



A department of MPS

Milwaukee Recreation
YOUTH SPORTS
5225 W. Vliet St. Rm. 163
Milwaukee, WI 53208
P: 414.475.8410
mkerec.net

Middle School Coed & Girls Volleyball

Milwaukee Recreation Youth Sports reserves the right to change rules at any time.

Rules are adapted from the NFHS Volleyball Rule Book.

Last Updated: 11/5/25

Section 1 - General League Rules

SPORTSMANSHIP – Unsportsmanlike conduct may result in ejection from the contest. Officials, coaches, parents, players, and fans should always display leadership and sportsmanship qualities. Any players or coaches ejected from the game by officials/staff for unsportsmanlike conduct will be suspended until their case is reviewed by Milwaukee Recreation. The final disposition of the case will then be made. Sports Coordinators are required to check with the Youth Sports Office before allowing the player or coach in question to continue participation in Youth Sports Activities.

SPECTATORS – Spectators are to be seated opposite the player's bench. All spectators are asked to show good sportsmanship and character and offer only positive reinforcement.

COACHES – Only coaches and players listed on the TEAM ROSTER FORM are allowed in the team bench area. A maximum of three (3) coaches are allowed on the team bench. A coach must be present before a game may start.

FACILITY REMINDERS – Dogs, alcohol, smoking (including E-cigarettes), weapons, and grilling are prohibited during Milwaukee Recreation Youth Sports activities.

JEWELRY – Head decorations, headwear, and jewelry cannot be worn during competitions. This means that rings, wristwatches, hair curlers, combs, beads, earrings, or barrettes cannot be worn while participating in Youth Sports Leagues.

GAME RE-SCHEDULING/CANCELLATIONS – All school sport coordinator, coaches, or applicable staff will be notified of any reschedule games or game cancellations via email. Revised schedules will be posted on the Milwaukee Recreation Website: www.mkerec.net/YouthSports.

WEATHER HOTLINE – For inclement weather updates, contact the Weather Hotline at 414-475-8068. The hotline is updated on league play days by 8:00 AM on Saturdays and 1:00 PM on weekdays when inclement weather is expected. The hotline is available in English and Spanish. Coaches are responsible for informing players and their families of the weather hotline number.



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ROSTERS (UPDATED) – A copy of the team’s roster must be submitted to the Youth Sports Office using the online submission link prior to the deadline given by the Youth Sports Office at the seasonal Sports Coordinator meeting (Usually one (1) week prior to the team’s first scheduled game). ***Teams may only submit one (1) updated roster prior to the secondary roster deadline given at the seasonal Sports Coordinator meeting. Any additional updated rosters will not be accepted.*** There is no roster limit, however only fifteen (15) medals and/or awards will be given. Extra medals and/or awards are available for purchase from the MKE REC Youth Sports Office.

ONE TEAM, PER SPORT, PER SEASON – Athletes are permitted to play multiple sports per season by cannot play on more than one team in the same sports during the same season.

Exception: Athletes are only permitted to play on one (1) basketball team per academic year.

COED LEAGUE RULES – The term “COED” refers to the fact that both boys and girls are eligible to play on the same team. It is possible that teams will have varying numbers of boys or girls, but no special “coed rules” will apply. Teams made of one gender are allowed in the COED league.

FORFEITS (UPDATED) – The Youth Sports Office must be notified in advance of all forfeit contests. Notification must be delivered to youthsports@mkerec.net at least 36-hours prior to scheduled game start time. ***Teams that forfeit will be charged a \$50.00 fee per occurrence.*** See the Youth Sports Website and Opportunity Handbook for a list of forfeit situations.

PROTEST – Judgement calls made by the game officials are not eligible for protest and/or appeal. Protest on rule enforcement must be filed in writing with the Youth Sports Office with 48-hours following the incident. Protest on athlete eligibility may be filed any time during the regular season. Submit rules enforcement and athlete eligibility protest via email to youthsports@mkerec.net.

TIE-BREAKER PROCEDURES (TROPHY SPORTS ONLY) – The Youth Sports Office will have full discretion determining the position and placement of all teams. Tie-break procedures are available online at www.mkerec.net/YouthSports.

LEAGUE CHAMPIONS (TROPHY SPORTS ONLY) - League Champions can be determined one of three ways.

- A. **Tournament** - A season ending tournament in which a championship game is played. The winner of the tournament will receive the league trophies regardless of their regular season record.
- B. **Position Day** - the number 1 and number 2 teams in the league standings will compete in a single game at the end of the season to determine the league champion. League record will not prevail as the determining factor, the single match up will.
- C. **Season Record** - Best overall season record in league play will determine the league champion.



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YOUTH SPORTS OPPORTUNITY HANDBOOK – The current version of the Youth Sports Opportunity Handbook is available at www.mkerec.net/YouthSports. All sports coaches and sports coordinators are responsible for familiarizing yourself with the rules, regulations, procedures, and policies governing the Milwaukee Recreation Youth Sports Programs.

Section 2 – Before the Game

Article 1 – Rules are adapted from the NFHS Volleyball Rule Book and may be changed by the Youth Sports Office at any time to improve the safety and understanding of the game.

Article 2 – Eligibility:

- A. Age/Grade Limits (**UPDATED**) – Students may not exceed the age/grade limits as listed below. Age is determined as of September 1 of the current school year. Middle School Coed and Girls Volleyball is only offered to students enrolled in 6th, 7th, and 8th grade at the beginning of the Winter season. **Elementary (1st-5th Grade) students are NOT eligible for participation in Middle School Coed or Girls Volleyball, unless an exemption is given by the Youth Sports Office.**
- 12 years old and under/6th grade maximum
 - 13 years old and under/7th grade maximum
 - 15 years old and under/8th grade maximum
- B. School Suspensions – Any student suspended from school must be reinstated prior to the close of school on the Friday before their next scheduled game to be eligible.
- C. Grade Point Average (GPA) – Schools using the standards-based report card please use published requirements for eligibility.
- 1. A student must have a minimum 2.0 GPA in their previous mark period report card in order to participate unless the school standard is higher, in which case the school GPA requirement would prevail.
 - 2. Middle School athletic eligibility is determined by report card mark period GPA only; there are no provisions for recertification in the program.
 - 3. Once a student is ineligible they must wait until the next report card is published to regain eligibility.



