



**BOYS & GIRLS CLUB  
OF SOUTHWESTERN OREGON**

# Section Two: Rule Modifications

**NOTE:**

**The Boys and Girls Club of Southwestern Oregon and Epuerto Sports volleyball games shall be played according to the Official Volleyball Rulebook of the National Federation of High School Rules. With the exception of the following that have been adopted by the Boys and Girls Club Board of Governors.**

# 1. Equipment and Facilities.

**A. The Ball** Volley Lite balls will be supplied by the Boys and Girls Club and Epuerto Sports to be used for practices and games for 3rd-4th grade levels. The 5th-6th grade will use regulation volleyballs. If balls other than those issued by the Boys and Girls Club or Epuerto Sports are used at practices (balls belonging to coaches, schools, etc.), it shall be the coaches responsibility to insure that all borrowed balls are returned at the end of each practice and those balls issued to him/her by the Boys and Girls Club or Epuerto Sports do not get lost in the shuffle.

## **B. Uniforms-**

1. **Team shirts**– Shirts/Uniforms shall be provided for each player to wear during the season. Shirts should be tucked in while playing
2. **Pants/shorts-** Players will wear their own shorts or long pants. Although not required, it is recommended that they be of the same color.
3. **Shoes** – Shoes must be acceptable for court use (street shoes and those that leave marks on the floor cannot be used), and should provide adequate support.
4. **Protective equipment**– Knee pads are not required but are highly recommended. If eyeglasses are worn, they must have a safety strap to keep them on.
5. **Jewelry-** All jewelry must be removed prior to playing. ( exception: Medical or religious medals may be worn, provided they are taped to the body under the uniform) Earrings must be removed; they can not be taped. Hair devices must be of soft materials, taping hard ones is not allowed.

**C. Facilities-** Local elementary school gyms will be used for practices. Games will be played at the Boys & Girls Club gymnasium, unless otherwise listed on the distributed schedule.

1. **Court markings**– The court will measure 50’ 6” x 29’ 6” for all levels. A 17’ service line will be used for the 3rd and 4th grade levels and a 21’ service line will be used for the 5th and 6th grade levels. If coaches wish to mark the floor on the gym where they practice, they must first obtain permission from the school. Only safe release tape shall be used on the school floors.
2. **Net**– The net shall be no lower than 6 feet 4”. Vertical tape markers will be used as guides for out-of-bounds. The vertical tape markers themselves are not out-of-bounds..

## 2. The Game

### A. Length of the Game.

All grades will play 3 games to 25 (must win by 2) or 1 hour whichever comes first. A maximum of 2-1 minute timeouts per game will be allowed.

### B. Starting the Game.

1. **Score Keeper**– Teams will take turns furnishing an adult volunteer to keep score.
2. **Line-up Card**– Each coach must submit his or her completed line-up card to the official prior to the game.
3. **Coin Flip**- A coin toss shall be conducted between a designated player from each team. Each team shall designate one player to act as “captain” to represent the team during the coin toss. (Players should be rotated to serve as “captain.”) The winner of the toss shall choose either to serve/receive or the playing area. The loser of the toss shall be given the remaining choice.

### C. Rotation of Players.

Boys & Girls Club 3rd-6th grade volleyball games are played with six players from each team on the court. All players should be given the opportunity to start if they have met all of their coach’s requirements, such as attendance of practices and displaying proper behavior. All levels will rotate in at server’s position, right back and exit at right front. Servers will have a maximum of 5 successful consecutive serves; if this occurs, the ball will be awarded to the other team (a side out).

### D. The Serve.

A legal serve is contact with the ball to initiate play. The server shall serve from the serving area within 10 seconds after the official has signaled for the serve. The ball has to cross the net between the vertical tape markers. It cannot touch a teammate or ceiling. The 3rd-4th grades will be allowed two attempts to make a legal serve on the first serve of the rotation only; the 5th-6th grades will have only one attempt. If not made, a side out will be called. A server will be allowed 5 consecutive successful serves at all levels. When this occurs, a side out will then be called.

### E. The Play

1. A team continues serving until it commits a foul, time expires or a single server has 5 consecutive serves.
2. Rally scoring will apply. A “side-out” is awarded the non-serving team when the serving team violates a rule or has 5 consecutive serves by a single server.
3. A team cannot have more than three hits (less than three is legal) before the ball crosses the net to the opponent’s side of the court.

