

Middle School Volleyball League Rules

Frederick County Division of Parks and Recreation

Overview

- The purpose of the Frederick County Parks & Recreation Middle School Volleyball League/MSVL is to promote and teach the sport of volleyball while having fun. This is a recreational league; winning is not the top priority.
- preferred practice time, age, coach/buddy group requests, etc. Registration is limited and will be based on First Come/First Serve.
- Each team will have one practice per week and may be asked to share space. Net height will be 7 feet 4 inches.
- Teams will be made up of 8-14 players to accommodate as many registrants as possible. Parent coaches will receive a discount on the registration fee for their child and will need to be available for every practice and scheduled matches or find a replacement if they can't make it.
- The Frederick County Parks and Recreation Code of Conduct must be always adhered to. This applies to all players, coaches, volunteers, officials, and spectators. Frederick County Parks and Recreation staff have the authority to remove anyone not complying with the Code of Conduct from the premises.
- Frederick County Parks and Recreation will furnish FCPR practice sites with all volleyball equipment and part-time staff supervision. The league provided jersey is the official uniform of MSVL and must be worn for all games.

Game Play

- Continuous clockwise rotation rule is set in place to increase consistent and fair playing time. The number of players involved in the rotation must be declared at the beginning of the game to the referee and opposing coaches. The point of entry/exit must stay the same throughout the game. Once a continuous rotation has been declared, the team is committed to that rotation for the entire game. NO substitutions will be allowed, except for an injury (the exceptional substitution). If a team gets out of rotation, whether intentional or not, the offending team must correct the rotation immediately.
- In the event of an illegal substitution - whether intentional or not - the offending team must make the correction in rotation or position immediately.



- Every regular season match will consist of 3 games to 25 points. 3rd game to 15 points. Winners must win by 2 points with a cap of 27 in the event of a tie. The first team to 27, with or without that 2-point lead, is declared the winner.
- Each match is scheduled for 1 hour; each team will have the entire court to warm up on for 5 minutes. The first game of the match will start promptly at the end of the second team's 5-minute warm up, leaving 50 minutes for match play. Teams should arrive at the playing site at least 15 minutes prior to their scheduled match time.
- If a team fails to take the court by 10 minutes after the hour, a forfeit will be awarded to the other team for game #1. If the same team fails to take the court by 20 minutes after the hour, they will forfeit game #2. Teams are allowed to begin their warm-ups if the previous match has finished early, the next teams playing may take advantage of a vacant court.
- The referee will call a coach meeting at least 5 minutes before the scheduled start time of each match if possible. The two team's coaches will meet with the referee for instructions and to conduct coin toss. The referee will determine which team will make the coin call. The team winning the coin toss can choose the right to serve or to receive the service or choose the side. The other team takes the remaining alternative. If team A serves first in game # 1, team B will serve first in game #2.
- It is the responsibility of the head coach of each team to provide one parent volunteer for every match to help with end-line judges to call the end and sidelines, on the opposing team's side. The line judges should meet with the official before the match for a quick review of their responsibilities. The match referee or tournament director reserves the right to overturn any call made by the linespersons.
- A minimum of 5 players on the court is required to play an official game. If a 6th player arrives, that player may enter the game after the next stop in play. When playing with 5 players, the team will not lose the serve when the 6th player "hole" goes to serve. The next player in the rotation will serve.
- During the regular season, if a team does not have the required 5 minimum players to play, it may borrow up to two players from one of the other teams but will receive a forfeit.
- During post-season play a team only has five players, they must play with 5. In the event of an injury during the game, an exceptional substitution/borrowed player, if available, will be allowed. If a team does not have the required minimum 5 players to play, that team will forfeit their post-season match.
- Coaches cannot distract, disturb or delay the game. A coach who purposely delays or disrupts the game to gain an advantage will be issued a warning. A second incident will result in a yellow card penalty (a point awarded to the other team).



