

MIDDLE SCHOOL VOLLEYBALL GUIDELINES

1. **Rule Book:** National Federation of State High School Association Rules apply.
2. **Exceptions to National Federation Rules:**
 - a. Height of net should be approximately 7 feet.
 - b. Rules for substitutions:
 - (1) Unlimited substitution – participants should have equitable playing time.
 - (2) Substituting to develop a strategic advantage is allowed: Coaches may substitute for position, or by rotation in order to have designated setters and hitters so long as rule 2.b.1 is followed.
 - c. A team is allowed one timeout per game.
3. **Participant Eligibility:**
 - a. This program is offered to 7th and 8th grade girls.
 - b. Participants must have a minimum of 8 practices to be eligible for competition.
4. **Competition:**
 - a. Teams will be organized by grade level.
 1. Players will be classified A or B based upon playing ability and total number of participants.
 2. Coaches will place an equal number of players on each team.
 3. If a school can/is fielding three teams, two will be “A” teams and one a “B” team.
 4. Players may move up or down in classification at any time so long as it is not during a match.
 5. Examples of team configurations:
 - i. 40 participants = 4 teams
20 on the “A” team and 20 on the “B” team
Two “A” teams of ten, and two “B” teams of ten
 - ii. 24 participants = 3 teams
16 on the “A” team and 8 on the “B” team
Two “A” teams of 8 and one “B” team of 8
 - b. A single round robin of dual matches will be contested for both grade levels.
 - c. The season will end with a single tournament for each grade level.
 - d. Three games will be played in a match in dual meets.
 - e. Rally scoring will be used in all games
 - f. In dual meets, all games will be played to 25 points (win by two and cap at 28).
 - g. In tournaments, games will be played to 15 points (win by two and cap at 18).
 - h. Servers are allowed one step over the end line in all gyms.
5. **Host School Responsibilities:**
 - a. Provide a match/tournament director.
 - b. Explain special “ground” rules to teams and officials.
 - c. Determine order of play.
 - d. Have scorers' tables equipped with:
 1. Scoring indicators
 2. Score sheets
 3. Scorers.
 - e. Provide at least two line judges per court during all matches
 - f. Record match results.
 - g. Provide practice volleyballs for warm-ups.
6. **Guides to Officiating:**
 - a. Ball handling judgment:
 1. 8th A teams: Call like High School.
 2. 8th B and all 7th grade teams: Poor technique should be penalized but slight carrying is allowed if the technique is correct. Referees give warnings when technique is poor.
 3. 7th A teams: At the tournament, call like High School.
 - b. Successive hits by a player receiving a serve or other hard driven shot is legal and counts as a single hit.