4. A legal hit is contact with the ball by the player's body above and including the waist which does not allow the ball to visibly come to rest.
5. A player may not contact the ball twice in succession.
6. The ball has to touch the floor completely outside the boundary lines to be out-of-bounds. Balls landing on any part of the boundary lines are good.
7. A player's foot (or feet) can cross the centerline into the opponent's side of the court as long as part of the foot (feet) is on the line. It is illegal if the entire foot (or feet) or any other part of the player's body crosses the centerline.
8. If the ball has been hit outside the boundary line on the same side of the team which last hit the ball, and three hits have not occurred and if no objects outside the playing area obstruct play, the ball is still playable by another teammate.
9. A ball contacting and crossing the net, shall remain in play; recovering a ball hit into the net shall be permitted.
10. If the ball strikes the ceiling above the side of the court occupied by the team which last played the ball and three hits have not occurred, the ball can legally be played by the same team. It is illegal to have the ball strike the ceiling on the opponent's side of the court.
11. The official indicates a replay by blowing a whistle and holding up two thumbs. Players will assume their same positions as before the replay was called. Replays can occur if a ball from another court enters the playing area.

## **F. Plays Not Allowed**

1. Double-fisted Hits (Overhead Digs). A defensive saving skill in which the ball is contacted with both fists at shoulder height or above the head.

## **G. Officials** - Volleyball is a game of judgment calls. The officials are charged with insuring that games are safely and fairly played. The official shall:

1. See that a whistle is blown and a visible signal is given for all dead balls, fouls, penalties, points and serve, and give verbal clarification when necessary.
2. Determine illegal hits.
3. Determine Net fouls.
4. Determine foot faults at the serving line.
5. Determine foot faults at the center line.
6. Determine double fouls.
7. Determine the number of hits by a player and team.
8. Determine ball in play and dead ball.
9. Determine point side-out.
10. Verify the score of each game.
11. Collect line-up cards from each coach.

# **Section Three:**

## **BASIC SKILLS**

**Serving**

**Underhand (passing)**

**Overheads (setting)**

**Hitting**

**Blocking**

## THE SERVE

Young players generally have greater control of the underhand serve. This control eliminates many unnecessary service errors and creates a more continuous and exciting game. The reception of the ball is more effective with the slower trajectory of the underhand serve. It allows the use of all game skills without the serves dominating the game. Consideration should be given to the use of the underhand serve as a progression to higher levels of technique.

When the ability level of players has increased to sufficient degree and the young players have the upper body strength to serve overhand, then they can be taught the overhand serve. This serve should be taught only if they are consistent with the underhand serve.

## UNDERHAND SERVE

*NOTE: This is for right handed servers. If child is left handed, reverse the positioning.*

1. Stand facing the net, behind the service line.
2. Have feet approximately shoulder width apart, knees slightly bent, with right foot slightly forward and body weight slightly forward.
3. Have the volleyball positioned in the palm of the left hand, extended across the body, to the right, at waist level.
4. Have the right hand in a “closed fist” position. (This is the ‘hitting arm’).
5. With the hitting arm slightly bent, bring the arm back behind the body at about a ninety degree angle.
6. As the closed fist swings forward to contact the ball, shift your body weight by taking a step with your left foot.
7. By keeping eye contact with the ball, contact the ball about waist level in front of the body.
8. Hit the middle bottom area of the ball.
9. Follow through in a short straight line.
10. Move into the court as soon as the ball is served.

## OVERHAND SERVE

1. Stand facing the net, behind the service line, the foot opposite the serving arm slightly forward and pointed to the target, weight on the back foot.
2. Left arm is extended straight out, in front of the body, holding the volleyball. The right hand is extended straight out, resting on top of the volleyball.
3. Right arm flexes back at a ninety degree angle, with a tight “open-faced” hand placed parallel to the forehead.
4. Left arm tosses the ball up above the head in front of the serving shoulder.
5. Keeping the right hand “open-Faced” and tight, the right arm extends forward, contacting the ball in front of the body and above the head with the arm almost straight. Do not hit the ball behind the head.
6. When contacting the ball, aim for the center back portion of the ball.
7. Keep eye contact with the ball until the ball is served.
8. Move into the court as soon as the ball is served.

## UNDERHAND PASS

The pass is the fundamental skill required for effective team play and is used primarily to receive the serve. The underhand pass is one of the easiest techniques in the game, requiring very little movement or strength. The most important factors are confidence, good footwork and positioning prior to the pass AND calling the ball.

1. Feet are positioned shoulder width apart with one foot slightly ahead of the other
2. Knees are bent.
3. Bottoms are down.
4. The feet and the hips face the direction the ball is coming from.
5. Hands are loosely to the sides of the body.
6. When passing the ball, the hands can be positioned in two different positions, but regardless both positions require that the heel of the hands and thumbs are firmly held together.
  - (a.) Interlock position: Making a fist with one hand, the other hand encloses the fist.
  - (b.) Butterfly position: One hand folds inside the other hand.
7. Hand and wrists are turned down to allow elbow extension and straight arms.
8. Quickly determine where the ball will go and move the body to face the direction the ball is coming from. Ball should come to the center of the body.
9. Assume a balanced position and step to the target. When passing to the right, step to the right. When passing to the left, step to the left. All of the power comes from the legs, not the arms.
10. The arms are brought together straight in front of the body to form an even, level base. The arms never bend during the entire process of the underhand pass.
11. The shoulders and the arms face the direction to where the ball is to be passed. With the contact of the ball, the shoulders and arms are extended forward and slightly upward with a controlled arm movement. The movement is directed from the shoulder with no bending in the elbow joint.
12. The ball is passed on the wide fleshy surface of the forearms, two or three inches above the wrist.
13. See the ball make contact on the arms and watch it leave the arms. Follow through with the hands coming no higher than the chin.
14. The angle of the forearms determines the direction in which the ball will go.
15. Guide the ball with easy controlled movements. Avoid swinging the arms or at the ball

### **NOTE:**

*It is imperative that every coach work on getting the players to call "mine" when stepping in to take a pass.*

## OVERHAND PASS (SETTING)

1. Feet are shoulder width apart, with one foot slightly ahead of the other.
2. Knees are bent.
3. The head is tilted back, looking up to the ball.
4. Starting position for the hands are down by the waist.
5. Both arms come up at a ninety degree angle with the fingers spread apart, thumbs are pointing toward the eyes. The overall configuration of the hands should be shaped like a volleyball.
6. When the volleyball nears, the ball is contacted 2-3 inches off the forehead, with the ball coming into 'gentle' contact with the finger pads of the fingers.
7. The set begins with simultaneous extension of the legs and the arms upward into the ball. The ball is pushed upward as if being projected through a funnel.
8. The wrists are flicked forward into the ball (like the release of a compressed spring).
9. On the follow through, the entire body is extended in the direction of the set. This is a total extension from toes to fingertips.
10. A soft touch of the ball is achieved with an equal push of the arms and legs, and the extension of the wrists.

## SPIKING (HITTING)

**Three Step Approach.** With the last step made as quickly as possible, hitting can be referred to as a "Lead, Lock, and Block" approach.

1. If right handed, in a stationary position, the knees are slightly bent with the right foot leading about 6 inches in front of the left. Both arms are straight to the side of the body.
2. The left foot takes one big stride forward, which is called the "lead step". With both arms swinging forward, the hands raise waist high.
3. When going into the "lock" position, the right foot then takes one quick step forward, followed by the left foot landing parallel to the right. (The footwork is a quick-right, left-motion)
4. When taking the first right foot step, the arms begin to swing backwards into a 90 degree angle.
5. With the left foot coming forward to 'close' with the right foot, the body is practically in a squatting position, with the knees completely bent at a 90 degree angle. Both arms are still extended back, getting the momentum of the body to explode straight up.
6. The "block" step is when both feet are planted on the ground, the knees are bent in which the momentum of the body is going straight up.
7. Both arms are extended straight up, with the left arm serving as a guide arm and the right arm is the hitting arm.
8. The hitting arm is in a throwing position with the guide arm pointing at the ball.
9. Throw the hitting arm up at the ball and snap the wrist as the guide arm pulls down.
10. Use a quick, compact snapping motion. Follow through across the body to avoid touching the net.

