

Junior Frog Division Volleyball League

Rules

Junior Frog Division – Parent Guide & League Rules

Our goal in the Junior Frog Division is to introduce volleyball fundamentals in a fun, encouraging environment while building confidence and teamwork.

GAME SETUP & EQUIPMENT

- Regulation-sized volleyball court
- Official ball: Volley-Lite or VBU12 volleyball
- Net height: 6 feet 6 inches - official junior height net
- 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 players

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

ROTATION RULES (example posted under ‘important links’)

- Serving order will be written on a whiteboard at each court
- Server #1 always starts the game
- 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
- No libero will be used in this division

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 continue over
- First and second contact may be double contacted if in one motion
- Players cannot block or spike a serve while the ball is entirely above the net

PLAYING FORMAT

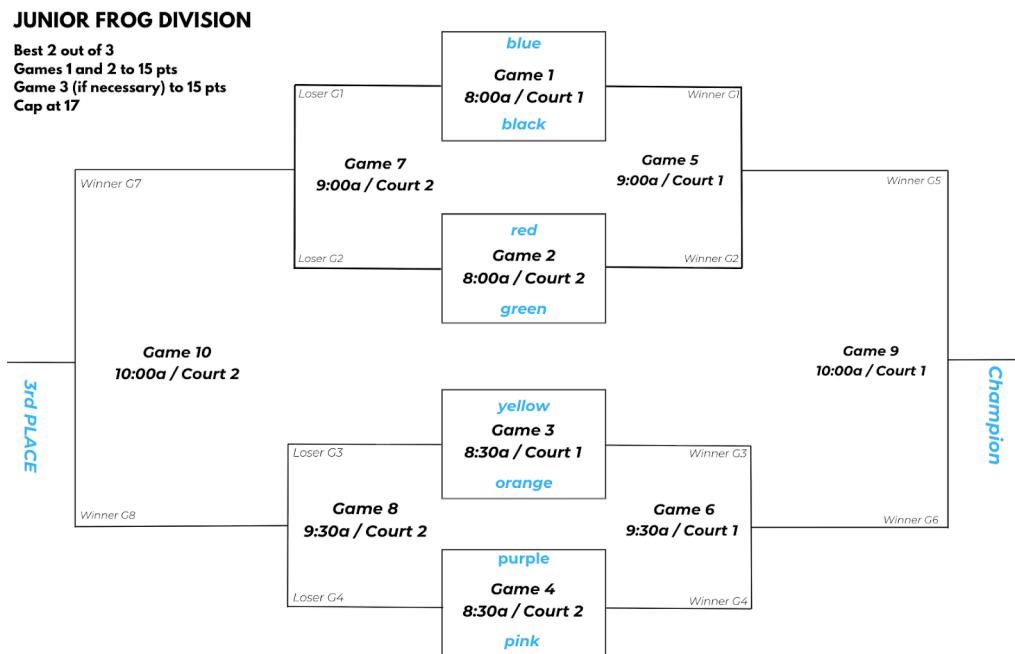
Weeks 1-4	<ul style="list-style-type: none"> • Matches are timed sets • 3 sets, 17 minutes each • 1 minute between sets • Serves may be underhand or overhand • Players may serve from anywhere, preferably behind the 10-foot line • Every player gets 3 serve attempts, regardless of result <p>After the 3rd serve attempt only (make or miss):</p> <ul style="list-style-type: none"> - A free ball is tossed to the opposing team by the coach - Toss is directed to middle front - This keeps rallies going
Weeks 5-8	<ul style="list-style-type: none"> • Matches are 3 sets to 15 points • Cap at 17 points • Serves may be underhand or overhand • Serve from anywhere, preferably behind the 10-foot line • Players may use unlimited practice tosses for each serve attempt • 3 consecutive serve maximum <p>After 3 consecutive serves by one player:</p> <ul style="list-style-type: none"> - Official whistles a side out - Ball goes to the other team - Encourages play on both sides

	<p>VOLUNTEER LINE JUDGES</p> <ul style="list-style-type: none">• 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<ul style="list-style-type: none">• No experience needed – training will be provided• Line judges help determine if balls land in or out
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END-OF-SEASON TOURNAMENT

- Best 2 out of 3 sets
- Sets 1 & 2: Rally scoring to 15 points
- Set 3 (if needed): To 15 points
- Cap at 17 in all sets
- Teams guaranteed 2 matches
- Medals for 1st, 2nd, and 3rd place
- Serving rules follow Weeks 5-8 format

Example Bracket



FREQUENTLY ASKED QUESTIONS (FAQ)

Q: Who coaches this division?

Parent volunteers and high school volleyball players.

Q: What kind of ball do they use?

Volley-Lite or VBU12 volleyballs.

Q: Can my child serve underhand?

Yes! Underhand and overhand serves are allowed.

Q: Can my child redo their toss?

Yes. Players may take unlimited practice tosses for each serve attempt.

Example: If your child tosses the ball too high or behind them, they may catch it (or drop it) and try again as many times as needed before serving.

Q: What happens after the third serve in Weeks 1-4?

A free ball is tossed to the other team so play continues.

Q: What is the 3-serve rule in Weeks 5-8?

A player may serve up to 3 times in a row.

After that, the ball goes to the other team.

Q: Can the ball hit the ceiling?

Yes, as long as it's on your team's side.

Q: Can players touch the net?

No, unless the ball pushes the net into them.

Q: Are kneepads required?

No, kneepads are optional.

Q: How long are matches?

Weeks 1-4: Timed sets (17 mins)

Weeks 5-8: Sets to 15 points.