

Middle School All Star Sports

ALL STARS

1. Regulations

- a. Hand out grade sheets the week of Festival. All-Stars must have passing grades.
- b. Have a team roster for each game.
- c. Review rules and protocol for games.
- d. Numbered jerseys will be worn for each game, with Festival shirt underneath.
- e. Each home team is responsible for scorekeeping, setup and cleanup.
- f. Begin and end games with the handshake to promote good sportsmanship.
- g. All-star games will be played on center court, using antennae and safety pads.
- h. 7th grade will play first at 4:30pm.
- i. 8th grade will have a 10 minute warm-up period (Game may begin as early as 5:00 pm).

2. Game Rules

- a. Best of 3 games (2 out of 3)
- b. Game 1 and 2: 25 points, with a two point lead. Cap to 27.**
- c. Game 3: Tie breaker. 15 points, with a two point lead. Cap to 17.**
- d. Rally scoring
- e. Ball may hit the net on the serve
- f. All players must participate in 1 of the first 2 games.
- g. 3rd game is coaches' discretion as to who will play
- h. 10-foot line - no back row attacks within this line
- i. One 60 second time out per game.

3. Pre-game Protocol

- a. 5 Minutes Shared Ball Handling Time On Half of Court
- b. At this time the referee should have a captain's meeting
- c. 3-3-3
 1. Visiting team has net drills for 3 minutes while the home team goes behind service line for defensive drills.
 2. Home team has net drills for 3 minutes while the visiting team goes behind service line for defensive drills.

3. 3 minutes of shared serving, each team on own half of court serving at opponent.

d. Submit your roster and starting line-up prior to the 3-minute shared serving time.

e. Announcing

1. Home team will announce all players name & number beginning with visiting team & then home team. When announced, they run from bench to shake hands with opposing coach. She then runs and stands on the end line/serving line closest to her bench.

2. Pledge/National Anthem before the 7th grade match only.

f. Players proceed to their bench. Team cheer. Starting line up proceeds to their end line.

g. Official blows whistle for teams to shake hands under the net. Players take starting position on the court. Official will conduct his/her line-up check. Match begins.

3. Substitutions

a. Substitutions

1. 12 total substitutions per team per game. Each player is allowed an unlimited number of entries within the TEAM limit. "Starting" the game is not a substitution.

2. A coach must signal to the referee for a substitution when the ball is not in play and before the referee signals for the serve.

3. The "position" of the sub entering the game must be that of player replaced without changing serving order from score sheet. For example: if #10 goes in for #4 & #4 is 3rd server in rotation, then #10 coming is 3rd server in rotation.

4. A "re-entering" player can only be substituted into their "original" position in the service order in relation to their other teammates. For example: if #4 returns to game after #10 had gone in for them, then #4 can only substitute in for player #10 who's currently in their "original" position in the service order.

5. More than 1 player may substitute in/out of a position in service order. If they "re-enter" game, they may only substitute into their "original" position. For example: if #10 comes back into game for #4, then later in game, the coach substitutes #6 for #10, then those three players, #4, #10, #6 can only

substitute for each other in that position for the rest of the game. None of them may substitute later in game for another player in a different position.

6. Player must run to 10' line and tell the official the numbers of the substitution
7. Player "substituting out" stands "on the court" and player "substituting in" stands

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off the court" until referee and table have indicated that player numbers
have been reported and that it is okay to complete the substitution.

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revised
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