

FREDERICK COUNTY PARKS AND RECREATION DEPARTMENT
HIGH SCHOOL VOLLEYBALL LEAGUE RULES
(ALL RULES NOT OUTLINED BELOW WILL REFERENCE THE NFHS)

A. PLAYERS:

1. A player may only represent (1) school in the league and must be registered in order to participate in any contest. Players that are designated as a varsity player may only compete in the varsity division. Players designated as a JV player may compete in either the varsity or JV divisions. ****In order for a JV player to compete in the varsity division, the coach or team representative must gain permission from the league director to do so prior to competing. Once declared a varsity player, that player will not be permitted to return to the JV division.***
2. A maximum of fifteen (15) players are allowed on each team's roster.
3. Only rising freshman, sophomores, juniors, and seniors are allowed to participate in the JV/Varsity division.
4. Uses of Ineligibles- Any team using an ineligible competitor (one not listed on the official roster) will forfeit all contests in which that competitor has participated once the ineligibility is recognized by the Frederick County Parks and Recreation Department.
5. Any exposed jewelry, or any other item, deemed to be dangerous by the referee will not be allowed on the court. If said item is unable to be removed, it must be taped to the body before that player is allowed to play. (Note: Medical alert bracelets and necklaces are not considered jewelry, but, if worn, must be taped to the body.)
6. Cast, splints and braces must be padded.
7. Abusive language/behavior will not be permitted by coaches or players. Violating this rule will result in an ejection from the game by the official. ***"If a player, coach or assistant coach is ejected he or she will be removed from the current game and must sit out the next scheduled game day. For those coaches that coach multiple teams in different age groups, after receiving a red card for misconduct you will not be eligible to coach ANY game in any age group on the next scheduled game day. If a coach receives more than one red card in a season FCPRD holds the right to relieve the coach from ALL coaching responsibilities. FCPRD holds the right to remove a coach or player for poor sportsmanship like behavior at anytime during the season. Please help keep the league reputable! Cases of these natures could result in a two year suspension from all Parks and Recreation activities or facilities."***

B. RULES:

1. A match shall consist of the best two out of three games. **Games one and two are played to 25. The third game will be played to 15. All games will use rally scoring must win by 2.** A point will be scored on every serve. The official will keep the official score sheet.
2. Players and/ or teams **cannot** warm up within spectator areas. There will be a ten minute warm up on scheduled courts before the first game only. Games will start promptly at the top of each hour. Please do not show-up more than 15 minutes before your scheduled game time.
3. Warm-ups will be 4, 4 with the winner of the coin toss having the floor first. Warm-ups may be shortened as to the discretion of the referee due to time constraints.
4. If a match ends before the hour is up, teams may continue to play until 10 minutes before the top of each hour.
5. Each team is allowed two (2) timeouts of 30 seconds per game.
6. The Team that serves first will be determined by a coin toss.
7. **All areas of the school other than the gymnasium are strictly off limits.**
8. Tobacco and alcohol are not allowed on school premises.

C. TOURNAMENT FORMAT:

To break a tie for postseason tournament seeding, FCPRD will consider:

- i. Head-to-head
- ii. Head-to-head in the number of games won and lost against each other.
- iii. Total points scored