



AVALANCHE ATHLETICS

Developmental Rule Modifications / Clarifications

- 7-9u - All athletes will only be allowed 3 consecutive winning serves in a row
- 7-9u - All 3 sets per match will be played regardless of the outcomes of the first 2
- 7-9u court size – 30' x 50' with a 7' net and will use a Molten U12 ball
- 10-11u court size – Standard 30' x 60' with a 7' net and will use a Molten U12 ball
- 12-17u court size – Standard 30' x 60' with a 7'4" net and will use a Molten L2 ball
- 10-11u Division best 2 out of 3 sets will be played - third set played to 15 if needed
- 12-17u Division best 2 out of 3 sets will be played - third set played to 15 if needed
- Teams will get 3 minutes in-between sets; to switch sides, grab water, and reset rotations
- Matches are played to 25 points in sets 1 and 2, all third sets are played to 15
- There are no point caps in sets, but all sets must be won by 2
- Coaches are allowed two x 45 second timeouts per set
- All players will rotate in & out from the middle back position - no sub-for-sub this season