

Volleyball Rules

Rules coaches should be aware of aware of:

1. All male and female divisions will use a net height of 7' 11 5/8".
2. The service line may be moved closer to the net.
3. At this time no "Libero" players may be used.
4. There will be a time limit of 40 minutes per game.
5. All athletes must play in every game.
6. Unlimited substitutions will be allowed.
7. The first team receiving shall rotate upon the first side out.
8. The winner of the coin toss will choose either the right to serve or receive OR the side of the court.
9. Rally scoring will be used.
10. The server must contact the ball within eight seconds after the referee's whistle for service.
11. The ball may be hit with any part of the body.
12. A match will be won by the team that wins the best of three games. A game is won by the team which first scores 25 point, with a minimum lead of 2 points. Teams will change side after 8 points.
13. A 3 point serving rule will be used. Once a player has scored 3 points, there will be an automatic side out.
14. Referees shall have full authority. Ball handling will be called in accordance with the ability level of the athletes.
15. The 'let' ball – if the ball contacts the net on the way over, it is in play.

Unified Volleyball Rules

The previous listed volleyball rules will apply plus the following:

1. The line-up shall never exceed three athletes and three partners at anytime. Failure to adhere to the required ratio shall result in a forfeit.
2. Each team shall have an adult non-playing coach.
3. Serving order and position on the court, at service, shall alternate athletes and partners.