

Boss Frog Pro and High School Volleyball League Rules

Parent Guide & League Rules

Our goal is to create a fun, fair, and educational volleyball experience for all athletes. Below are the Boss Frog Pro division league rules.

GAME SETUP & EQUIPMENT

- Regulation volleyballs will be used
- Net height: **7 feet 4 inches - regulation womens 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.
- Spike Frog staff will track team standings

VOLUNTEER LINE JUDGES

- Each team will provide **one volunteer** (parent or responsible older sibling) to serve as a line judge every Saturday - Must be 15 years old or older
- No experience needed – **training will be provided on-site**
- Line judges help determine if balls land in or out and foot faults

SERVING RULES

- All serves must be done **behind the serving line**
- **Foot faults** (stepping on or over the line while serving) will be called all season
- Players are allowed **one practice toss** before each serve attempt and 8 seconds to serve
- A legal serve **may contact the net** and still be in play

BALL HANDLING

- Carrying or holding the ball too long (“**lift**”) is not allowed
- Contacts should be **quick and clean**
- 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**

ROTATIONS & SUBSTITUTIONS

- Players must rotate in **proper order**
- The first server will always be **Player #1**
- Servers must serve in order – **no skipping**
- Coaches will assign **numbered stickers** to track rotation
- Substitutions are allowed, but players must **sub back into the same rotation spot**
- A libero is allowed and will wear an “**L**” sticker and may only play in the back row

SCORING & TIME

- 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**

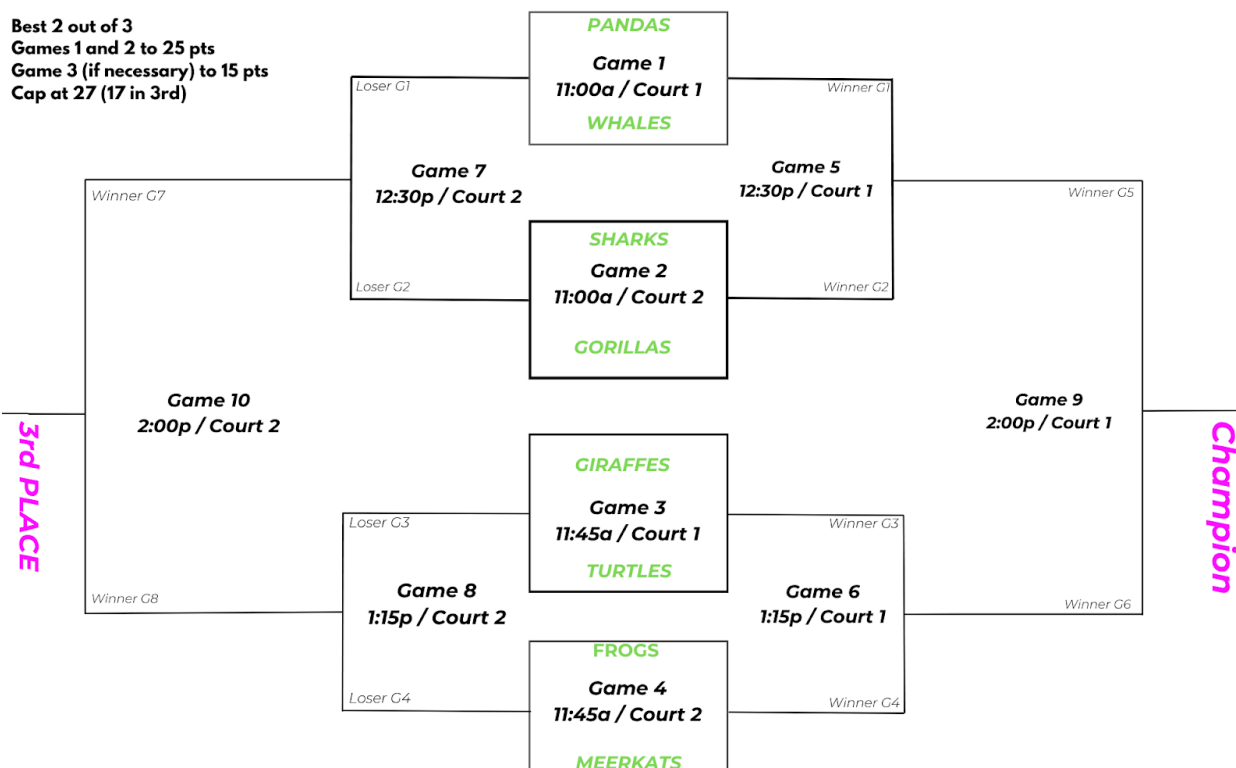
TIMEOUTS

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

END-OF-SEASON TOURNAMENT

- Best 2 out of 3 sets
- Sets 1 & 2: First to 25 (cap at 27)
- Set 3: First to 15 (cap at 17)
- Teams are guaranteed **2 matches**
- Medals awarded for **1st, 2nd, and 3rd place**
- Serving rules remain the same

Example Bracket



FREQUENTLY ASKED QUESTIONS

(FAQ)

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

Yes, each team must provide one volunteer per match. Training is provided and it's very easy!

Q: What does a line judge do?

They watch the sideline and endline to help determine if the ball is in or out.

Q: What is rally scoring?

A point is scored on **every serve**, no matter which team served.

Q: What is a foot fault?

If a player steps on or over the serving line while serving, it's a foot fault and results in a loss of serve.

Q: What does "lift" mean?

Holding or carrying the ball instead of hitting it cleanly.

Q: Can the serve hit the net?

Yes! If the ball hits the net and goes over, it is legal.

Q: What is a libero?

A defensive specialist who wears a special "L" sticker and follows libero rules. A Libero is only allowed to play in the back row

Q: Can my child redo their toss?

Yes! Each server gets **one practice toss** every time they go back to serve.

Example: If your child tosses the ball too far in front or behind them and decides not to swing, they may catch it or let it drop and try one more time. After that, they must serve the ball.

Q: What happens if time runs out?

The current set will be finished, but a new set will not start.

Q: Will standings be kept?

Yes, Spike Frog staff will track standings throughout the season.