

# Boss Frog Volleyball League Rules

## Boss Frog Division – Parent Guide & League Rules

Our goal in the Boss Frog Division is to continue skill development while keeping games fun and competitive. Below are the rules explained for the Boss Frog division.

### GAME SETUP & EQUIPMENT

- Regulation volleyballs will be used
- Net height: **7 feet 4 inches** (regulation women's height)
- Players must wear **clean, non-marking athletic shoes**
- Kneepads are optional
- Spike Frog game shirt required
- Teams play with **6 players on the court** – Exception: If fewer than 6 players attend, teams may play with less than 6.

### COACHES

- Coaches are parent volunteers and/or high school volleyball players
- Coaches are responsible for:
  - Calling timeouts
  - Setting starting lineups

### WARM-UP

- Warm-ups will take place a few minutes before each match
- Serving side will be determined by coin toss or similar method (rock/paper/scissors)
- Both teams should help **shag volleyballs** for everyone

### VOLUNTEER LINE JUDGES

- Each team will provide **one volunteer** (parent or responsible older sibling -15 or older) to serve as a line judge every Saturday for their team's match
- No experience needed – training will be provided
- Line judges help determine if balls land in or out

### BALL HANDLING

- Carrying or holding the ball too long ("lift") is not allowed
- Ball contact should be **quick and clean**

## SERVING PROGRESSION BY WEEK

Weeks 1-3	<ul style="list-style-type: none"><li>• Serves must be taken behind a <b>modified line</b> about 25 feet from the net</li><li>• Players may serve a maximum of <b>6 consecutive serves</b><ul style="list-style-type: none"><li>◦ After 6 consecutive serves by one player, the official will whistle a side out and give the ball to the other team to encourage rallies</li></ul></li><li>• Players have 8 seconds to serve and may use <b>unlimited practice tosses</b> for each serve attempt</li></ul>
Weeks 4-6	<ul style="list-style-type: none"><li>• Serves must be taken behind the <b>regulation serving line</b></li><li>• Players may serve a maximum of <b>6 consecutive serves</b><ul style="list-style-type: none"><li>◦ After 6 consecutive serves by one player, the official will whistle a side out and give the ball to the other team to encourage rallies</li></ul></li><li>• <b>Foot faults</b> will be enforced</li><li>• Players have 8 seconds to serve and are allowed <b>one practice toss</b> per serve attempt</li></ul>
Weeks 7-8	<ul style="list-style-type: none"><li>• The <b>6-serve maximum rule no longer applies</b></li><li>• Players will continue serving until their team loses the point or the set ends</li><li>• Foot faults will be enforced</li><li>• Players have 8 seconds to serve and are allowed <b>one practice toss</b> per serve attempt</li></ul>

## ROTATION RULES (example posted under 'important links')

- Serving order will be written on a **whiteboard** at each court
- Server #1 always starts the first set
- Servers must serve in order - **no skipping**
- When set 1 ends, rotate one position and start set 2
- When set 2 ends, rotate one position and start set 3
- Rotation will always occur through **Position 6 (middle back)**
- Players must stay in the order written on the whiteboard - late arrivals will be added to the end of the list (if only 6 players arrived for the start of the set, but two more

Showed up late, the two will be added as #7 and #8 on the whiteboard

- **No libero** will be used in this division

## SCORING & MATCH FORMAT

- Rally scoring (a point is awarded on every serve)
- Sets 1 & 2: **First to 25 points** (win by 2, cap at 30)
- Sets 3: **First to 15 points** (win by 2, cap at 17)
- Each match consists of **3 sets**

## TIMEOUTS

- Sets 1 & 2: **One 1-minute timeout per team**
- Sets 3: **One 30-second timeout per team**

