



# Spring 2025 Youth Volleyball Practice Schedule Grades 6 - 8

Games and practices are held at Brownell Middle School

Team 1 – Dream  
Team 2 – Stars  
Team 3 – Nova

Team 4 - Aces  
Team 5 - Mystics  
Team 6 - Lightning

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Teams</u>	<u>Gym</u>	<u>Practice/Game</u>
Tuesday	March 18	7:00-8:00 PM	1	Boys	Practice
		8:00-9:00 PM	2	Boys	Practice
		8:00-9:00 PM	3	Girls	Practice
Wednesday	March 19	7:00-8:00 PM	4	Boys	Practice
		8:00-9:00 PM	5	Boys	Practice
		8:00-9:00 PM	6	Girls	Practice
Thursday	March 20	7:00-8:00 PM	1	Boys	Practice
		8:00-9:00 PM	2	Boys	Practice
		8:00-9:00 PM	3	Girls	Practice
<b>No Games/Practices Week of March 24th</b>					
Tuesday	April 1	7:00-8:00 PM	4	Boys	Practice
		8:00-9:00 PM	5	Boys	Practice
		8:00-9:00 PM	6	Girls	Practice
Wednesday	April 2	7:00-8:00 PM	1	Boys	Practice
		8:00-9:00 PM	2	Boys	Practice
		8:00-9:00 PM	3	Girls	Practice
Thursday	April 3	7:00-8:00 PM	4	Boys	Practice
		8:00-9:00 PM	5	Boys	Practice
		8:00-9:00 PM	6	Girls	Practice

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Teams</u>	<u>Gym</u>	<u>Practice/Game</u>
Tuesday	April 15	8:00-9:00 PM	6	Boys	Practice
		8:00-9:00 PM	1	Girls	Practice
Tuesday	April 29	6:00-7:00 PM	2	Boys	Practice
		7:00-8:00 PM	1	Boys	Practice
		8:00-9:00 PM	4	Boys	Practice
		8:00-9:00 PM	5	Girls	Practice
Wednesday	April 30	8:00-9:00 PM	6	Boys	Practice
		8:00-9:00 PM	3	Girls	Practice
Tuesday	May 6	7:00-8:00 PM	2	Boys	Practice
		8:00-9:00 PM	4	Boys	Practice
		8:00-9:00 PM	1	Girls	Practice
Tuesday	May 13	7:00-8:00 PM	3	Boys	Practice
		8:00-9:00 PM	5	Boys	Practice
		8:00-9:00 PM	6	Girls	Practice
Wednesday	May 14	7:00-8:00 PM	1	Boys	Practice
		8:00-9:00 PM	2	Boys	Practice
		8:00-9:00 PM	4	Girls	Practice
Thursday	May 15	7:00-8:00 PM	3	Boys	Practice
		8:00-9:00 PM	5	Boys	Practice
		8:00-9:00 PM	6	Girls	Practice
Tuesday	May 27	6:00-7:00 PM	2	Boys	Practice
		7:00-8:00 PM	3	Boys	Practice
		8:00-9:00 PM	4	Boys	Practice
		8:00-9:00 PM	5	Girls	Practice
Wednesday	May 28	8:00-9:00 PM	6	Boys	Practice
		8:00-9:00 PM	1	Girls	Practice
Tuesday	June 3	6:00-7:00 PM	2	Boys	Practice
		7:00-8:00 PM	3	Boys	Practice
		8:00-9:00 PM	5	Girls	Practice
Wednesday	June 4	7:00-8:00 PM	4	Girls	Practice



## Youth Volleyball Rules

### 6th – 8th Grade:

- Net height will be 7 ft. 4-1/8 in.
- Serving line is the back boundary of the court
- These grades use a regulation white ball

### Serving Rules:

- Player must contact the ball behind the serving line; players may serve from the end line within the sideline extensions
- The serve is illegal if it touches the ceiling. Net serves are legal and always accompany rally scoring
- The serve must land on or within the boundaries of the court (a ball on the line is in)
- The server must wait until the official blows the whistle before serving the ball
- A player has 5 seconds in which to serve the ball
- A side out occurs when the serving team does not successfully return the ball, which turns the serve over to the other team
- Grades 3 - 8: If a player serves 6 points in a row, the serve must rotate (side out)

### General Rules:

- A team is allowed a maximum of three (3) hits per side
- A ball that lands within or on any part of the boundary line is in
- A ball that hits or goes over the antenna is automatically out
- A ball can be played off the ceiling if: it stays on the same side of the net and it is not the 3rd hit on a side
- A ball that hits the ceiling and goes over the net is automatically out
- A player may not contact any part of the net with any part of the body at any time, except for head hair
- If a player passes the ball with bent arms, or if the ball hits the player's arms and then his/her chest, the ball will be whistled dead and a double hit will be called by the official. Multiple contacts are legal only when blocking, or on any team's first contact
- Players rotate one position to the right (clockwise) when a side out occurs
- Substitutions should be made from the middle back position
- Rally Scoring: points are awarded even if your team is not serving
- A team wins the game when they score 25 points and have a two point advantage or a two point advantage after 15 minutes.
- Center line violation - player crosses completely over the center line (hand or foot)
- A coin toss will determine first serve. Losing team serves first in the succeeding game
- Serving line violation - player may not go over the line (warning first two games)
- With the exception of the above rules, current M.H.S.A.A. rules govern the play of all games
- The league director will rule on any situation not covered by the rules
- No jewelry
- One time out will be awarded to each team per game

**A match will consist of three 15-minute games. The first 10-minutes will be warm-up.**

The use of dental guards is recommended in all Neighborhood Club sports.