

CYS Middle School Volleyball Rules (Updated 3/5/17)

CYS follows normal NFHS rules. The league makes some changes that benefit our young athletes, and increase competition for their age level.

GAME SITE PREPARATION

1. All teams need to come prepared with the following:
 - a. Roster and line-up sheets.
 - b. Scorebook or score sheets.
 - c. A good quality game ball.
 - d. Someone who is capable of keeping the written score.
 - e. Someone who is capable of keeping the visual score and timing the time outs.
 - f. Someone who is capable of being a line judge. One line judge should be selected from each school, if possible. (Referees will help with questions.)
 - g. If a libero (varsity level only) is used, the team using the libero is responsible for the tracking.

PRE-GAME CONFERENCE

1. Everyone needs to know who the “home” team is for each match since that is a factor during the coin flip. This will be the school that is in their home gym or if neither is a home school, then the first team listed on the schedule.
2. There will be a pre-game conference for at least 1 coach and 1 captain from each team.
 - a. After ground rules are explained the coin flip will be conducted.
 - i. Home team will have the choice of court
 - ii. The visiting team will call the flip.
 - iii. The winner of the flip will have the choice to serve or receive.
 - b. At the end of the first game both teams switch sides and the opposite team will have first serve.
 - c. If a third game is necessary a new coin flip will be conducted between 1 captain from each team, from the floor.
 - i. Home team will call the flip.
 - ii. The winner of the flip will have the choice of side of the net, or to serve or to receive.

WARMUPS

1. Warm-up time is 10 minutes total divided into “5-5 minute periods”. This utilizes full court and includes serving time.
2. The visiting team will have the first 5 minutes on the court following the pre-game conference.

SCORING

1. All games are using the “rally” scoring system.
2. A match will be the best 2 out of 3 sets for all levels.
3. The scoring format will be as follows:
 - a. The first 2 sets will go to 25 points, win by 2, with a cap at 27. (A final score could be 27-26.)
 - b. JJV sets will score to 21, with a cap at 23. (A final score could be 23-22.)
 - c. If a third set is necessary it will go to 15 points, win by 2, with a cap at 17. (A final score could be 17-16.)

LIVE BALLS

1. A served ball that touches the net and continues over is a live ball.
2. The ball may be legally played with any body part as long as there is not prolonged contact.

TIME OUTS

1. Each team will be allotted 2 time outs per game.
2. The length of the time out will be 1 minute regardless of which team calls the time out.

LIBERO (Varsity level only)

1. The home team provides the libero tracker unless they DO NOT use a libero player.
2. If your team does not have a separate jersey available for the libero player a mesh jersey worn over the team jersey can be used so the player's number is easily identified.
3. Libero is allowed to serve.
4. Team that has libero must have a person to track that libero.
5. The libero exchange zone is between the ten foot line and the end line.

SUBSTITUTIONS

1. Substitute must be ready and may be standing near the bench or below the 10 foot line. Only one sub may enter the substitution zone at a time. The substitution zone is the area between the net and the ten foot line.

MISC.

- No jewelry is allowed.
- A bobby pin may be worn that is less than 2” in size.
- Uniforms are to be the same predominant color with numbers are on the front and back of jersey.
- Net height for middle school boys and girls as well as high school girls is 7'4”.

CYS Guidelines for Libero Serving

1. The libero and the replacement must enter or leave the court in the libero replacement zone, over the sideline between the 10 foot line and the end line.
2. A team is assessed an unnecessary delay for improper libero replacement procedures.
3. In one rotation, the libero can replace the player in the service position and serve the next rally even if he/she is already on the court in replacement of another back row player.
4. In this situation, the libero may not exit the court before replacing the player in the service position.
5. The coach is not required to indicate on the lineup sheet the position where the libero will serve. At any point in the game, the coach can determine the position where the libero will serve by simply having the libero replace that server.
6. Once the libero serves in a particular position in a game that is the only position where the libero is allowed to serve.
 - However, the libero is not required to serve in that position for all subsequent rotations.
 - The starting player, a legal substitute, or the libero can serve any rally that takes place whenever that position is in the service position.
7. The scorer must record on the scoresheet when the libero serves during each game. The assistant scorer must record the position where the libero serves on the libero Tracking Sheet as well.

Directions for Scorer and Libero Tracker (Assistant Scorer)

1. The libero can serve in one rotation by replacing the player who is in the service position and who would serve the next ball.
2. When the libero serves, a triangle is placed around the position where the libero is serving.