



**Alameda Education Foundation
MIDDLE SCHOOL SPORTS PROGRAM
VOLLEYBALL
RULES AND REGULATIONS
2011-2012**

Team Composition

- Each school will have two co-ed teams for participants in grades 6 – 8.
- There are 6 players on the court during games, 3 in the front row and 3 in the back. A team may have no fewer than 6 players at start of game time.
- There must be at least 2 players of the opposite sex on the court per co-ed team at a time.
- A player may not play on both the A and B teams.
- 8th graders must play on the A team.

Matches

- A match consists of the best 2 out of 3 games.
- First serve is determined by coin toss.
- All matches will be scored using the rally point system. The first two games will be played to 25 points and the third to 15 with a win by two points and no cap on winning score.
- Every service, except a replay of re-serve, results in a point: If the serving team wins the rally, it receives a point and continues to serve. If the receiving team wins the rally, it receives a point and the ball for service.
- If the serving team or player is assessed a penalty, the opponent is awarded a point and the ball for service.
- It is not necessary for the winning team to be serving at the time the winning point is scored.
- AEF will provide at least one official for each game. There will be no game without an AEF-scheduled official present.
- Each team is responsible for supplying a line judge during matches.
- The home team is responsible for supplying a scorekeeper.
- Protests not settled during the game must be made to the Athletic Director by email or in writing no later than three days after the event in question.
- Judgment is not grounds for protest.
- Unsportsmanlike conduct - including fighting, pushing, shoving, throwing things, cursing or taunting – will not be tolerated before, during, or after the game. If a player or coach engages in fighting, pushing, shoving or hitting, that player or coach will be suspended for the remainder of the season. If a player or coach is ejected that player or coach will be suspended from the subsequent match or game. A second ejection in a year will result in suspension for the remainder of that year.

Match Play Rules

- Maximum of 3 hits per side
- Player may not hit the ball twice in succession (A block is not considered a hit).
- Balls may be played off the net during a volley and on a serve.
- A let service will be considered a live ball – play on.
- Serves may not be blocked or attacked.
- A server serves from the regular base line. The server may start behind the end line but may not cross it until after they hit the ball.
- A ball hitting a boundary line is “in.”
- A ball that hits the ceiling on the side it was hit from is still playable. A ball that hits the ceiling on the opponent’s side is considered “out.”
- A ball is “out” if it hits the floor completely outside the court, or any other hazard or unplayable area.
- It is legal to contact the ball with any part of a player’s body.
- It is illegal to catch, hold, or throw the ball.
- If two or more players contact the ball at the same time, it is considered one play and either player involved may make the next contact (provided the next contact isn’t the team’s 4th hit).

Substitution Rules

- Each team is entitled to a maximum of 2 timeouts per set. Interruptions may be requested by either the playing



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captain or the coach.

- A substitution requires the referee's authorization.
- There are 30 seconds allowed for a timeout.
- The substitute must go to the position of the player being substituted.
- One or more substitutions may be made at the same time.
- There may be subsequent requests for a timeout or a player substitution during a set, but there may not be consecutive requests for player substitutions during the same interruption.
- During the timeout, coaches and players on the bench may not enter the court.
- Players on the court may go to the free zone near their team bench or remain on the court.
- There is a maximum of 12 substitutions per team per set. Unlimited individual entries by a substitute within the team's allowable 12 subs are permitted. Each entry must be to the same position in the line-up: once a player enters the game, whether at the beginning of a set or anytime during the set, the player may only play in that position in the lineup.

Playing Rules Violations

- The result of a violation is a point for the opponent
- When service, stepping on or across the service line as you make contact with the serve.
- Failure to serve the ball over the net successfully.
- Contacting the ball illegally (lifting, carrying, throwing, etc.)
- Touching the net with any part of the body while the ball is in play. (Exception if the ball is driven into the net with such force that it causes the net to contact an opposing player).
- Reaching over the net to contact the ball when the ball hasn't yet broken the vertical plane of the net.
- Crossing the court centerline with any part of your body. (Exception: if it's the hand or foot, it must be the entire hand or foot to be a violation).
- Serving out of order.

Playoffs and Championships

- Final rosters must be set after the first round of play. These rosters are due to the AD at this time. Players may not switch between teams once playoffs begin.
- AEF will provide the scorekeeper for the playoffs and championships.
- The #1 team will play the #4 team and the #2 team will play the #3 team to determine the 2 teams that will play in the championship game.
- Ranking will be determined by win-loss record.
- In the case of a tie, the following criteria in the following order will determine ranking:
 - Head-to-head score between the tied teams
 - Percent of games won vs. lost

Uniforms

- All team players will wear a designated uniform in matches. Players will not be permitted to play without a uniform. P.E. or basketball tops are acceptable. It is not necessary for shorts and socks to match.
- Tennis shoes or other shoes appropriate for gymnasium floors must be worn by all players at all times.
- No jewelry of any kind may be worn by players.
- Kneepads are highly recommended.