



GENERAL RULES

Middle School Girls Volleyball

2022 SEASON



Starting Times: 4:00 p.m., 4:55 p.m. and 5:50 p.m.

- Teams will receive 8 minutes of warm up court time between. After this, captains will be called for the flip.
- When teams are warming up, please try to prevent balls from going into the other court when games are in progress.
- Games can start earlier if coaches agree

Scoring:

- 3 games will be played
- Rally Scoring to 25 points - Do not have to win by 2 points
- Two (2) time outs per game per team – 30 seconds
- Coaches will not need to provide line-ups

Equipment:

- Game will start with a coin toss; winning team has the choice of either serve, side, or receive. Second game, teams switch courts and opposite team serves, third game re-flip coin.
- Coaches must provide balls for warm-ups.
- Score will be kept on the scoreboard - Score specifics will need to be kept by benches/coaches
- Hosting teams are responsible for the setting up and taking down of nets.

Specifics:

- Cannot block or attack the serve. An attack is any overhand hit above the head with a downward follow through
- Players **can** set the serve. The first hit does not have to be a clean hit, it can be a double hit, but no lift or prolonged contact will be allowed. There can be double contact on a hard hit ball.
- Server can step over the end line with one foot.
- Let serves are legal. Ball CAN be re-tossed ONCE during each player's service, not every serve. They, however, must wait for the re-whistle before tossing the ball again. The ball can be caught or let drop to the floor before the re-service. Limit dribbling of ball between serves.
- Receiving teams will rotate when they receive the serve.
- If, on the serve, the ball touches any part of the ceiling, basket, or any overhang obstruction, it is a side out.
- A ball hitting any part of a basket, backboard, ceiling, or any overhang obstruction in bounds on your side of the net, if hit by your team, the ball is still in play. Exception: When the ball is going out of play and then hits an obstruction bringing it back into play.
- Any ball hit by your team off the ceiling, basket, or an overhang obstruction on the opposite side of the net will be out-of-bounds, side out. If it hits the ceiling or any overhang obstruction, then crosses the net, it is a side-out.
- ANY TIME a ball interferes from the other court, the official will whistle and it will be replayed.
- Sub Rule: Coaches are responsible for determining their substitutions and rotations. Players should report their numbers to the official.
- It is recommended that coaches use WIAA rules for substituting.
- *Libero –Teams can utilize the Libero if they choose to. The Libero will need a different color jersey or t-shirt.