

F-M/WF/Dilworth LEAGUE GUIDELINES

VOLLEYBALL - 7th and 8th Grade

1. The home team is responsible for proper equipment and court markings. (The posts must be properly padded.)
2. At the beginning of each match, teams will be allowed five minutes for warm up. **This will be at the discretion of the home team.** (Five minutes for the first match; five minutes for the second match).
3. **All matches consist of 3 games. All but the third game will be rally scoring up to 25 points and you must win by 2 points. The third game is rally scoring up to 15 points. No matches are permitted to go beyond a maximum of 40 minutes with a 5 minute warm-up. (No game will end in a timeout)**
4. **Play the net serve.**
5. It is recommended that all players have a uniform with a number.
6. The net height will be regulation height.
7. The serving line will be 25 feet back from the net for 7th grade, and 30 feet back from the net for 8th grade.
8. Each coach will complete line-up cards for their team prior to each match and will present the card to the officials.
9. Jewelry is not to be worn during a match; there will be no exceptions. Taping for pierced ears is allowed. Coaches will communicate this to their players and parents. Players should not bring valuable items to contests, as a secure place cannot be guaranteed.
10. Line judges, one from each team chosen by the coaches, will be stationed on opposite corners of the court.
11. If a team is going to use a locker room, be sure to bring everything with you to the gym. **DO NOT LEAVE BELONGINGS IN THE LOCKER ROOM UNDER ANY CIRCUMSTANCES!**
12. It is recommended that, in addition to an official, an adult will keep score and help with the rotation.
13. Coaches are responsible for proper player supervision before, during and after matches, including bus supervision.
14. **At the 7th grade level,** after 5 consecutive points, the team serving will rotate one spot but will still maintain possession of the serve.
15. Each team is allowed one 30-second time out per game and a time out cannot be taken with less than two minutes left in the match.