

# SOUTH BAY LEAGUE



MIDDLE SCHOOL

## Volleyball Rules



### EQUIPMENT

- I. **NET** – Suggested Height: Girls 7’4”, Boys 8’0”, 32 feet in length, 3 feet wide.
- II. **UNIFORMS** - all players should have a different number uniform on the backside of the shirt, preferably numbers 1-5 for officiating purposes.
- III. **SCOREBOARD**

### RULE OF THE GAME

#### I. LENGTH OF GAME

1. Best 2 out of 3 games. All three games will be played even if one team wins first two.
2. Change sides after each game.

II. **SCORING:** First team to 25 points (rally scoring) and are at least 2 points ahead.

III. **TIMEOUTS:** 2 one-minute timeouts per game

IV. **SUBSTITUTION:** Free substitution with referee’s approval.

#### V. SERVING

1. Server must serve within serving area with out touching any boundary lines before making contact with ball.
2. Server must wait for the referee’s signal before serving.
3. Serves that hit the net are sideout.
4. All serves or hits that touch a boundary line are in.

#### VI. RECEIVING

1. Before the server makes contact with ball, all players must be within their playing area in serving order, 3 frontline and 3 backline players.
2. No screening during serves.
3. Any player may attempt to spike, backrow players behind the 10 foot line.
4. Serves must be received with a “bump” or a “set”, preferably a bump.
5. The ball may be hit with any part of the body, excluding the foot. Although anything other than “bump, set, spike” should be highly discouraged.

#### **IV. NET VIOLATIONS**

- 1.** Touching the net.
- 2.** Reaching over the net and making contact with the ball.
- 3.** Stepping over the centerline completely.
- 4.** Hitting the ceiling with the ball.
- 5.** Hitting the ball entirely outside of the net antenna.
- 6.** Net blocks are not considered one of the three hits allowed by each team

**NOTE:** South Bay League follows all C.I.F. rules unless noted otherwise above.