

Spike Frog Volleyball League Rules

Spike Frog Division – Parent Guide & League Rules

The Spike Frog Division follows general volleyball rules with a few age-appropriate modifications to keep play fun, fair, and instructional.

GAME SETUP & EQUIPMENT

- Official ball: Volley-Lite or VBU12 volleyball
- Net height: 7 feet 4 inches – regulation women's height
- Teams play with 6 players on the court
 - Exception: If fewer than 6 players attend, teams may play with less than 6 players
- Players must wear clean, non-marking athletic shoes
- Kneepads are optional
- Spike Frog game shirt required

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 player age 15+)
- Training will be provided
- Line judges help call balls in or out

BALL HANDLING

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

SERVING RULES

- Players have 8 seconds to serve once the whistle blows
- Players may use unlimited practice tosses for each serve attempt
- Serves may be taken up to the 15-foot line
- Referees will not call foot faults but may direct players to the correct serving spot if needed
- Players may serve a maximum of 6 consecutive serves
 - After 6 consecutive serves by one player:
 - Official whistles a side out
 - Ball goes to the other team
 - Encourages rallies on both sides

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
- Sets 1 & 2: First to 25 points
 - Must win by 2
 - Cap at 30
- Sets 3: First to 15 points
 - Must 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

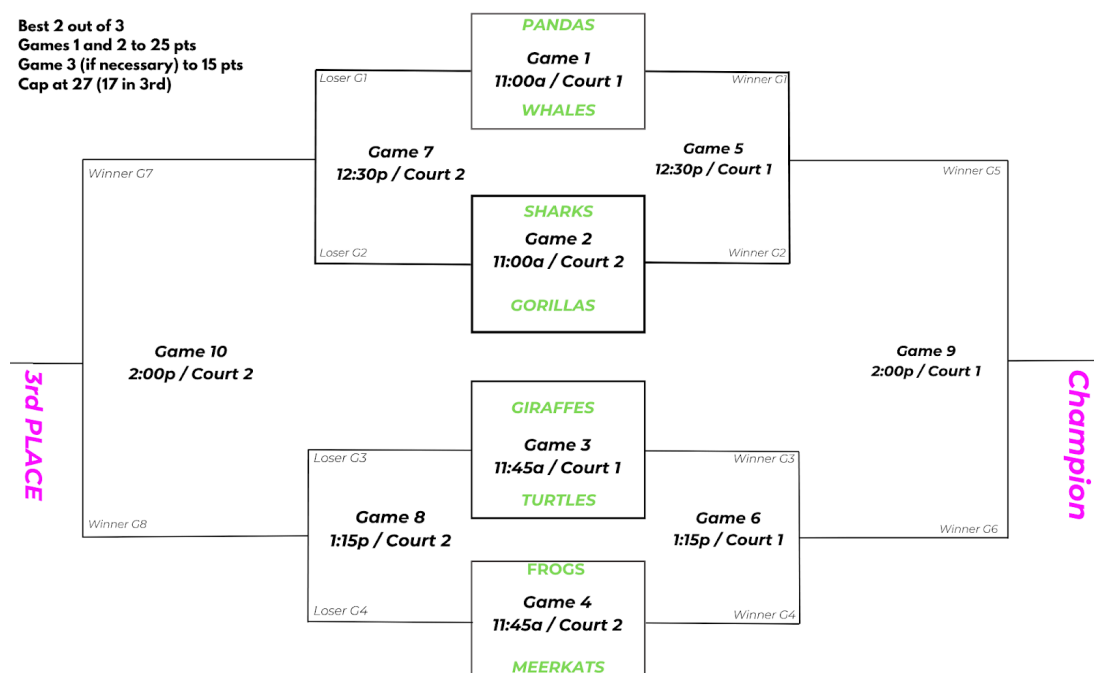
POINTS OF EMPHASIS

- Serves may hit the net and 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

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): First to 15 points
 - Starting at 0-0
 - Cap at 17
- Teams guaranteed 2 matches
- Serving rules remain the same as the regular season
 - No foot faults
 - 6-serve maximum
 - Unlimited practice tosses per serve attempt and 8 seconds to serve

Example Bracket



FREQUENTLY ASKED QUESTIONS (FAQ)

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

Yes. Each team provides one volunteer (parent or player age 15+).

Q: What does a line judge do?

They help determine if the ball lands in or out.

Q: What is a “lift”?

Holding or carrying the ball instead of hitting it cleanly.

Q: Can my child redo their toss?

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

Example: If your child tosses the ball too far forward or behind them and decides not to swing, they may catch it (or drop it) and try again as many times as needed before serving.

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

A player may serve up to 6 consecutive serves before the ball switches to the other team.

Q: Can the serve hit the net?

Yes! If it goes over, it is legal.

Q: How long does my child have to serve?

They have 8 seconds after the whistle with unlimited tosses.

Q: How many players are on the court?

Six players, unless a team is short due to absences.

Q: Is there a libero?

No, this division does not use a libero.

Q: How long are matches?

Matches consist of 3 sets.