



JUNIOR HIGH SUMMER VOLLEYBALL LEAGUE RULES 2023

League Director

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**CITY of CAPE
GIRARDEAU**
PARKS & RECREATION DEPARTMENT

LEAGUE RULES

1. League standings will not be kept and there will be no awards given.
2. Players must be no older than entering the 8th grade in the 2023-2024 school year.
3. Players are allowed to play on a maximum of two teams in the league. Scheduling accommodations will not be made for players playing on multiple teams.
4. Game schedules will be posted online at www.cityofcape.org/volleyball. Games will not be rescheduled; the initial schedule is final.
5. There are no numbered uniform requirements for the league. Each coach needs to communicate with the officials about the libero.
6. The net height will be 7'4" and a regular volleyball will be used.
7. Teams may start a game with a **minimum** of 4 players. However, the side out rule will be enforced. When the open position is due to serve, there will be a side out to the opposing team and a point will be awarded to them.
8. **Best 2 out of 3 games or 40 minute time limit.** If the teams are tied after 40 minutes, the next point wins.
Games 1 & 2 will be rally scoring to 21, with a 23 point cap.
Game 3 will be rally scoring to 15 points, with a 17 point cap.
9. Teams are required to be ready ten minutes before game time. Game time is start time. If a team does not have four players five minutes after game time, then it is considered a forfeit for the first game. Ten minutes after scheduled start time is a forfeit for the second game and 15 minutes after scheduled start time is a forfeit for the third game.
10. The official will call for captains ten minutes prior to start time. The official will have the team captains call for serve or side. The official will ask for the captains again at the start of the third game.
11. Warm-up format will be as follows. The warm-up will be timed by the officials.
 - 2 minutes hitting (serving team)
 - 2 minutes hitting (receiving team)
 - 1 minute of shared court serving
12. Timeouts: Each team is allowed one (1) timeout per game. Timeouts will not exceed 45 seconds.
13. The ceiling, wall, and divider curtains are out of bounds. You may play a ball off the ceiling on your side of the court.
14. The league will be governed by MSHSAA rules and the league rules listed above.
15. Conduct: A player, coach, or team follower ejected from a game will be suspended for that match and the next scheduled match. Extremely poor behavior, loud and abusive language, or fighting will result in more severe penalties as decided by the Parks and Recreation staff.