

# NLC Volleyball Guidelines

- We will use a net height of 6 feet 6 inches – or as close to it as we can get.
- We will play 6 on 6
- We recommend using your practice time to go over the basics – passing, setting, and serving. Also go over the rotation system and who is responsible for what area.
- We will have substitutes come in at the server position.
- After 5 consecutive serves by one team the ball will go to the other team. A player can serve anywhere on the back serving line.
- Everyone should play as equally as possible. The easiest way would be to have them rotate in and out after they serve.
- If a ball hits the net on a serve it is still playable.
- On the serve, allow the younger kids to take 2 steps into the court to better allow them to get the ball over the net. In both leagues if their first serve doesn't go over allow them to try their serve one more time before switching to the other teams serve.
- If your game is scheduled for 6:00 or 7:15 you will have a 15 minute practice from 6:00-6:15 or 7:15-7:30 and then start your game.
- We will play three 15 minute matches or 25 points whichever comes first and will use rally scoring. If you get to 25 pts before the 15 minutes is complete then start the points over and when the 15 minutes is over then switch sides and start again. Rally scoring is where a point is scored on every play even if your team is not serving. We don't keep track of wins or losses, but I would like teams to keep score so the girls understand and can learn the concept when they are participating in volleyball in Junior High and beyond.
- If you have any problems (injury, equipment breakdown) ask the site supervisor or desk staff for assistance.
- If you have any problems or need anything changed or clarified let Brian (626-5716) or Erik (248-1750) know.

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