

Cascade Middle School League Volleyball Guidelines 2022

The league will follow the official rules of the National Federation of State High School Associations and the Washington Interscholastic Activities Association unless otherwise specified in this document. Rules should be posted by the home team in the gym.

Special League Rules or Clarifications:

1. After a player has scored on five (5) consecutive serves, the serving team must rotate one position to allow another player to serve.
2. There needs to be five (5) rotations before the same player serves again, otherwise the coach may freely substitute.
3. Standards and volleyball bases must have padding. All exposed metal must be padded. The net height is 7' 4 1/8".
4. Home court rules on obstruction: a team can play the ball off the ceiling as long as the ball is played on your side and before the third contact.
5. The let serve will be allowed. If the serve touches the net and comes over onto the receiving side, the ball is deemed live and is playable.
6. In Division I, no foot faults are allowed. In Division II, reasonable foot faults (one or two steps) are acceptable. However, all servers must start their serving motion from behind the end line, not in front of the end line.
7. For Division II games, athletic directors and coaches must inform coaches, players, officials and parents of Division II foot fault rule. Serving motion must start from behind the end line with no more than 2 forward steps.
8. A volleyball lite volleyball is required for ALL D2 matches. Host schools are required to have these on hand.
9. If a single team is comprised of both entry level (D2) and experienced athletes (D1), the coaches must decide before hand how they will proceed with the foot fault rule (ie game 1 no faults allowed and game 2 two step in permitted OR for all games 2 steps in for Div 2 athletes only in which case the coach must keep track of his/her athletes)
10. Attacking a served ball while the ball is completely above the height of the net is not permitted. Blocking a serve is not permitted.
11. Each player may only have one re-serve during a team's term of service. A re-serve shall be called when the server releases the ball for service, then catches it or it drops to the floor. A tossed ball that contacts the backboard or its supports hanging in a vertical position over the serving area is an illegal serve and not eligible for a re-serve.
12. D1 players may not play in a D2 match if there are 7 or more D2 players available. If there are less than seven D2 players, the coach may bring down (swing) as many D1 players as is needed to fill an 8-man roster. In addition, the coach must bring down the weakest D1 players, not the strongest.

Pre-Match Warm-Up:

Each team will be provided five (5) minutes to warm-up on the game prior to playing. The home team shall have the first five (5) minutes and then the visitors have their five (5) minutes, then each team will share the floor for two (2) minutes of serving.

Match Rules:

1. Each match will be three (3) out of three (3) games.
2. All three games will be played with rally scoring to 25 points (a point is awarded after every rally).
3. If one team wins the first two (2) games, the other team automatically gets to choose serve or side for the third game.
4. Each game must be won by two points.
5. There are two timeouts per team per game. Timeouts are one minute in length. If the game score reaches 24-24, each team is awarded an additional timeout.
6. Only the designated floor captain can address the officials. Coaches, fans, and players should be courteous and respectful to officials and opponent. Rev. 9/18