

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">• Serves must be taken behind a modified line about 25 feet from the net• Players may serve a maximum of 6 consecutive serves<ul style="list-style-type: none">◦ 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• Players have 8 seconds to serve and may use unlimited practice tosses for each serve attempt
Weeks 4–6	<ul style="list-style-type: none">• Serves must be taken behind the regulation serving line• Players may serve a maximum of 6 consecutive serves<ul style="list-style-type: none">◦ 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• Foot faults will be enforced• Players have 8 seconds to serve and are allowed one practice toss per serve attempt
Weeks 7–8	<ul style="list-style-type: none">• The 6-serve maximum rule no longer applies• Players will continue serving until their team loses the point or the set ends• Foot faults will be enforced• Players have 8 seconds to serve and are allowed one practice toss per serve attempt

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**

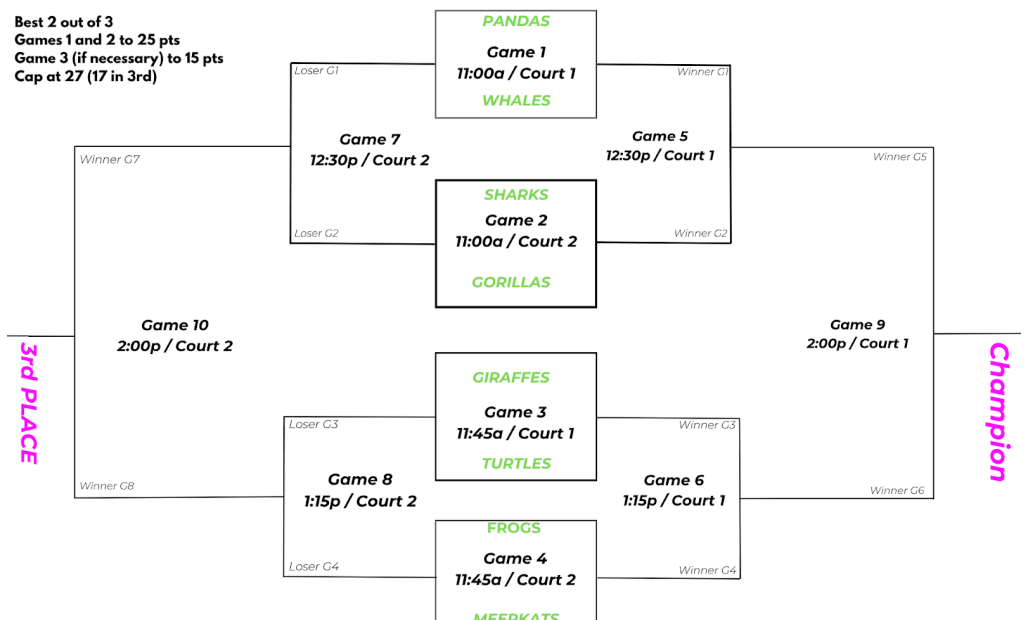
POINTS OF EMPHASIS

- 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**.