

City of Holland Recreation

Middle School Volleyball Rules

Holland Recreation will follow the NFHS Rulebook w/ the exception of any modifications below.

Basic Volleyball Rules

- 6 players on the floor at any one time - 3 in the front row and 3 in the back row
- Maximum of 3 hits per side
- Points are made on every serve for winning team of rally (rally-point scoring).
- Player may not hit the ball twice in succession. (A block is not considered a hit.)
- Ball may be played off the net during a volley and on a serve.
- A ball hitting a boundary line is in.
- A ball is out if it hits an antenna, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, the ceiling above a non-playable area.
- It is legal to contact the ball with any part of a player's body.
- It is illegal to catch, hold or throw the ball.
- A player cannot block or attack a serve from on or inside the 10-foot line.
- After the serve, front-line players may switch positions at the net.
- Players can serve from roughly 5 feet in front of the baseline for 3 points in a row. After that, they must move back to the baseline to serve.
- Games will be played until 25, win by 2 w/ a cap at 30.
- Coaches are free to sub at any dead ball. Each player must be on the floor for at least 45 points each night.

Basic Volleyball Rule Violations

- Rule violations that result in a point for the opponent
- When serving, the player steps on or across the service line as while making contact with the ball.
- Failure to serve the ball over the net successfully.
- Ball-handling errors. Contacting the ball illegally (double touching, lifting, carrying, , etc.)
- Touching the net with any part of the body while the ball is in play.
- When blocking a ball coming from the opponent's court, it's illegal to contact the ball when reaching over the net if both your opponent has not used 3 contacts AND they have a player there to make a play on the ball.
- When attacking a ball coming from the opponent's court, contacting the ball when reaching over the net is a violation if the ball has not yet broken the vertical plane of the net.
- Crossing the court centerline with any part of your body is a violation. Exception: if it is the hand or foot. In this case, the entire hand or entire foot must cross for it to be a violation.
- Serving out of rotation/order.
- Back-row player blocking (deflecting a ball coming from the opponent) when, at the moment of contact, the back-row player is near the net and has part of his/her body above the top of the net. This is an illegal block.
- Back-row player attacking a ball inside the front zone (the area inside the 3M/10-foot line) when, at the moment of contact, the ball is completely above the net. This is an illegal attack.