

Next Level Middle School Spring Volleyball League 2024-2025

- Teams are allowed to request one reschedule for the season (not guaranteed), requests for reschedules should be made at least one week in advance unless it is an emergency.
- The schedule will be posted on the website www.nextlevsports.com , ALL teams make playoffs.
- Standings are determined by (1) Games won (2) If two teams are tied, then based on points won ***All games are best out of 3, if your team wins the first two sets you will receive 2 points, if you have to go to a deciding third set to win, you will only receive 1 point if you win*** (3) head to head
- If you are missing a player for a game (must have a minimum of 6), please try to notify the league ahead of time we will try to find you a substitute. If you have more than 2 players missing, it must be a forfeit. Substitutes from other teams are NOT permitted during playoffs.

GAME TIMES / WARMUP

1. Games MUST start promptly, games are supposed to start by the hour. Games must finish by the hour to stay on schedule.
2. Teams will have 3 minutes to warm up on their halves of the court and two minutes of full court starting from the games scheduled start time.
3. Games will start after warmups are over (if your entire team is not there, you will have to start with the amount of girls that have arrived)

SCORING

1. The home team of the match will serve the first set, the opposing team will start serve the second set.
2. Points are rally scoring. First two sets are up to 25. If the game is tied, win by 2, CAP 27. Third set will go up to 15, if the game is tied, win by 2 CAP 17. The 3rd set will only be played if needed / if time permits.

SERVING

1. Servers can serve 2 steps in front of the service line (line will be marked), servers are also allowed to toss twice for the serve if needed. They must contact on the second toss, if they have to toss a third time, the point goes to the opposing team.
2. Players can only serve 3 in a row, after 3 serves, team must rotate to the next server.

SUBSTITUTIONS

1. There are unlimited substitutions. If teams are running a rotation as per a coach, they must follow the rules of substitution. *We encourage players to rotate into the game as their team wins a point to ensure all players have fair play time*.
2. If running a rotation - one player may only substitute in for one position, a libero can only serve for one player.