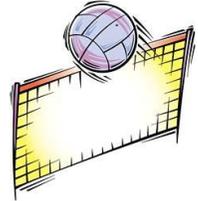


## MIDDLE SCHOOL VOLLEYBALL RULES



### PLAYERS/SUBSTITUTIONS:

1. Each team will be composed of at least six players
2. No more than 6 players can be on the court during play.
3. Teams can play with a minimum of 4 players.
4. Rotation order shall not be changed once a game begins.
5. Substitution – Players involved line up at the 10' area. A player who enters may only enter in one position.
6. Players cannot be substituted in, or rotating into, the serving position (minimum 2 positions away).
7. Once the team rosters are set a player may not play or fill in on another team.

### SERVICE

1. It is illegal to serve out of order.
2. The server may serve the ball from anywhere behind the back line.
3. If the server steps on or over the back line it is a loss of serve.
4. Only two styles of serves will be permitted: a) underhand serve with an open hand or closed fist and, b) overhand serve with an open or closed fist.
5. If the serve is low and will not clear the top of the net, a player cannot assist it over and play on.
6. If the player is prepared to serve, but has a poor toss, they may allow it to hit the floor. The server is allowed one poor toss per term of serve. The server is allowed one poor toss per term of serve. The server may not catch a bad toss. Any bad toss that is caught and not allowed to drop to the floor will be a loss of service and point for the opponent.
7. Serves that hit the net and go over are okay. Play on.
8. Once the official signals to serve, the player has 10 seconds to serve the ball. Failure to serve in this time frame is a loss of serve.
9. A server may only serve for 5 consecutive points. After that, the team must rotate and use a different server.

### PLAY

1. No more than three hits per side are allowed.
2. The ball may not be played twice in succession by the same player, except for a blocked ball.
3. Once the ball makes contact with the ground, play stops.
4. If the ball hits any part of the side-line or the back-line, it is considered good.
5. The net – A player may not touch the net while the ball is in play. If the ball hits into the net causing the net to move into the player, this is not a net foul.
6. Center line – A player's foot must be half way across the center line to be a foul.
7. Spiked ball – If the ball is spiked over the net, the first play on the ball may be a double contact.
8. Blocked ball – A touch off a blocked ball is not considered the first of the three touches. It is counted as zero.
9. There will be NO blocking or attacking a served ball.

10. During play any two handed attempt will be a judgment call by the official.
11. A ball that strikes the wall ends the rally. A ball that touches the roof on the striking team side may be played on. A ball touching the roof on the opponent side ends the rally and will be the opponents point.
12. Any specific rule not addressed here can be checked by referencing the current official NCAA Rulebook

### **MATCH PLAY**

1. A match shall consist of 3 games, with all games counting for team standings.
2. The first two games are to 21 points. The third game is to 15 points. All games will be played regardless of outcome.
3. A game shall be won by the team that has scored 21 points using the rally point system (point per play regardless of which team served). The team must also win each game by at least two points. Max 23 and 17 points (then only one point difference).
4. After each game, teams will change sides, 3<sup>rd</sup> game optional.
5. Each team has one time out per set, 1 minute in length.
6. There shall be a one minute break between games.
7. The serving team shall be determined by a coin toss(or even/odds). The winner will have a choice of serve or side. The team not serving first for the first game will serve first for the second game. A second coin toss determines the serve for the third game.

### **COACHING CONDUCT**

1. Coaches are asked to remain on their teams sideline the entire game.
2. Coaches are asked to clearly notify referee of substitutions and time outs.
3. Yelling or using foul language at any referee is prohibited.
4. Please remember that this is a recreation league, thus we strive for quality participation, positive attitudes, good sportsmanship, and most of all to have fun.
5. Coaches are responsible for the behavior of their team's fans. Any problems with fans will be handled by the league coordinator and the coach will be notified. Please inform parents/guardians of rules and proper conduct.
6. Coaches can have teams warm up outside while play is going on in the facilities, but please stay clear of roofs. The recreation district is not responsible for lost equipment. **Recreation staff are prohibited from climbing on roofs to grab team or individual balls. Morning maintenance will gather lost balls on the roof once a week and give all found balls to the program coordinator.**

### **PARENT/GUARDIAN CONDUCT**

1. No parents/guardians are allowed on the volleyball courts during play. Yelling or using foul language at any referee is prohibited. Any violators will be asked by the league coordinator to leave the premises immediately.
2. Please keep children who are not participating in the league off the courts.
3. No personal or league balls are to be used in the facilities during play.
4. Equipment brought to the facilities is at your own personal risk. Lost equipment, equipment on the roof, etc, are not the responsibility of the recreation district.
5. Please remember that this is a recreation league, thus we strive for quality participation, positive attitudes, good sportsmanship, and most of all to have fun.
6. Any questions, comments, concerns can be addressed to the league coordinator.