

Fort Bend Middle School Volleyball Rules

- Tryouts are not allowed prior to the first day of school
- No team or girl shall compete in more than 12 matches and two invitational or district tournaments. Two matches may be substituted in place of a tournament. If a team or student does not play in any invitational or district tournaments, four additional matches may be played. A scrimmage counts as one of the 12 matches.
- One match or dual match or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a match.
- Practice shall not begin prior to the first day of school. Schools shall have 86 consecutive calendar days to practice outside the school day; 79 of the 86 consecutive calendar days may be used to complete scrimmages and matches. Volleyball equipment may be checked out to the players on any one day during the week preceding the first day of school. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.
- 2 out of 3 to 25 (cap at 30)
- 3rd game to 25 (cap at 30) unless the coaches agree to go to 15 on the 3rd game. By mutual consent, 7th and 8th grade teams may play the third game of a match even if the same team has won the first two games.
- The let serve shall be allowed
- Each team shall be allowed two time-outs per game
- All teams are required to serve overhead except for 7b and they can serve underhand
- There are usually 2 refs in the 8th grade gym and 1 in the 7th grade gym.
- The home team provides the water and first aid kit
- A libero is allowed .The libero will wear a solid color jersey that is a different color than her team mates
- Players may wear feathers in their hair but they cannot be attached with a hard or metal object
- No jewelry is allowed to be worn
- If an athlete has participated in practice the week of the game, she should play in the game.

Fort Bend's Middle School Philosophy

Winning is important and trying to win is essential. Without the passionate pursuit of victory much of the enjoyment, as well as the educational and spiritual value, of sports will be lost. Sports programs should not trivialize winning or the desire to win. But the greatest value of sports is its ability to enhance and uplift the character of participants and spectators. The best strategy to improve sports is not to de-emphasize winning but to more vigorously emphasize that adherence to ethical standards and sportsmanship in the honorable pursuit of victory is essential to winning in its true sense. It is one thing to be declared the winner, it is quite another to really win. There is no true victory without honor and cheating and bad sportsmanship are not options. FBISD programs that adopt pursuing victory with honor are expected to take whatever steps are necessary to assure that coaches and athletes are committed to principles of ethics and sportsmanship as ground rules governing the pursuit of victory. Their responsibilities to demonstrate and develop good character must never be subordinate to the desire to win. It is never proper to act unethically in order to win. Quality amateur sports programs are based on the belief that vital lessons and great value of sports are learned from the honorable pursuit of victory, from the competition itself rather than the outcome. We are also to foster proper respect for authority and avoidance of all evidences of undesirable athletic mannerisms; and to compete within the spirit of the rules, giving every opponent due credit and respect, and making every effort to be gracious in victory or loss.

*** refer to <http://www.uiltexas.org/files/athletics/manuals/JHManual.pdf>