Cobra Optimist
Volleyball League Rules
2nd thru 4th Grades Division

The 2nd - 4th grade division will play under "normal" volleyball rules with the exceptions outlined below:

- Matches will be two games to 25 with scoring starting at 0. If time permits, we will go ahead and play a 3rd set from 0 to 15 (Need to try and free up the court for the next team by 5 minutes before next practice/game time).
- All matches will be scored using rally scoring.
- Each team gets one (1) time out per game. Timeouts are 30 seconds.
- Players may only bump or overhead pass (set) the serve. Players may attack 2nd or 3rd contact.

Team Rotations:

- We will use the "forced" substitution format, which means that your last server will rotate out and a sub will come into the middle back position when your team gets the serve back.
- Coaches may use a regular offensive rotation with substitutions (example is an assigned setter) but at this level must ensure that all players have as equal playing time as possible.

Teams Serving:

- If you have a player who has difficulty getting the serve over, move them up - it is more fun and a better playing opportunity for the players if they are playing versus just rotating and missing serves. Please do not abuse this - if they can serve from deeper than the 10' line please move them back. It is not helping them develop their serve if they are always allowed to move up.
- Players may serve a maximum of three (3) times in a row and then a side out is declared, and the other team gets to serve. No point is awarded to the team getting the serve unless earned normally.
- On your players first serve attempt, if the serve is missed, they get another chance. No second serve chances except for their first serve each time they rotate into the serve position.

Other Notes:

- Injured players can be substituted out and when able to play again placed back into your substitution rotation.
- Each team will need to provide one scorekeeper for your games (electronic or flip style score boards will be used).

- Players and coaches may only have WATER in their bench area. Please police your bench area and carry off any trash. **NO COLORED SPORTS DRINKS AT THE BENCH AREA!**
- No bumping or passing balls outside the courts.
- You (the coaches) are responsible for your players' actions while using the courts at the Field House. We are grateful to the Iowa West Foundation and Fast Break Sports Iowa for the use of the facility and want to help them take care of it. Please make sure you have your players and parents clean up your court and bench area before you leave.
- We ask that players not wear black soled shoes as they will mark up the gym floor.
- The Referee's decision is final. No arguing with the referees (or line judges, if used) will be permitted. Fans are encouraged to come support their teams but will be asked to leave the Field House and possibly banned, if they argue calls, yell at the referees, coaches, staff or other spectators. The referees are volunteers and without them this league would be impossible to run at low cost to players. They are very familiar with the rules of the league and volleyball but like us are not perfect - please respect them and ask your players and parents to do the same.
- There is bleacher and bar stool seating available for each court. No outside chairs are allowed as there is not much room around the courts for other seating.

T-Shirts / Uniforms:

- Cobra provides a team t-shirt included in the registration fee in colors that the coach and team decide on. Teams may wear other shirts/uniforms than the Cobra provided t-shirt. No refund is available if you choose not to wear the Cobra provided T-shirt. - We recommend the purchase of volleyball knee pads for players in the 2nd - 4th grade division

Forced Substitution Example:

Player 1 (Server)	Player 2	Player 3
Player 6	Player 5	Player 4

Net

Your team gets a side out and prepares to serve (Player 1 goes out and Player 7 subs into the middle back).

Player 6 (Server)	Player 7	Player 2
Player 5	Player 4	Player 3

Net