Albemarle Parks & Recreation
Middle School Volleyball Basic Rules

Game
- Best 2 out of 3. Games are to 25 using Rally Scoring. A necessary 3rd game is played to 15 points. Games are played one right after the other.
- Only 2 time-outs are permitted per game.
- If the ball hits the ceiling or curtain and goes over the net to the opponent’s court, it is a side-out. The ball is playable off the ceiling or curtain if it does not go over the net and the team has not used all 3 hits.
- Cheering is allowed on court, but make it real quick to not delay game. Warning, then Penalty.

Players
- Each girl only plays on 1 team, unless a team has less than 6 players.
- For safety reasons, **ALL** jewelry must be removed (Hair Barrette’s are allowed)
- No compression tight volleyball shorts. (School dress code)
**NOTE:** Remember, this is recreational volleyball the girls have paid to play. Please make sure all players get to play about the same amount of time. **Exception is for the tournament night. If a parent needs to discuss playing time, the parent must wait 24 hours after game before discussing with coach.**

Service
- Only the lowest team moves up on underhand serves. Coaches from both teams, with the official, make this decision and which line to use. If other teams need to move up on serve, decision is made by coaches and the official.
- Teams #2 thru #8, a player can only serve 5 times in a row. The serve then rotates to the next player on that team.
- A player has 5 seconds for service before a delay is called and point/serve awarded to the other team.

Substitutions
- All substitutions are to be made between the 10 foot line and the center line.
- A maximum of 18 substitutions are permitted per game.
- Team number 1 will use high school sub rules.