



## 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

- a) 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:

