

## **FM League Athletic Rules and Guidelines**

### **7<sup>th</sup> & 8<sup>th</sup> Girls Volleyball**

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. Matches will be played on a 50 minute clock. 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 50 minutes with a 5 minute warm-up. No game will end in a timeout. If a team wins the first 2 games of the match and there is time remaining on the clock, coaches will be expected to play out the remainder of the clock as a scrimmage.
4. The net height will be NDHSAA regulation height.
5. Play the net serve.
6. The serving line will be 25 feet back for the 7th grade and 30 feet back for the 8th grade
7. Each coach will complete lineup cards for their team prior to each match and will present the card to the officials.
8. Small, secured stud or post jewelry may be worn above the chin. No jewelry is permitted below the chin. Coaches will communicate this to their players and parents. Players should not bring valuables to contests as secure placement is not guaranteed.
9. Line judges, one from each team chosen by the coaches, will be stationed on opposite corners of the court.
10. 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 ROOMS.**
11. It is recommended that, in addition to an official, an adult will keep score and help with the rotation.
12. Coaches are responsible for proper player supervision, before, during, and after matches including the bus. This will include the "bye" time during a teams set of matches
13. At the sub "A" level for 7th & 8th grade, after 5 consecutive points, the team serving will rotate one spot, but will maintain possession of the serve.
14. Each team is allowed one 30-second timeout per game (3 games/match). A timeout cannot be taken with less than two minutes left in the match.