## **BLOCKING**

The primary purpose of the block is to prevent the ball from crossing the net on a serve or on an attack (spike) from the opposing team and return the ball to the opponent's side for a point or side out. Through the Boys & Girls Club volleyball program, only the one player who has rotated to the front row is allowed to block.

*A BLOCK IS NOT CONSIDERED ONE OF THE THREE LEGAL CONTACTS OR TOUCHES ALLOWED IN VOLLEYBALL+*

1. The body should be positioned parallel, facing the net at least one foot away from the net.
2. Feet are positioned shoulder width apart.
3. Weight is on the inside of the feet, with the knees slightly bent.
4. Just prior to the jump, assume a half-squat position with the back straight. Using the legs, explode straight up pushing off with the entire foot. The jump should go up simultaneously with the back straight.
5. Extend the arms up above the head and slightly forward.
6. The fingers of both hands are spread apart.
7. Fingertips, hands arms and shoulders are firm and forward. Move the arms toward the direction of the ball traveling over the net.
8. Just prior to contact, turn shoulders, arms and hands slightly toward the center of the opponent's court.
9. Hang and reach to sustain the block as long as possible. Land similar to the starting position and in the same spot. Do not float forward.
10. Land first, then turn head to follow play. Be ready to play tips, balls hit off the block or balls dug from the backcourt.

Players need to learn to watch and follow the direction of the ball from the set, the hitters body position and the hitter's angle of approach before positioning themselves to block.

For short distances, or when is available, a sidestep can be used to get into position. Shoulders remain squared off to the net. The same center of gravity is used throughout the movement.

# **Section Four:**

**Warm-up**

**Drills**

# WARM-UP EXERCISES

It is extremely important that players be warmed up before practice and games. The principle of warm-up exercises is to gradually increase intensity until the body is ready for more stressful activity and high-energy output. Make players understand that the warm-ups are important and necessary to avoid injury. Use exercise that is rhythmic in nature, with natural flow from one to the next. Exercises should stretch the muscles rather than strain them. Include all segments of the body: neck, shoulders, trunk, hips, knees, calves, and ankles.

## **Simple jog warm-up**

Have the young athletes jog laps around the gym (on a nice day, the coach can have them run outside). While jogging athletes can incorporate a variety of plyometrics and coordination skills. For instance,

1. "Grape Vine" or "Scissors"
2. Side way shuffle first facing into the court, then facing towards the wall.
3. Alternating skips trying to get as high as you can off each skip.
4. Lunges

## **Stretching: Flexibility is improved by stretching**

To stretch your muscles without causing injury to yourself bend slowly until you start to feel uncomfortable. Back off the pressure a little and hold your position stationary for about 5 - 20 seconds. Don't BOUNCE! Relax in the stretched position as much as possible. Daily stretching will significantly increase your range of motion. Begin AND end every practice session with a good stretching routine.

### **Arms:**

1. While standing, take one arm across the body. Use the opposite hand to apply additional pressure to strengthen the arm. Repeat with other arm.
2. Raising one arm in the air, drop the raised hand behind the head. Take the opposite hand and apply pressure to the elbow, pushing downward.

### **Legs:**

1. While standing bend the knees until both arms can grasp the ankles. Keeping the back straight slowly raise the body with the hands still touching the ankles. This will stretch the back hamstrings.
2. Sitting down on the ground, extend both legs out in front. Take the right leg and pull the right foot inwards, towards the thigh of the left leg. With the back straight, slowly extend the body towards the left foot. This will stretch the lower back and the hamstring. Repeat with the other leg.
3. Continue to sit, bring both legs in matching both feet heel-to-toe. With the elbows, apply pressure to inner part of the knees, pushing downward. This will stretch the groin area.

### **Neck:**

Sitting with the legs crossed, keep the head in an upright position. In intervals, slowly tilt the head to the right shoulder, hold for 5 seconds. Tilt the head towards the left shoulder and hold for 5 seconds. Tilt the head towards the ground, with the chin touching the chest.

### **Ankle / Achilles::**

1. Find a wall or partner and place the palms flat against the surface. In a lunge position, take the right foot behind the body and push the heel towards the ground. There should be a stretch in the Achilles tendon. Reverse the lunge and apply the same stretch to the left heel.
2. During this stretch, with the right foot still extended back, following the stretching of the Achilles, rotate the ankle in circles going both directions. Repeat the same with the left foot.

