

VOLLEYBALL LEAGUE

(Updated – November 2017)

Grade 7-8 (Include grade 6 if not enough players)

Rules:

1. **There are to be no cuts or competitive tryouts for volleyball teams.** Schools have the option of adding additional teams to a league (i.e. 2 girls' volleyball teams). If a school intends to enter more than one team, **athletes must be distributed between the teams equally according to ability** – thereby making both teams of (more or less) balanced ability.
2. **All players are to get equal playing time regardless of the score.** Coaches must decide how their team can best follow this rule (i.e. straight team rotation where each player subs off the court after his/her serves, or Line 1 plays game 1, Line 2 plays game 2, etc.).
3. Teams should try to play 4 games or to 5 PM.
4. **UNLIMITED SUBSTITUTIONS** – Note: When player “A” exits after serving that team must go through 5 servers before that player can serve again.
5. **SERVING** – No player can serve 2 overhand serves in a row or more than 5 serves in a row.
6. The server must hit the ball within **8** seconds after the referee whistles for service.
7. On an overhand serve if the first toss is not hit, the server must let the ball bounce off the floor before catching it to restart the serving motion. The second toss must be struck or a loss of service occurs.
8. The server may serve from anywhere behind the back serving line. Net serves are legal.
9. Grade 7 (and younger) students must raise their arm before every serve to indicate that they will step one foot inside the back line for the serve (the other foot must be completely behind back line). Grade 8 students must serve with both feet behind the back line.
10. Forehand pass (Bump) or Overhead pass (Volley) may be used when receiving a serve.
11. A screening violation will be called if the receiving team's view of the server is blocked by a member of the serving team. The serving team's front row players can stand at the net and put their arms up in any way, but cannot move them around. They must stay stationary.
12. The ball can be played by the foot.
13. **ATTACK LINE** – the line runs parallel to the net 3m away. Schools which do not have the line on their court should use a line which is close to that distance from the net. **Rule:** Back court players may not jump ahead of the attack line and contact the ball above the net. But they can jump from behind the attack line above the net to hit the ball.
14. **Procedures for starting and ending a match:**
 - a) Starting player line up on the baseline or backline.

- b) On the whistle from the official, starting players will walk or jog in the single file to the right and shake hands or tap fists with all starting players of the opposing team.
 - c) The players will then go to their starting positions on the court.
 - d) At the end of a game, the players on the court line up on the backline. The official will blow the whistle and the players are to jog counter clockwise to the other backline. When the whistle blows again, they may report to the bench. Those players on the benches switch sides by walking directly to the bench.
 - e) Repeat the same procedure for the remaining games except for players shaking hands.
 - f) After the final game, teams (all players) lineup on the backline and in single file jog counter clockwise to the right and shake hands with all players on the opposing team.
15. Two 30 second time outs per game, per team is permitted. Players on the floor can come to the sideline but must remain on the floor to speak to the coach. Only the coach comes to speak to the players.
16. Rally point scoring. Games go to 25 and must be won by 2 or the first to 27 points.
17. ***Player Substitutions – When subbing a player, the coach will indicate to the official the substitution signal. The player that is coming from the bench to the court must go to the net closest to their bench. The coach will indicate to the official which players are switching by stating # for #. The player leaving the court will go to the player coming on the court and give a high five before the new player goes on the court.
18. No jewelry, including ear rings and no taping with the exception of medic alert bracelets which should be taped.

*** As per usual in previous seasons, if a team is subbing players consistently into the middle back, then the player substitution rule can be forgone. However, if just subbing one player into a position, please use the rule above.

Tournament

* Above rules remain for all games.

Round Robin Matches

- A. Rally point scoring. 2 Games. Games go to 25 points and must win by 2 points. Capped at 27 points.
- B. At the end of the round robin games, placing will be determined by wins and loses. If there is a tie between teams then +/- between the tied teams. If still tied, then +/- for all games.

Playoff Games

- C. Playoff games are best of 3. Rally point scoring. First two games go to 25 points, must win by 2 points and capped at 27 points. If a 3rd game is required, it goes to 15 points and must win by 2 points with no cap. Teams switch sides at 8 points.