

SPX 3rd Grade Girls Volleyball League Rules

The 3rd grade league games will begin Friday, August 14, 2026 and will continue primarily on Friday nights. An end of season, single-elimination tournament will take place October 7 and 16, 2026.

1. 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.
2. Matches will take place in the school gym on Court 1 and Court 2. The gym parking lot is located behind the school. The gym entrance is past the parking lot on the left side of the parking lot by the black panther.
3. General Admission is \$4 per Adult (18 & older); \$2 per Senior Citizen; Children are free. There is a family pass for \$8.
4. This is an instructional league with the purpose of introducing new volleyball players to the sport and providing them with opportunities to learn and succeed. Emphasis will be placed on passing and serving. Regular volleyball rules will apply with modifications as listed below. Teamwork and sportsmanship shall always be stressed.
5. Games will be played with rally scoring for 45 min or three sets, *whichever comes first*. First two games will be played to 21, must win by 2 points, cap is 23 points. Third set is played to 15, must win by 2, cap is 17 points.
6. A lineup does *not* need to be turned in.
7. The refs will call captains for a coin toss to determine first serve at the beginning of sets 1 and 3. The teams will also switch sides in between sets.
8. All players on the team will play in each set. Six players will start on the court.

Two options for rotations:

A) With each rotation, the front right player and the back left player will rotate out of the game. Players will rotate back onto the court at the server's position and front left.

B) With each rotation the back left player comes out and the new player enters front left.
9. The backline of the court will be moved in 10 feet. Therefore, the dimensions of the court are 20' x 30'.
10. Modified serving lines will be used. The server will serve two serves from the 10 ft line. If a server misses on her first serve, she is given one "do over". If the serve is missed on the second attempt, a rally point is awarded to the other team. After making 2 consecutive serves

from the 10 ft line, the server must move back to the 15 ft 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.

11. Volleylite balls will be used for play.
12. Net height will be approximately 6'6" (basically the nets will be lowered as far as our poles will drop to encourage overhand serving.)
13. Unsportsmanlike conduct by players, coaches, or fans will not be tolerated. The league director will report teams whose players or fans are behaving poorly to their school's director.
14. Minimal prolonged contact on serve reception may be permitted if, in the opinion of the official, it is in the best interest of the game.
15. Each team only gets one 30 second timeout (during the whole 45 mins), however the clock keeps running.
16. Double hits on the first ball over (serve and during play) are permitted by volleyball rules.
17. Medical insurance is the responsibility of each player and not provided by the league.
18. Because this is an instructional league, any attempt at a legitimate volleyball pass, set, or hit will be considered permissible, unless in the judgment of the referee becomes a disadvantage to the other team.
19. Only non-marking gym shoes may be worn on the floor; this includes during warmup and play.
20. Water bottles only (no sports drinks on the floor) may be brought to the bench area and must be kept behind the bench.
21. No candy, soft drinks or other food or drink may be brought onto the gym floor.
22. No colored hair spray, face paint, glitter or jewelry permitted during play.
23. Only players, coaches, referees, and scorekeepers are permitted on the gym floor. Do not bring small children on the gym floor or bench.
24. No balls may be brought into the gym. The league will provide warm-up balls. Under no circumstances are St. Pius balls to be taken outside.
25. No practicing volleyball, except on the gym floor, prior to your scheduled match.

Any questions, please contact the league director at spxgirlsrb@gmail.com.

(updated 3/26/26)