



## Middle School Volleyball Procedures

Revised 6-26-18

### Practices:

- Athletes must have a minimum of 8 practices **prior to the jamboree.**
- Athletes must have a minimum of 10 practices prior to first contest.

### Number of Players:

- Each team must have at least 12 players on their travelling team, but no more than 18 (including managers). All players must play in each match.

### Ball:

- **A regulation (official) sized NFHS volleyball is to be furnished by the home school.**

### Uniforms:

- School Issued uniforms must be worn (PE uniforms okay as these are school issued).

### Net:

- The height of the net will be 7 feet 4 inches.

### Serving:

- It is suggested that servers develop serves behind the baseline. The objective is to learn the overhand serve; however underhand serves will be permitted.
- The first hit after the serve may be overhand. The ball can either be in or out of the hand when contacted for the serve.
- The ball may be colored upon agreement by both coaches.

### General procedures:

- Play games by score. The winner is the first team to 25 (in all 3 games). The games will be rally scored with each serve earning a point for either team.
- Every serve scores a point.
- A match consists of three games.
- Game - the game continues until one team wins by two points
- The buzzer should not be sounded at any time during the match. Referees will keep track of the length of time outs.
- Pre-match warm up time is ten (10) minutes with 2 minutes serving time. There will be two minutes between games. Teams need to split the courts for practice hitting.
- Each server may catch the ball rather than let it hit the floor. This is only once per serve rotation.
- Balls must be served within five (5) seconds (per NFHS Guidelines)
- Net serves count. These are serves which contact the net. These balls are playable.

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**DEPARTMENT OF LEARNING AND TEACHING  
ATHLETICS OFFICE**

- Positive encouragement only during play. The crowd should be respectful during the serves. Remind coaches/fans and players that there are positive comments only during play (or serve) and to refrain from cheering right when the player is serving (after the referee blows the whistle).
- Each School will have an adult run the scoreboard (like they do for basketball) whenever possible.
- The basketball hoops are put up during games.
- Home schools will have the spectator traffic flow away from the teams if possible.
- Legal contact is a touch of the ball by any part of the player's body which does not allow the ball to visibly come to rest or involve prolonged contact.

**Pre-game procedures:**

- Have the gym set up by 2:40 P.M. if possible.
- Pre - train line officials before the match.
- Game captains will meet with the referee before the first game.
- Both coaches should meet with the referee to discuss rules during the serving warm up.

**Suggested procedures:**

- Beams/obstructions - play the ball if it hits on the first or second hit. If it is the third hit, then it is out even if it is deflected to the opponent's side.
- If the ball hits a beam on the serve, then it is a side out.
- If the ball hits any obstacle and goes over the net during play, then it is out of play.
- Referees are asked to call hits that are illegal, i.e. carries, breaking wrist hits, and palmed balls, to prepare players for more advanced play.
- There are two timeouts per game of one (1) minute each. Each team gets the full minute time out.

**Above suggested procedures can be modified if both coaches and the official(s) agree to do so.**

**Responsibility of Coaches:**

- The home school is responsible to provide officials in the event of official no shows.
- The home school must provide a meeting area for visiting teams.
- **Coaches are expected to model good sportsmanship at all times.**

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