

2020 Valley League Volleyball

7th and 8th Grade Divisions (Revised 9/21/2020)

2019 NHF Volleyball rules will be followed with the following exceptions:

The court will be 30' wide and 60' long. Net height is 7'4^{1/8}". Equipment: Regulation weight and size ball will be used.

Each team must provide three volunteers for every match: One line judge, one score keeper and one health screener. An additional "Social Media" volunteer may also be allowed. This person will live stream the games for other parents to view that are not able to come in the facility.

Pre game warm-ups/starting of a match: The BGCA will provide a basket of balls, to be available to both teams. The home team will select its team bench upon arrival in the facility. Warm ups are to be timed. A clock will need to be set 15 minutes prior to the scheduled match start time. **The home team will take the court first to warm-up for 7 minutes, then the visiting team will get the court for 7 minutes. Serving warm-up must now be done during each team's 7 minutes. High school rules no longer allow for shared court warm-ups.** At the 1 minute mark, both teams will return to their benches and the coaches will need to turn in their line-up card. In order to minimize contact, the visiting team will be given the first serve of the first set. When starting the first set of the second match, the home team will start with the serve. A minimum of 5 players are required to start a match. A match can be completed with any number of players on the floor due to illness or injury.

Match: A match is a contest between two teams that consists of the best 2 out of 3 sets. The first two sets of the match will be to 25 points. The winning team must win by 2 points or more. If the leading team does not have a 2-point advantage, play shall continue until one team scores 30 points. If the teams split the first two sets, a third set will be played to 15 points. A team must win by 2 points or more and there is no score cap for the third set. If a team wins the 1st two sets, a 3rd set will still be played, if both teams want to continue. **In order to give parents/guardians a good timeframe to pick up their participant, all play will go until at least 7:30pm. If a match is not complete by 7:30pm, they may stay a little later to complete the match.**

Time-outs: There will be two 60 second time-outs per team, per set. Exception: An injury or an equipment time out will count as an official time-out. Time-outs should be used to instruct players, substitutions may not be made during a time out. Time-outs will be one minute long, or as soon as both teams are ready to play.

Serving: The regulation back service line will be used. The ball must be contacted within five seconds after the referee's signal to serve. A re-serve shall be called when the server releases the ball for service and allows it to drop to the floor. The referee will signal for a re-serve and the server will be allowed a new five seconds. Only one re-serve is allowed per service rotation. In order to teach the girls proper fundamentals service faults will be called at this level.

Player Rotation: The high school substitution and rotation rule will be in effect. 18 substitutions are allowed per game. A Libero may be used, but must be tracked using the Libero tracking form, they must follow all rules and regulations set in the NHFS rule book. **Playing time is expected to be as equal as possible since all game play will be in house and there are no playoffs this season.**

Rule Reminders: A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play, provide that the ball that touches the ceiling/obstruction on the team's own volley is live, but when a volley by team A strikes the ceiling on team B's side, team B is awarded a side-out. If a ball hits the wall, curtain, hoop, or any other surface that is not part of the court and is beyond the court's boundaries, the ball is out. *No attacking and/or blocking a serve.* Each team is encouraged to use the maximum of three hits to return the ball over the net. *If a player comes into contact with the net,* other than with loose hair or the force of a ball hit by an opponent pushes the net or cables into the player, the other team is awarded a point/side-out. *A block is not considered at hit. NO JEWELRY will be allowed,* with the exception of plain bobby pins and flat hair

ribbons (this is for the safety of all players). New piercings may be covered with tape, but this is highly discouraged for safety reasons. Removing the new piercings is the preferred procedure. Hair must be held back with soft scrunchies or rubber bands.

Sportsmanship is to be exhibited at all times. Coaches must remain on the sideline and cannot come out on the court, as the captain will represent the coach on the court. Coaches in this league may stand and walk the sideline to allow for in game coaching and skill development. Please remember to model good sportsmanship. Arguing with officials, use of profanity, and abusiveness toward the other team or spectators will not be tolerated and will result in a one game suspension of player or coach.

PROGRAM GOALS:

**SKILL BUILDING --- FUN --- GOOD SPORTSMANSHIP --- TEAMWORK
ATHLETES FIRST! WINNING SECOND!**