- The coach is the only player allowed to talk with the referee during a game. If a coach desires an interpretation or explanation of a call made by the referee, the coach may approach the official on his or her own.
- Prior to the start of the first game, the players in the starting lineups will be summoned to the end line of their court. The referee will then signal the starting players onto the court. At the start of games 2 and 3 the players go directly to their positions on the court without directions from the referee.
- At the conclusion of game # 1, teams are required to switch sides. The players on the court will be signaled by the referee to their end line, with the team on the left of the referee moving behind the referee and then directly to their new bench. The team on the right of the referee will go to their new bench by walking around the net pole on the far side of the court, in front of the referee. Coaches and players on the right who are already on the bench are not required to walk around. If the players on the court have properly begun the switch before the referee's signal- they may continue with the switch. They do not have to return to the end line. Coaches should not huddle their teams until the switch is complete.
- Teams will stay on the sides they are on after game # 2. Teams will not change sides for game # 3 or at the midpoint of game # 3.
- At the end of the third game of the match, the teams will be signaled to the end line by the referee. Subsequently the referee will signal the teams forward to shake hands at the net. All players on the benches and the coaches are expected to participate.
- Coaches should make their best effort to distribute playing time evenly between players. A player's playing time WILL NOT be limited due to disciplinary and/or attendance reasons.
- Each team will be allowed two time-outs per game and will last 30 seconds. If any time-outs are called after the 2-minute warning has been issued, the referee will grant the time-out and extend play beyond the 50-minute time limit by the length of the time outs.
- The lines on the court are considered part of the playing area. If any portion of the ball falls on any portion of the line, that ball is in.
- The first hit of the ball after a block may be played by any player, including the player who made the block, and is considered the first of the three hits.
- A player may not contact the ball twice in succession, except for the first hit, when it is part of one continuous action.
- A player may NOT touch the net while making a play on the ball or immediately thereafter. If a brush of the net with the hair or ponytail is incidental contact and



does not affect the outcome of the play, it is not a violation. This also includes players that go under the net...which is a violation.

- If a defensive player is standing at the net and the opponent sends the ball into the net forcing the net to contact the defensive player, the contact does NOT constitute the defensive player being in the net and is not considered a violation.
- A ball driven into the net may be recovered within the limits of the 3-team hits.
- A player's hands and feet are allowed to be on or directly above the centerline, but NOT completely across the centerline. If any other part of the player's body touches the floor on the opponent's court, it is a violation.
- A player may not block a serve. A player may not attack a serve if the ball is entirely above the height of the net and in front of the 10' line.
- A ball may touch any part of the body and is still in play if it rebounds off a player's foot.
- A back-row player may attack the ball at any height provided the back-row hitter's feet are behind and not touching the 10' line at take-off. A back-row player may attack the ball in front of the 10' line provided that at contact, the ball is not entirely above the top of the net.
- The server must always wait for the referee to signal for serve, prior to the serve. If a serve is executed before the signal to serve, the referee will signal a re-serve.
- Each server has a maximum of five serves before needing to rotate.
- Servers must always be positioned behind the end line prior to contacting the ball (Referees Discretion in regular season.) The entire width of the court is available to the server. A foot over the line at the time the ball is considered a foot fault violation and will result in a warning from the referee. We will be lenient on this in the regular season as this league is about learning the fundamentals. If it happens again a point will be given to the opposing team. All overhand servers must be behind the service line, or at least keep their foot on the line.
- If the ball, after having been tossed or released by the server, lands on the ground without touching the player, the server is allowed to re-serve. This is called a service error. The server is allowed to have one service error per serve. The server is allowed 5 seconds to execute the re-serve.
- A team serving out of rotation - whether intentional or not - will result in the rotation being corrected at that time.

Injuries/Medical Equipment

- League director must be notified beforehand if a player plans to play with a cast on. Casts must be bubble wrapped and approved by a referee before games. Casts



must be bubble wrapped for participation in any practices as well as games and approved by the coach. A player cannot participate in games or practices while wearing an Orthopedic boot until the boot has been removed to limit the chance of re-injury or possible injury to others.

- No jewelry of any kind will be allowed. This includes watches, rings, earrings, metal hair clips, and any other thing that could, in the view of the referee, cause an injury. Stud earrings may be taped over if removal is not possible. Medic alert necklaces and religious medals must be taped to the player's body if they cannot be removed. All bracelets must be removed or taped.
- Every player, coach, and parent/spectator agrees to abide by the Frederick County Parks & Recreation Code of Conduct. Participants agree to act courteously to opposing teams and officials and to never approach an official in a confrontational manner. Noise makers are not permitted. Negative cheering and yelling or purposeful distractions during play, especially during an opponent's serve, will not be tolerated.
- In the event of a problem with a coach, player, or spectator, the following procedures will be followed:
 - First Incident - Referee or tournament director will issue a verbal warning.
 - Second Incident - Referee or tournament director will issue a yellow card, resulting in the loss of rally with the opponent being awarded one point.
 - Third Incident - Referee or tournament director will issue a red card that will result in immediate expulsion from the match. There are no additional penalties beyond the expulsion. In the event of an expulsion, the guilty party must leave the playing area/gymnasium immediately.

RULE INTERPRETATIONS

- All questions on rules will be discussed on the floor by the officials and/or supervisor. If there is a specific rule(s) in question, please contact the FCPR League Director via email: dmilord@frederickcountymd.gov. Please keep in mind that the example you set as a coach will be one your players are sure to follow.
- All rules are subject to change. FCPR will be the final authority on all issues and will always act in the best interest of the program.

