

Girls' Seventh and Eighth Grade Volleyball

1. For the first half of the season, 8th grade B and 7th Grade A will start at 4:00 PM. Halfway through the season, these start times will flip.
 - a. The second game of the day will begin no more than 10 minutes after the first game ends (not before 5:00 PM).
2. The official rules governing the competition will be the National Federation of High School Sports.
 - a. Games should have at least one certified official when possible.
3. Three complete sets will be played in each match regardless of a team winning the first two sets.
 - a. Sets #1 and #2 will be played to 25 points with a cap of 30 points.
 - b. Set #3 will be played to 15 points with a cap of 20 points.
4. Height of the net shall be 7 feet 4 $\frac{1}{8}$ inches, per high school rules.
 - a. If equipment does not allow, then net height can be adjusted. If the net height will be an alternate height, that should be communicated to all coaches and officials during the pre-game meeting.
5. **Coaches will make every effort to balance successive points scored by one server and limit the disproportionate impact that one server will have on the game.**
 - a. Examples: rotate server after 5 successful serves; have server change serving style after 5 successful serves: try a jump serve, overhand, underhand, etc.; sub out server; intentional side out to the other team; etc.
 - b. A team can choose to rotate without penalty after 5 successful serves by a single server.
6. Liberos are permitted at any grade level if desired.

**COACHES ARE RESPONSIBLE FOR THE CONDUCT OF THEIR ATHLETES AT
BOTH HOME AND AWAY GAMES.**

IF NOT PLAYING, TEAMS ARE TO BE IN BLEACHERS AS A GROUP.