

2025 Sampson County Parks & Recreation

7-9 Volleyball

Local Guidelines and Rules

**National Federation High School Rule Book** will be used with the exceptions listed below.

**1:00 DIVISION and AGE REQUIREMENTS**

1:01 7-9 year olds

**Maximum Age:** Nine (9) years old - players cannot reach their tenth (10th) birthday on or before August 31 of the **current school year**

**2:00 EQUIPMENT**

2:01 All equipment (i.e., nets, balls, etc.) will be furnished by the Parks &Recreation Department. Players must provide their own shorts, shoes.

2:02 Tennis shoes or regulation basketball shoes shall be worn.

2:03 Official volleyballs will be used for league play:

**Division I:** Volleyball Light

2:04 Net Height will be at 5’8 (i.e. the low setting on the volleyball systems)

**3:00 PRACTICE:**

3:01 Coaches are expected to closely observe their players at all times to be certain that the players do not become overly fatigued.

3:02 Coaches shall refrain from using exercises that may be harmful to the player’s physical welfare.

3:03 Practice time will be limited to 1 hour and 30 minutes’ hours per day (providing there is space available).

3:04 If the Recreation Department is notified that a coach is in violation of the policy, the coach will be notified and the violation will be investigated by the Department personnel.

**4:00 PARTICIPATION**

4:01 **Participation Requirements**

1. All players will be required to play in at least **one (1) set of a match**. Each player should be given the opportunity to play at least five (5) points and one (1) opportunity to serve.

**ALL PLAYERS PRESENT FOR THE MATCH MUST PLAY.** All players in good standing will play the minimum time required for their league.  **FAILURE TO COMPLY WILL RESULT IN TWO MATCH SUSPENSIONS FOR THE HEAD COACH. A SECOND OFFENSE WILL RESULT IN THE REMOVAL OF THE COACH FOR THE REMAINDER OF THE SEASON.**

Coaches are not obligated to play an individual the minimum time under the following conditions:

1. Player late for start of match or a no-show.

2. Player with unexcused absence from practice in the week before the match.

3. Player who has been a discipline problem.

4. Injured player who could have played the minimum time if uninjured.

A coach who suspends a player, according to rule, must notify the opposing coach and site supervisor, prior to the start of the match (exception - player injured or ejected during the game).

Any coach or player or spectator who is ejected from a game will be suspended **for the remainder of that game and the next scheduled game.** The suspension could be longer depending upon the severity of the infraction. Persons guilty of a second offense causing their ejection during the same calendar year shall be suspended for minimum of 365 days or longer depending on the infraction.

**Coaches who use the exceptions to the all play rule to gain an advantage over another team will be removed from the coaching staff**.

4:02 Only two (2) coaches are permitted to sit on the bench.

**5:00 GAME RULES**

5:01 **Set (Game)** -A series of plays and rallies between two teams that continues until one team reaches the pre-determined number of points.

**Match** - Consists of a series of sets. **The match is completed when one team wins 2 of the 3 sets in this age group. However, teams will still play a third set if the first two sets of the match finish before the 30-minute mark.**

5:02 **Games will be played to a score of 20.** The teams will be permitted to play as many sets as possible, however, no new set will start after 40 minutes.

5:03 A server will serve from the attack line. **Each player will be given 2 chances to make a legal serve per rotation.** If the ball is properly served (**over the net, in bounds**) on the first attempt, the ball is in play.

5:04 **After five (5) consecutive serves by the same team, the serve will be switched to the other team.**

5:05 If a ball volleyed by a member of Team A hits anything that is not part of the official court (i.e. rafters, ceiling) and returns to Team A’s side of the court, the ball **is live** and can be volleyed by another member of Team A (if touches are still available). The ball is considered dead if it lands on Team B’s side of the net and Team B is awarded the point and the serve.

5:06 Teams will play with 6 players on the court. Teams must have 4 players present for a game to start. (6 Max)

***If Team A has less than 4 players, Team B is NOT required to match their number of players.***

5:07 Two 60 second time outs will be allowed **Per game** with no additional time outs during overtime.

5:08 When the ball hits the floor a point is awarded. (No bounce allowed)

**6:00 COURT SIZE / DIMENSIONS**

6:01 COURT DIAGRAM:

