



COBRA Optimist Volleyball League Rules **5th - 7th Grade Division**



The 5th - 7th grade division will play under “normal” volleyball rules with the exceptions outlined below:

- Matches will be two games to 25 with the scoring starting at 0. If time permits, we will go ahead and play a 3rd set from 0 to 15 (Need to try and free up the court for the next team by 5 minutes before next practice/game time).
- All matches will be scored using rally scoring.
- Each team gets one (1) time out per game. Timeouts are 30 seconds.
- Players may only bump or overhead pass (set) the serve. Players may attack 2nd or 3rd contact.

Team Rotations:

- Coaches may use a regular offensive rotation and substitution (example is assigned setters) / use of a libero) or may use a forced substitution (see example at the end). At this level it is a good idea to start teaching positions and using players in those positions; remember that playing time needs to be as equal for everyone as it can be in this league.

Teams Serving:

- **Players may move in two steps from the serve line, if unable to complete a serve from the serve line. We are trusting the coaches to make this work and not abuse this rule.**
- No limit on how many serves in a row a player can make.
- Note that no 2nd serve attempt is awarded for a missed first serve.
- On a serve attempt, if a player makes a bad toss, they must let the ball fall to the court to have a re-do on the serve attempt. Balls tossed for a serve and caught are a side out and a point for the other team.

T-Shirts / Uniforms:

- Cobra provides a team t-shirt included in the registration fee in colors that the coach and team decide on. Teams may wear other shirts/uniforms than the Cobra provided t-shirt. No refund is available if you choose not to wear the Cobra provided t-shirt.
- Volleyball knee pads are required for the 5th - 7th grade division.

Other Notes:

- Referees will make net calls and obvious ball handling / lift calls
- Each team will need to provide one scorekeeper for your games (electronic or flip style score boards will be used).

- Game balls will be provided. Please return game balls to the scoring table at the end of your matches.
- Injured players can be substituted out and when able to play again placed back into your substitution rotation.
- Players and coaches may only have WATER in their bench area. Please police your bench area and carry off any trash. **NO COLORED SPORTS DRINKS AT THE BENCH AREA!**
- No bumping or passing of balls outside the courts.
- You (the coaches) are responsible for your players' actions while using the courts at the Field House. We are grateful to the Iowa West Foundation and Omaha Sports Academy for the use of the facility and want to help them take care of it. Please make sure you have your players and parents clean up your court and bench area before you leave.
- We ask that players not wear black soled shoes as they will mark up the gym floor.
- The Referee's decision is final. No arguing with the referees (or line judges, if used) will be permitted. Fans are encouraged to come support their teams but will be asked to leave the Field House and possibly banned, if they argue calls, yell at the referees, coaches, staff or other spectators. **The referees are volunteers and without them this league would be impossible to run at low cost to players. They are very familiar with the rules of the league and volleyball but like us are not perfect - please respect them and ask your players and parents to do the same.**
- There is bleacher and bar stool seating available for each court. No outside chairs are allowed as there is not much room around the courts for other seating.

Forced Substitution Example:

Player 1 (server)	Player 2	Player 3
Player 6	Player 5	Player 4
Net		

- Your team gets a side out and prepares to serve (Player 1 goes out and Player 7 subs into the middle back).

Player 6 (server)	Player 7	Player 2
Player 5	Player 4	Player 3
Net		