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Article 3 – Players: In order to avoid a forfeit, a team may start with four (4) players. Additional players who arrive late may enter the game at the first opportunity, such as during a time out or between sets. Teams must play with six (6) players, if available.

- A. Player Sign-In – All players are required to personally sign in with their **FULL NAME** prior to the start of the game on the team roster. Coaches should **NOT** sign players in.
- B. Playing Time (UPDATED) – It is mandatory that all players who suit up for the game play the equivalent of one (1) full game or the game will be forfeited. ***Please notify the scorekeeper of any players that will be sitting out due to personal or disciplinary reasons, so that a note can be made on the scoresheet.***
- C. Substitutions – A player must first report to the scorekeeper and then to the referee. Each team is permitted multiple requests during the same dead ball. A re-entering player must assume their original position in the serving order.
- D. Libero – The Libero will not be used.
- E. Uniforms – Teams are required to wear matching jerseys with numbers, gym shorts/sweats, and gym shoes. Shorts/sweats do not need to match jerseys. Shoes must be clean and non-marking.
- F. Pinnies – Visiting teams are required to wear pinnies in the event both teams are wearing the same or similar colors, and their jerseys are not reversible.
- G. Warm-up Balls – MKE REC will not provide warm-up volleyballs for teams.
- H. Post-Game – Post game hand shaking will occur at the discretion of each coach. Opposing coaches and players that choose not to shake hands should wave at one another from their respective bench areas, as a non-physical way to demonstrate sportsmanship at the end of the game.

Article 4 – Officials:

- A. All WIAA Volleyball playing rules will apply to all leagues except where noted.
- B. All Officials will be trained and hired by MKE REC.
- C. The official's decisions on point of fact connected with the game shall be final.
- D. All rule infractions shall be briefly explained to the offending player as needed.
- E. The game official can stop, suspend, or abandon the match because of outside interference of any kind.

Article 5 – Coaches: (UPDATED)

- A. A coach or other responsible adult must be present before a game may start.



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- B. Coaches, and players not actively participating in the game, shall remain in the designated team bench area at all times. Players should remain seated at all times.*
- C. Only one coach (Preferably the Head Coach) may stand in the designated coaches box area (See gym floor – Lines are different in each gym) to coach, and must remain 6 feet from the mid court line.*
- D. Coaches that do not adhere to the marked team bench area will be given a warning for the first offense, a yellow card for the second offense, and a red card for the third offense. A coach that receives a red card will be asked to leave the bench area and gym for the remainder of the game, and will need to meet with the Youth Sports Office prior to returning to the sidelines for the next scheduled game. In the event a coach is removed from the bench area and gym, another parent or school representative can step in as the acting coach.*

Section 3 – The Game

Article 1 – Game Ball Size: If the listed basketball below is not available, a similar style and sized basketball will be used.

- A. **6th-8th Grade** uses a ***Tachikara SV-5WSC Volleyball***

Article 2 – Net Height:

- A. **6th-8th Grade Leagues:** Net height is set to **seven (7) feet, four (4) inches** (*measured at the center of the net*).

Article 3 – Court Size:

- A. The court shall be **sixty (60) feet long (Serve line 30 feet)** and **thirty (30) feet wide**, measured to the outer edges of the boundary lines.
- B. It is recommended that an area above the court should be cleared of any obstruction, and at least **thirty (30) feet** high.

Article 4 – Start of Game/Match: *(UPDATED)*

- A. A match is defined as **three (3) played games**.
- B. The start of a game is determined by a **coin toss** between the captains of both teams. The team listed as the visitor on the schedule, shall have their captain call the toss as either “Heads” or “Tails”.
- C. The **Winner** shall elect either to serve, receive, or select their team’s playing area.
- D. The **Loser** of the toss shall be given the remaining choice. Service side and bench will alternate for subsequent sets.
- E. Teams will change benches and courts after each set.***



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Article 5 – Timing:

- A. Teams must be ready to play within **five (5) minutes** after scheduled time for the first game. If a team is not ready to play within this time limit, a **forfeit** will be declared for the first game.
- B. Once the first game has been declared a forfeit, an additional **ten (10) minutes** will be given. If a team is still not ready to play following the additional time, a **forfeit** will be declared for the **second and third game**.
- C. Teams will still be given the opportunity to scrimmage if desired. The scrimmage will consist of one simulated match, that will be officiated by the officials scheduled for the game that was initially scheduled. Score will not be taken, and teams must clear the court fifteen (15) minutes prior to the next scheduled game.
- D. There is no game/match time limit.
- E. Each team will be given **two (2) time-outs** per game. Requests for additional time-outs shall be penalized. Time-outs may be taken consecutively without play between them.

Article 6 – Scoring:

- A. Rally scoring will be used, with 25 points for each game.
- B. There must be a two (2) point difference to win a game.
- C. A match will consist of three (3) played games, and all three games count towards the final standings.
- D. Net Serve will be allowed.

Article 7 – Getting Started:

- A. Five (5) minutes prior to the start of each game there will be a mandatory **pre-game coaches meeting** with the officials, coaches, and players at center court. At this meeting, the official(s) will introduce themselves and give reminders of select rules.