeping matches on time, please have your players at the gym and ready to play at least 15 minutes prior to your assigned game time.

3. General Admission is \$4 per Adult (18 & older); \$2 per Senior Citizen; Children are free. There is a family pass for \$8.

4. The purpose of this league is to heighten volleyball interest for 5th grade players and promote passing concepts by attempting to play the ball two to three times before returning it over the net. Teamwork and sportsmanship shall always be stressed.

5. Matches will consist of 2 out of 3 rally scoring sets to 21, cap of 23. The third game, if necessary, will be to 15 with a 17-point cap. Time between games is 2 minutes; time between matches is 5 minutes. Timeouts are 30 seconds long. Two timeouts per set, per team.

6. Coaches should turn in their lineups in serving order using the numbers of their starting players. The receiving team's first server will start in the right front position as they will rotate before their first serve. Coaches are to have their line-up turned in to the scorekeeper 2 minutes before the 1st set and 1 minute before the 2nd and 3rd sets.

7. Modified serving lines will be used. Servers may start 6 ft. in from the end line if they wish. After making 2 consecutive serves, they must move back to the end line. If any server scores 5 points in a row, the team shall rotate and the next player on that team shall serve. A ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas ("let serve").

8. A Volleyle ball shall be used.

9. The net height shall be around 6'6".

10. Considering this is an "instructional" league and most teams do not use a setter, sets will not be determined to be illegal when they are directed to a player on their own team unless they are, in the official's judgment, extremely poorly executed. Sets, etc., which are directed across the net, will be called according to regular rules.

11. Minimal prolonged contact on serve reception may also be permitted if, in the opinion of the official, it is in the best interest of the game.

12. Double hits on the first ball over (serve and during play) are permitted by volleyball rules.

13. When a coach requests a substitution, the substitute will stand between the ten-foot line and the centerline with her replacement with their right palms together for the scorekeeper to record their numbers. A team may have a maximum of 18 substitutions per game. A player is allowed unlimited entries within the team limit. The re-entering player shall assume their original position in the serving order in relation to other teammates. A team must have at least five players in the game at all times or the game is a forfeit. The sixth player may be added at any time. A side-out will be taken on the open position and a point awarded to the opposing team.

14. Unsportsmanlike conduct by players, coaches, or fans will not be tolerated. It is the discretion of the official to control teams and fan behavior and the league coordinator will enforce sportsmanship among all the players in the gym. The league director will report teams whose players or fans are behaving poorly to their school's director.

15. Medical insurance is the responsibility of each player and not provided by the league.

16. Only players, coaches, referees, and scorekeepers are permitted on the gym floor. Do not bring small children on the gym floor or bench.

17. The league will provide warm-up balls. No balls may be brought into the gym.

18. No practicing volleyball, except on the gym floor, prior to your scheduled match.

19. Under no circumstances are St. Pius balls to be taken outside or into the hallways.

20. Only gym shoes may be worn on the floor - this includes during warm-up and play. Coaches – please take this into consideration if you will be coming from work in dress shoes or dark soled shoes. You may be on the court during warm-up and on the sidelines during the game.

21. Water bottles and sports drinks only may be brought to the bench area and must be kept behind the bench. Candy, soft drinks and other food or drink are permitted in the stands only and are not allowed on the gym floor.

22. No colored hair spray, face paint, glitter, or jewelry permitted during warm-ups or matches (newly pierced ears must be covered with band-aids).

Any questions, please contact the league director at [spxgirlsrb@gmail.com](mailto:spxgirlsrb@gmail.com).

*(updated 3/26/26)*