

Spike Frog Pro Volleyball League Rules

Spike Frog Pro Division – Parent Guide & League Rules

The Pro Division is designed for athletes ready for a more competitive environment while still emphasizing skill development and sportsmanship.

GAME SETUP & EQUIPMENT

- Official ball: **Volley-Lite or VBU12 volleyball**
- Net height: **7 feet 4 inches - official 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 player age 15+)**
- Training will be provided
- Line judges help call balls in or out and foot faults

BALL HANDLING

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

SERVING RULES – GENERAL

- Players have **8 seconds** to serve once the whistle blows
- A serve **may contact the net** and still be legal
- 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

SERVING PROGRESSION BY WEEK

Weeks 1-3	<ul style="list-style-type: none">• Serves taken behind a modified line (~25 feet from net)• Foot faults not enforced• 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 taken behind the regulation serving line• Foot faults enforced• Players have 8 seconds to serve and allowed one practice toss per serve attempt
Weeks 7-8	<ul style="list-style-type: none">• No 6-serve maximum• Players continue serving until their team loses the point or the game ends• Foot faults enforced• Players have 8 seconds to serve and 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**

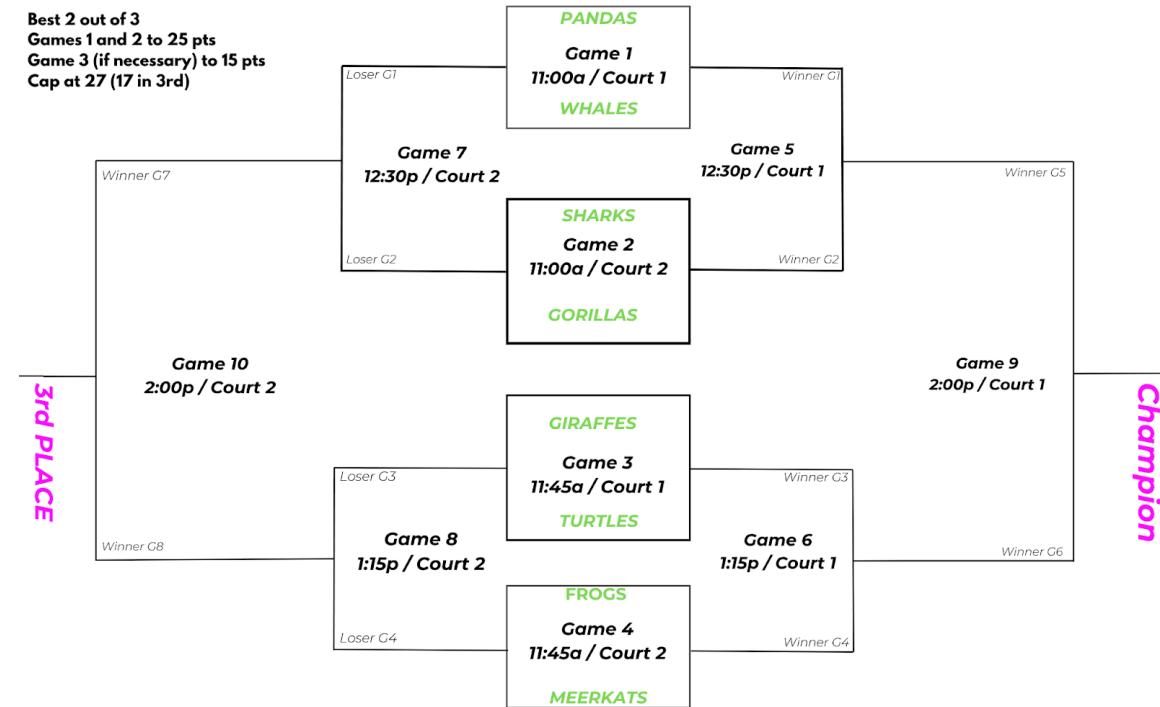
POINTS OF EMPHASIS

- 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 and 8 seconds to serve

Example Bracket



FREQUENTLY ASKED QUESTIONS (FAQ)

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

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

Q: What does a line judge do?

They help determine if the ball lands in/out and foot faults.

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

Weeks 1-6: Up to 6 consecutive serves

Weeks 7 & tournament: No limit

Q: Why is there a serve limit early in the season?

To promote rallies and equal participation.

Q: What is a foot fault?

Stepping on or over the serving line during a serve.

Q: Can my child redo their toss?

Yes, depending on the week.

Weeks 1-3: Unlimited practice tosses per serve attempt

Weeks 4-8: One practice toss 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.

Q: How long does my child have to serve?

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

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: Will standings be tracked?

Yes, Spike Frog staff tracks standings all season.