



Impact Volleyball Rules 2023

The age divisions, duration of game, number of players:

Age Division	Game Length	# Players on Court
Grades K-1 st	Score to 15 – 2 Games 30 min practice before game	6 v 6
Grades 2 nd -3 rd	Score to 25 – Best 2 out of 3 Games (3 rd game to 15)	6 v 6
Grades 4 th - 6 th	Score to 25 – 3 Games no matter what, Win by 2 points (3 rd game to 25)	6 v 6

GAME RULES

Rules from the USA Volleyball Handbook

EQUIPMENT: All divisions will use a Volley-Lite Volleyball for practices and games.

Players shall not wear any jewelry. Athletic shoes are required; knee pads are strongly encouraged however not required.

OFFICIALS: One or two officials will be appointed for each match

THE START OF PLAY:

Refs will conduct a coin toss between coaches and (1) designated game captain shall determine who serves first.

If the serving team wins the rally, it scores a point and the serve continues with that team.

If the receiving team wins the rally, it scores the point and gains the serve.

BALL IN AND OUT OF PLAY:

- A ball striking the ceiling or basketball hoop and landing on the same side as the team that played it last is **still in play**. However, a ball striking the ceiling or basketball hoop and landing on the other side of the net is a dead ball and a point is awarded to the opposing team.
- Balls which land on any boundary line is considered “in”.
- A ball which touches the net antennas above or within the net or doesn't pass over the net entirely between the antennas is out of bounds.

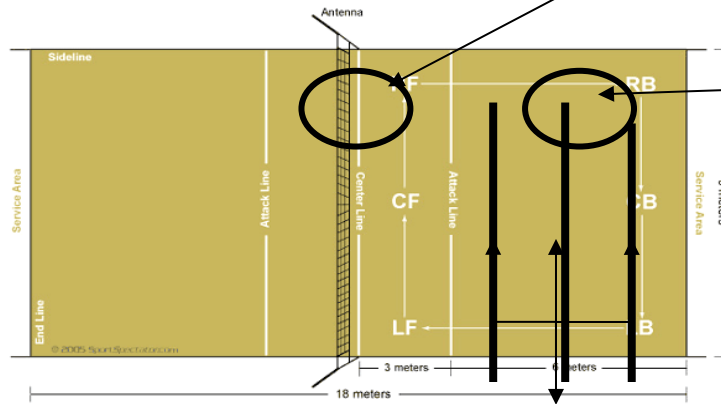
METHOD OF SCORING:

- Scoring is based on Rally score style
- The opponent shall score a point each time a fault is committed or the ball lands in bounds on the opponents' court.
- Each time a team gains a serve it must rotate one position clockwise before serving.

TEAM PLAYERS AND POSITIONS:

- A team shall consist of (7-9) * players (depending on the league) * to begin the first game of the match. If there are not (6-8) * players present at the start of the game then a team may play with (5-6)*, however the opposing team must play (5-6) * as well. Each team must have at least (5-6) * players to hold a match.
 - *K-6th Play with 6 players on the court.
- When a team rotates to serve, the player who served the previous turn must come out of the game. Substitutes enter in the serving position (RB-right back) only.
- Should a coach desire to substitute players they may only enter in the (RB) position only. The coach must alert the referee before a substitution is made. Substitutions may only be made when that team has service.

Player rotates **out of** this position when serve is gained to their team off of a rally.



Player rotates **into** this position when serve is gained to their team off of a rally.

THE SERVE:

- Definition
 - A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, while the ball is held or released. The ball should be contacted following the referee's signal to serve.

SERVING:

- The server will be allowed one serve if the serve does not make it over the net. The server can choose between an overhand or underhand serve.
- A re-serve shall be called when the server releases the ball for service and either catches it or drops to the floor.
- All players will be permitted only (2) serve attempts per rally.
- Let serves (serves which hit the net and cross over) are legal in all divisions of play.
- The team not serving first in the previous game of match shall serve first in the next game.

Net Height:

- K-1st will be a lowered version (like a tennis court net)
- 5 to 6 feet for 2nd-3rd
- 7 feet for 4th-6th