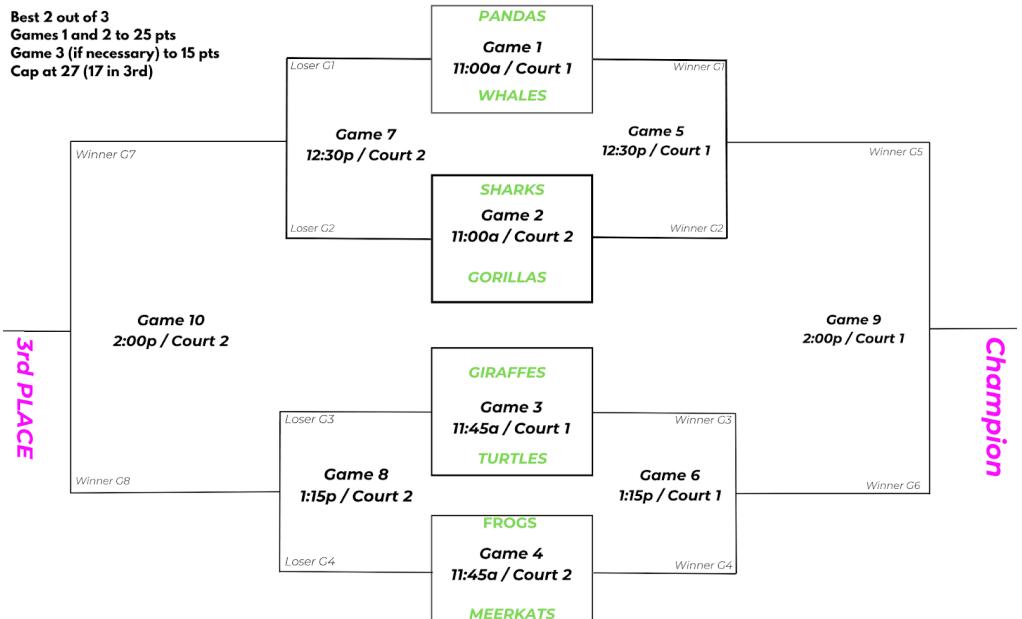
## POINTS OF EMPHASIS

- Serves may hit the net and still be in play
- The first ball over the net may be **double contacted** if in one motion as well as the 2nd ball
- Players **cannot block or spike a serve while it is entirely above the net**

## END-OF-SEASON TOURNAMENT

- Best 2 out of 3 sets
- Sets 1 & 2 start at **4-4** and go to 25 (cap at 27)
- Set 3 (if needed) goes to **15** starting at 0-0 (cap at 17)
- Teams are guaranteed **2 matches**
- Medals awarded for **1st, 2nd, and 3rd place**
- Serving follows **Weeks 7** rules
- No 6-serve limit
- Foot faults enforced
- One practice toss allowed per serve attempt

### Example Bracket



# FREQUENTLY ASKED QUESTIONS (FAQ)

Q: Do I have to volunteer as a line judge?

Yes, each team provides one volunteer per match. Training is quick and provided on-site.

Q: What does a line judge do?

They watch the sidelines and end lines to help call balls in/out or foot faults.

Q: How many times can a player serve in a row?

During weeks 1-6, a player may serve **up to 6 consecutive serves**. (In Weeks 7 and during tournaments, this limit is removed.)

Q: Why is there a 6-serve limit?

This encourages rallies and ensures both teams get chances to play.

Q: What is a foot fault?

Stepping on or over the serving line while serving.

Q: Can my child redo their toss?

Yes, depending on the week.

Weeks 1-3: Unlimited practice tosses allowed for each serve attempt.

Weeks 4-8: One practice toss allowed per serve attempt.

**Example:** If your child tosses the ball too far forward and decides not to swing, they may catch it and toss again one time. After that, they must serve the ball.

Q: How long does my child have to serve?

They have **8 seconds** after the whistle.

Q: How do rotations work?

The serving order is written on a whiteboard. Players rotate one spot between sets and must stay in that order.

Q: Is there a libero?

No, the Boss Frog Division does **not use a libero**.

Q: How long are matches?

Each match consists of **3 sets**.