

Valley League Volleyball

7th and 8th Grade Divisions (Revised 9/4/24)

2023-24 NHSF Volleyball rules will be followed with the following exceptions:

The court will be 30' wide and 60' long. Net height is **7'4¹/₈"** Equipment: Regulation weight and size ball will be used.

The home team will provide score sheets, pencils, lineup cards and a game ball for each match. Each team must provide two volunteers for every match: One line judge and one score keeper, the home team will be responsible for the score sheets, the visiting team the scoreboard/flip board.

Pre game warm-ups/starting of a match: The home team will provide a basket of balls, to be available to both teams. The home team will select its team bench upon arrival in the facility. Warm ups are to be timed. A clock will need to be set 15 minutes prior to the scheduled match start time. **The home team will take the court first to warm-up for 6 minutes, then visiting team will get the court for 6 minutes. Serving warm-up must now be done during each team's 6 minutes.** At the 3 minute mark, both teams will return to their benches, the referee shall call the pre-match conference, in which the line judges, coaches and team captains will need to be present. Each coach shall present the referee with a lineup/rotation card. A coin toss shall be conducted between the captains and head coach of each team. A visiting captain shall call the toss. The winner shall choose either to server or receive. In a deciding set of a match, a home captain shall call the toss. The winner shall choose to serve/receive or the playing area. The loser of the toss shall be given the remaining choice. The referee shall instruct the line judges of their duties. The referee may have the option of imposing a penalty point against teams that do not have lineups and/or line judges in place at the pre-match meeting. A minimum of 5 players are required to start a match. A match can be completed with any number of players on the floor due to illness or injury.

Match: is a contest between two teams that consists of the best 2 out of 3 sets. The first two sets of the match will be to 25 points. The winning team must win by 2 points or more. If the leading team does not have a 2-point advantage, play shall continue until one team scores 30 points. If the teams split the first two sets, a third set will be played to 15 points. A team must win by 2 points or more and there is no score cap for the third set. If a team wins the 1st two sets, a 3rd set will still be played, if both teams want to continue.

Time outs: There will be two 60 second time outs per team, per set. Exception: An injury or an equipment time out will be official time outs. Time outs should be used to instruct players, substitutions may not be made during a time out. Time outs will be one minute long, or as soon as both teams are ready to play.

Serving: The regulation back service line will be used. The ball must be contacted within five seconds after the referee's signal to serve. A re-serve shall be called when the server releases the ball for service, and then catches or drops it to the floor. The referee will then direct a second and last attempt to serve and the server will be allowed a new five seconds. Only one re-serve is allowed per service rotation. In order to teach the girls proper fundamentals service faults will be called at this level.

Player Rotation: The high school substitution and rotation rule will be in affect. 18 substitutions are allowed per game. A Libero may be used, but must be tracked using the Libero tracking form, they must follow all rules and regulations set in the NHFS rule book.

The Valley League at all levels exists to promote participation though sport, therefore coaches are encouraged to allow their players equal opportunity to play in each match. No player should sit out an entire match, unless there is an injury or disciplinary issues.

Rule Reminders: A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play, provide that the ball that touches the ceiling/obstruction on the team's own volley is live, but when a volley by team A strikes the ceiling on team B's side, team B is awarded a side-out. If a ball hits the wall, curtain, hoop, or any other surface that is not part of the court and is beyond the court's boundaries, the ball is out. *No attacking and/or blocking a serve.* Each team is encouraged to use the maximum of three hits to return the ball over the net. *If a player comes into contact with the net,* other than with loose hair or the force of a ball hit by an opponent pushes the net or cables into the player, the other team is awarded a point/side-out. *A block is not considered at hit.*

ALL JEWELRY MUST BE REMOVED, EXCEPT SMALL, SECURED STUDS OR POSTS WORN ABOVE THE CHIN. NO JEWELRY IS PERMITTED BELOW THE CHIN, INCLUDING STRING BRACELETS, COMMEMORATIVE BRACELETS AND BODY JEWELRY. IN ADDITION, TAPING OVER JEWELRY IS NOT PERMITTED.

Sportsmanship is to be exhibited at all times. Coaches must remain on the sideline and cannot come out on the court, as the captain will represent the coach on the court. Coaches in this league may stand and walk the sideline to allow for in game coaching and skill development. Please remember to model good sportsmanship. Arguing with officials, use of profanity, and abusiveness toward the other team or spectators will not be tolerated and will result in a one game suspension of player or coach.

PROGRAM GOALS:

SKILL BUILDING --- FUN --- GOOD SPORTSMANSHIP --- TEAMWORK

ATHLETES FIRST! WINNING SECOND!