

## GRADES 7-12

**Games** -A match consists of three games to 15 points or 14 minutes each game. A game must be won by two points unless the 14 minutes expire. The clock will run continuously. Ties are possible when time has expired. The first game MUST start by 10 min. after the hour. The 14-minute time limit does NOT apply to the 3rd game, but the 3rd game MUST finish before 1 hour from the scheduled start of the match. The court must be available for the next match at the scheduled time. Two 30-second timeouts are allowed per match. One minute is allowed between games. The net height will be 7 feet 4 inches.

**Substitutions** - With a 9 player roster, each player must play at least 2 out of 3 games. 5 players must be available for a game to start. No other substitutions are allowed other than for an injury. The goal is equal playing time.

**Serving** -Any one server cannot serve more than 5 consecutive points. When this has occurred, rotate to the next server

**Violations** - Carries, double hits, etc., will be called at this grade level. It is important for the players to know what those violations are and try to correct their technique.

**Hits**- Encourage passing, setting, hitting (3 hits) before the ball goes over the net.

**Rule Adaptations** -The standard Ohio High School Volleyball rules will be followed with the following exceptions:

- Note player substitution and serving rules above.
- Male players may not spike or attack the ball. For male players, the ball must rise before it falls when playing it across the net. Male players may block and the action of blocking the ball may direct the ball downward.
- Male players must serve under-handed.

**General** - Coaches are encouraged to be seated near the floor and cannot enter the floor to coach the players. DYA will supply one official.

When each game is over, players must line up on each side of the net, cross under the net and greet the other team.

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During the last week of the season, a single elimination tournament will be held with seeding based on season records. All teams will be in the tournament.

Parents are encouraged to provide kneepads for each child. One copy of the Ohio High School Volleyball rules book will be provided to each team.