### **Additional stretches may include:**

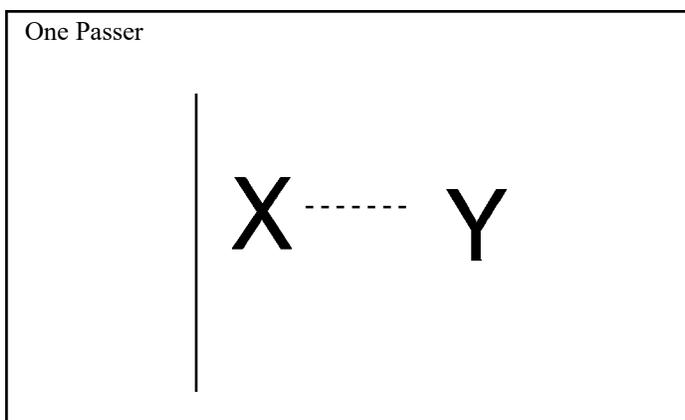
\* Quad Stretches \* Windmill for arms and shoulders \* Leg Lunges \*

# DRILLS

## Underhand Pass

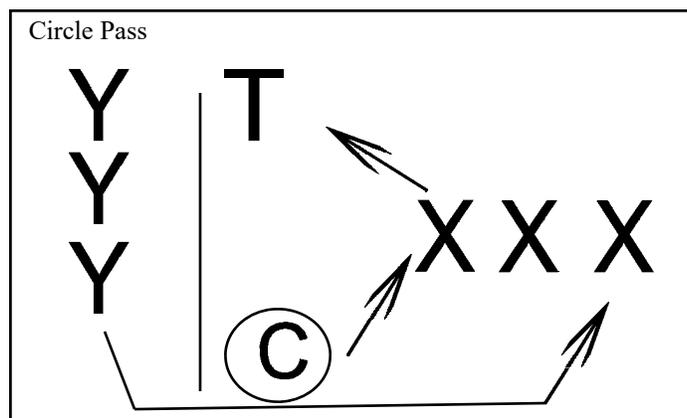
### 1. One Passer

- X stands along the net
- Y stands on the 10' line
- X underhand tosses the ball to Y
- Y calls the ball out loud, passes to X
- Once Y has passed 15 balls switch



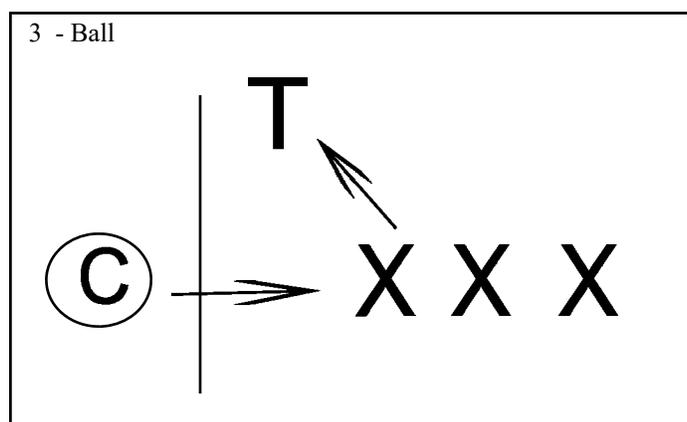
### 2. Circle Pass

- Coach passes to player X
- X passes the ball to the target T
- Target retrieves the ball, goes to the end of line Y then X goes to the target position
- Y gives the ball to the coach
- Y then goes to the end of line X



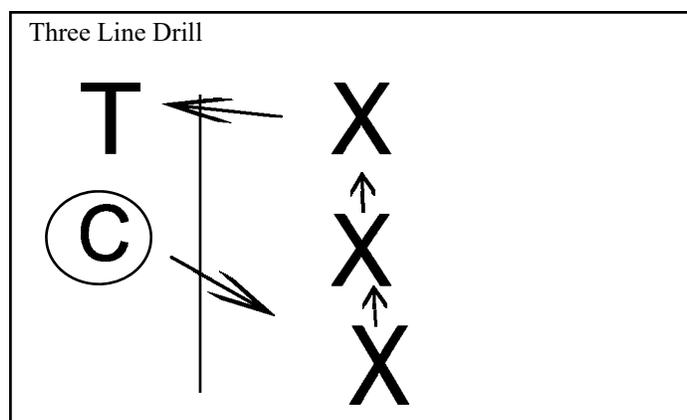
### 3. Three Ball

- Coach has three balls and stands across the net
- Coach throws the ball across the net to player X
- X passes the ball to the target T
- X then becomes the new target, and T gets the ball to the coach
- The coach should always have a ball to make the drill go quickly



