

**Diocesan Athletic Conference**  
**Volleyball Rules**  
**7th -8th Grade**

**I. BASE RULES**

A. TSSAA - National Federation of State High School Associations

**II. ELGIBILITY**

A. Team rosters must be submitted to the DAD before the first regular season game. Failure to submit will result in forfeiture of the first game. It may also result in suspension of the coach and forfeiture of future games.

B. It is the coach's and Athletic Director's responsibility to control fans and/or parents during the games.

C. Each player participating must meet eligibility requirements set forth by the Diocesan Athletic Conference.

D. No athletes in K-6 will be eligible to participate (unless approved by the League).

E. All eligible athletes in participating schools should be allowed to participate. The Diocesan Athletic Conference admonishes "cutting" and encourages the participation of all students who wish to play.

F. Volleyball shall be divided into two separate divisions – varsity and junior varsity for the regular season. Any school with one team must participate in the varsity division during the regular season. For postseason play, varsity teams will be separated based on regular season standings - Gold Division and Silver Division. All junior varsity teams will participate in the Bronze Division Tournament.

**III. LEAGUE RULES AND REGULATIONS**

A. A prayer will be said prior to each game.

B. The league shall provide officials.

C. The host school shall furnish the game ball.

D. The height of the net must be 7 feet 4 inches.

E. Each team will receive at least six minutes of warm up time.

F. Each team is allowed two 1 minute timeouts per game.

G. There will be a minimum of 5 players per roster.

H. A team shall have a minimum of 5 players in order to begin a game or complete a match. In rally scoring games, all missed serves and ghost serves will result in a point for the opposing team.

I. There will be a grace period of 15 minutes for the first scheduled game. This applies for regular season games only. There will be a grace period of 30 minutes for the first game of the tournament.

J. A league uniform should include matching shirts with numbers.

K. Each team will furnish one adult line judge (the host school has the right to approve a high school student)

L. If asked by the official, either line judge or the scorer's table will help with the ceiling faults and line faults

M. "Rally Scoring" will be used. Under "rally scoring", points will be awarded regardless of who serves. The matches will be best two out of three games. The first two games will be played to 25, with the third game to 15.

N. Net serves will be allowed.

O. The TSSAA rule for "coach's seating" shall be in effect. The penalty will be: 1st time-warning from the official; 2nd time - team loses a timeout. If the team has already used a timeout, then the penalty will be side out or point.

P. For the regular season, the home team will select their team bench first and teams will not switch sides after each set. If there is an overhead obstruction within the playable area, or there is an issue with lighting or sunlight, teams will switch sides after each set.

Q. The wearing of jewelry (except medical alert items, is prohibited. This includes pierced earrings (even if they are covered by band-aids).

### **III. SUBSTITUTION**

A. Any substitute that enters the game for a starting player cannot substitute for any other starting player for the remainder of the game. Starting players cannot substitute for starting players. Subs can sub for other subs after the initial substitutions. The penalty is an immediate correction of the line-up and loss of serve or defense point side out, plus loss of any points earned during that time.

B. A substitute that enters the game for a starting player cannot substitute for any other starting player for the remainder of the game. Starting players cannot substitute for starting players. Subs can sub for other subs after the initial substitutions. The penalty is an immediate correction of the line-up and loss of serve or defense point side out, plus loss of any points earned during that time.

C. A player must be ready to enter the game when a coach signals the official with the traveling signal. The substitute must notify the scorer's table and be recognized by an official. If a player is not recognized and enters the game, the referee will award a side out or a point.

D. All players not in the game shall remain seated during play.