

**Diocesan Athletic Conference**  
**Volleyball Rules**  
**5th-6th Grade - Junior Division**

**I. ELIGIBILITY**

A. Team rosters must be submitted to the DAD before the first regular season game. Failure to submit will result in forfeiture of the first game. It may also result in suspension of the coach and forfeiture of future games.

B. It is the coach's and Athletic Director's responsibility to control fans and/or parents during the games.

C. Each player participating must meet eligibility requirements set forth by the Diocesan Athletic Conference.

D. The Junior Division will be limited to students 4th, 5th, and 6th grade. No children in K-3 will be eligible to participate. Fourth grade participation will be contingent upon the number of 5th-6th grade participants.

E. All eligible athletes in participating schools should be allowed to participate. The Diocesan Athletic Conference admonishes "cutting" and encourages the participation of all students who wish to play.

F. Volleyball shall be divided into three separate divisions – Gold, Silver, and Bronze.

**LEAGUE RULES AND REGULATIONS**

A. There is no maximum or minimum number of players on the roster. However, there is a minimum number of players on the roster - five.

B. If a team does not have 6 players at a game, then the team will be allowed to play with 5.

C. Appropriate uniforms with numbers on the front and back are strongly recommended for the referees and table.

D. "Rally scoring" will be used. You must win the game by 2 points. The matches will be the best 2 out of 3. The first two games will be scored to 25, with the third game to 15. Each player will be limited to **five (5)** consecutive serves (must win each point or it is a side out). After the fifth serve the ball is turned over to the other team with no point awarded. In rally scoring games, all missed serves and ghost serves will result in a point for the opposing team.

E. Each team will furnish one adult line judge. The school has the right to approve high school students. Please refrain from having middle school judges.

F. The time period between games of a match shall be no more than three minutes. There will not be time for warm-ups.

G. Each team is allowed one (1) 1-minute time-out per game.

H. Standings for each division will be kept. The 5th-6th grade tournament will be held from May 4th-9th.

I. Serving is allowed behind a 20 foot line designated on the court. This is 10 feet closer than the end line, and each gym is responsible for drawing such a line.

J. Nets will be lowered by 6 inches to 6 feet 10 inches.

K. A "Volley Lite" volleyball will be used.

L. The substitution rules are the standard volleyball rules. Every girl will be required to play in every match.

M. The league will provide officials for each match.