### 4. Three Line Drill

- Coach tosses the ball over the net
- Three (3) players try to pass the ball over the net in 3 hits
- Target shags ball, to give to coach



## **Overhead Passing (Setting)**

### **Funnel Drop**

With partners, player (A) lays on their back with their elbows bent, thumbs pointing back at their eyes, parallel to the forehead and fingers are tight and shaped like a volleyball. Player (B) stands over the top of (A) and drops a volleyball into their hands. (A) then pushes the ball through a pretend funnel, fully extending the arms.

### **Crossed-Leg Set**

With partners, player (A) sits at the net, cross-legged. Player (B) stands at the 10' line tossing the ball, underhand, to (A). Player (A) is working on catching the ball with the elbows bent, thumbs back towards the eyes, positioned at the top of the forehead and fingers are tight and shaped like a volleyball. Once (A) catches the ball, he/she pushes the ball towards (B).

### **Stand & Set**

With partners, on the same side of the net players (A) and (B) stand across from each other, parallel with the net. Player (A) is the receiver and player (B) is the tosser. Player (B) underhand tosses the ball to (A) who gets in position, catches and releases (as if actually setting). (A) and (B) then switch duties.

### **Circle Set**

Coach tosses the ball to (X), (X) sets to the target, target gets the ball and hands to the coach, before going to end of (X) line.

## **RANDOM DRILLS**

### **Pepper**

With partners, this works on decision making and ball handling skills by keeping the ball going. Underhand pass any ball below head level, and set any ball above the head.

### **Serving Drill**

Each player has a ball. Players serve from one side of the net from the serving position, chase the ball and serve from the other side. Players are continually moving.

### **Serve Receive**

Put 3 players on the court and serve to them. They need to get the ball over the net using 3 hits.

# **BILL OF RIGHTS FOR YOUNG ATHLETES**

Right to participate in sports

Right to participate at a level commensurate  
with each child's maturity and ability

Right to have qualified adult leadership

Right of children to share in the leadership and  
decision-making of their sport participation

Right to participate in safe and healthy  
environments

Right to proper preparation for participation  
in sports

Right to an equal opportunity to strive for  
success

Right to be treated with dignity

Right to have fun in sports

# NATIONAL STANDARDS FOR YOUTH SPORTS

1. **Proper Sports Environment** - Parents must consider and carefully choose the proper sports environment for their child, including the appropriate age and development for participation, the type of sports, the rules of the sport, the age range of the participants, and the proper level of physical and emotional stress.
2. **Programs Based on the Well-Being of Children**—Parents must select youth sports programs that are developed and organized to enhance the emotional, physical, social and educational well-being of children.
3. **Drug, Tobacco & Alcohol Free Environment** - Parents must encourage a drug, tobacco and alcohol-free environment for their children.
4. **Part of a Child's Life** - Parents must recognize that youth sports are only a part of a child's life.
5. **Training** - Parents must insist that coaches are trained and certified.
6. **Parent's Active Role** - Parents must make serious efforts to take an active role in the youth sports experience of their child providing positive support as a spectator, coach, league administrator and/or caring parent.
7. **Positive Role Models** - Parents must provide role models, exhibiting sportsmanlike behavior at games, practices, and home, while giving positive reinforcement to their child and support to their child's coach.
8. **Parental Commitment** - Parents must demonstrate their commitment to their child's youth sports experience by annually signing the Parent's Code of Ethics Pledge.
9. **Safe Playing Situation** - Parents must insist on safe playing facilities, healthful playing situations, and proper first aid applications, should the need arise.
10. **Equal Play Opportunities** - Parents, coaches and league administrators must provide equal sports playing opportunities for all youth regardless of race, creed, sex, economic status or ability.
11. **Drug, Tobacco & Alcohol-Free Adults** - Parents must be drug, tobacco and alcohol-free at youth league sporting events.