

Sumner/Bonney Lake Recreation Department

Revised-Middle School Volleyball League Rules

National Federation Rules will apply with recreation Department modifications

1. Home Team as designated on schedule, will get their choice of either court side or first service.
2. Each team must supply a line judge. Line judge may be a parent or helper.
3. Matches will consist of three rally score games to 21 points capped at 23. Unless the game goes to 23, the game must be won by 2 or more points. "Capped", means that a game cannot go past 23 points. So, if the game is tied at 22 points apiece, the next point will win the game. Net service will be in effect.
4. Each team must provide a suitable ball for matches (ball must be an official size/weight ball – no Volley Lite).
5. Teams may play with a minimum of 4 players and a maximum of 6 players on the court. You may only play with less than 6, if you are short players.
6. Players will rotate after each side-out.
7. Players may drop or catch the ball on their first serve of each term of service, for a re-serve opportunity. Only one drop allowed per a particular player's term of service. A second drop will be a side-out and point to the opposing team.
8. A player may serve overhand or underhand. Coaches, if you have a player who needs to serve from in front of the End-line, please inform the Official and the opposing coach prior to the start of the first game of the match. Once this child serves twice from the shorter distance, she must move back to the next line (10', 15' 24') until reaching the End-line. Players may not serve from closer than the farthest line that they reach for the remainder of the match.
9. Players will be allowed to serve no more than 6 successive serves in a row. After the 6th serve, there will be a side-out regardless of the result of the serve. If the serving team wins the point, the point will be awarded, then the ball will be given to the opposing team. No point will be awarded to the receiving team on a side-out that they did not earn.
10. One 30 second timeout will be allowed per game.
11. *Service rotation and Substitution methods: Players must rotate into Center Back position when entering the game after a side-out in their favor. Once in the game, players will rotate to their left every time they regain possession of service until it is their turn to serve. After serving and losing service, the server will rotate out of the game (unless there are no subs).*
12. No jewelry will be allowed (including rubber wrist bands).
13. Only soft, pliable hair barrettes or ties will be allowed. No metal barrettes.

14. Teams will switch sides after each game. To start the third game, captains from each team will play Rock, Paper, Scissors to decide service and court sides for the third game. Winner gets their choice of either first service or court side. The other team will get to choose what's left.

15. The ball will be considered out of bounds if a player enters into an adjacent court or into a dangerous area, to play it.

16. There will be 3 consecutive hits allowed per side/per serve. Blocks do not count as hits.

17. The official net height will be around or about 7'4".

18. Officials may be lenient (at their discretion), especially in the beginning of the season, but please teach your players to hit the ball properly.

19. First Aid: Officials will be given ice packs, but it is recommended that coaches bring a first aid kit or at least some band-aids.

No food or drinks allowed in Sumner School District facilities except for water.

All children brought into the facility, must be supervised at all times. So, brothers and sisters may not be released to through the schools while parents are busy watching the match.

**Rich Hanson, League Coordinator
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