

RULES and REGULATIONS for 2022-2023  
M.Y.H.S.V.L. – “A” & “B” and J.V. Leagues

All three volleyball leagues will follow NCAA rules. To obtain a copy of the NCAA rule book, telephone 317-917-6222 or online at [www.ncaa.org](http://www.ncaa.org). Clarification of some of these rules, plus regulations which are particular to our league, are listed below. ([www.ncaa.org/champadmin/volleyball/index](http://www.ncaa.org/champadmin/volleyball/index) for interpretations.)

- 1) All league schools **must** provide a **safe** environment for their home games, i.e. **padded posts & stands; a padded referee’s stand &** net antennas. All league schools must have a regulation volleyball net which is tight at the top as well as the bottom. The regulation net height for Girls Volleyball is **7 feet, 4 1/8 inches** and for Boys Volleyball is **7 feet, 11 5/8 inches**. If not, you may relinquish home court for playoffs.
- 2) The Home Team should provide a new or fairly new game ball preferably a Tachikara or Molten and official volleyball score sheets with a trained scorer to use them. The home team will be the official scorer unless designated otherwise.
- 3) If a team arrives 15 minutes or less before the designated match time, the coin toss occurs immediately, followed by their 6-minute warm-up time. The home team has their 6 minutes of warm-ups first. During the pre-match warm-up, the opposing team must be at least 2 meters (6 feet) away from the court. Rally scoring will be used for all games of the match. In Varsity A, a match is considered to be the best 3 out of 5 games. All Varsity A games will be played to **21 points**, win by 2 points. A Varsity B match is considered to be the best 2 out of 3 games. All Varsity B games will be played to **25 points**, including the deciding game. A JV match is considered to be the best 2 out of 3 games. All JV games will be played to **21 points**, including the deciding game. All games must be won by 2 and with **no cap**.
- 4) Teams must change courts (sides) in the deciding game. Varsity and JV teams change courts when the first team reaches **11 points**; Varsity B when the first team reaches 13 points.
- 5) **All players must wear sweatpants or the player will not be allowed to play. Leggings or tights alone are not permitted. All jewelry must be removed except small, secured jewelry (studs or posts). No jewelry is allowed below the chin. It is not acceptable to simply paste down or cover earrings. If a player is not in compliance, that player is ineligible to play until she is properly dressed.**
- 6) Players’ jerseys must be marked with numbers not less than 4” (4 inches) in height on the chest and not less than 6” (6 inches) in height on the back and the numbers must be clearly visible. Numbers 0 and 00 are allowed.
- 7) Failure to submit a line-up at the end of the final pre-match timed warm-up or 30 seconds prior to the expiration of the 3-minute interval between games is a team delay. The official may charge the team one of their team’s 2 time outs or the team may be penalized with a yellow card in violation of this rule
- 8) When there is a doubleheader the team members whose team is not playing, must sit on the same side of the court on which their JV or varsity team is playing. Even though the responsibility for crowd control rests with the home team, the A.D., coach or designated rep. from both teams is expected to encourage team support and good sportsmanship from all spectators. This includes no yelling, excessive coughing or noise during service coming from the opposing bench or fans. If a problem occurs which is not resolved immediately, a warning will be given. A yellow card warning is given at the time of the next occurrence to the offending team. If the problem persists, then the referee will sanction the offending team with a team penalty (red card). (NCAA Rule 18)

## Volleyball Playing Rules & Protocols

- 9) **Varsity players (A & B) as well as Boys Varsity** are allowed only one toss of the ball which is considered to be part of the service action. Serving without clearly tossing or releasing the ball will be considered an illegal serve (Rule 13.1.3). Preliminary actions such as bouncing the ball on the floor or lightly tossing the ball from one hand to the other are permitted but must occur within the **eight seconds** allowed between service authorization and service contact. **JV players** will be allowed to play the old rule which stated that if, after releasing or tossing the ball for service, the server allows the ball to fall to the floor without being hit or contacted. A re-serve (re-toss) shall be authorized but the server must contact the ball within **eight seconds** in both instances- on the initial try for service or on the re-serve. (Only one re-serve (re-toss) allowed during a player's service rotation)
- 10) Screening – Players on the serving team must not take action to prevent receiving team players from seeing the contact of the serve and path of the ball.
- 11) A served ball that contacts the net and continues to the opponent's side remains in play.
- 12) A rotation fault is committed (wrong server) when the services is not made according to the service order. If the team at fault is serving, the rotation fault is penalized with loss of rally (point for opposing team) and the players are placed in their correct positions by the referee.
- 13) Teams may not block or attack hit a serve above the height of the net and in front of the attack line.
- 14) The ball may contact any part of the body (NCAA Rule 14.2)
- 15) Successful contacts with overhead finger action are allowed on the first team contact provided it is a single attempt to play the ball. Prolonged contact is a fault in playing the ball on any hit.
- 16) A player may penetrate into the opponent's court with one hand or foot, provided some part of the hand(s)/foot/feet remains either in contact with or directly above the center line, and the penetration does not interfere with the opponents' play and does not present a safety hazard.
- 17) It is a fault if a backrow player plays the ball above the height of the net while on, or in front of, the 3 meter (10') attack line.
- 18) Substitutes may not enter the court without authorization from a referee. If a team intends to make more than one substitution, the substitutions must be made in succession, one pair after another. Any number of players may enter the game in each position of the serving order. Players re-entering the game must assume their original position in the serving order. **Each team is allowed 15 substitutions. (NCAA – Rule 11)**
- 19) Coaches must be near the substitution zone to make a request for a substitution, time-out, line-up check or to clarify a rule but they may not remain there while the ball is in play.
- 20) If a team requests a third time-out, it will be considered an improper request with no sanction assessed.
- 21) Coaches may request a lineup check when the ball is out of play. If the serving team makes a legal request for a lineup check, the lineup is verified and if out of order corrected by the referee.
- 22) Lineup checks are a privilege that should not be abused. For example, if the team is a receiving team and requests a lineup check when they have no time outs left, this could be considered a Delay of Game and a Team Yellow Card could be issued.
- 23) Coaches may stand directly in front of their bench when the ball is in play but must be at least 3 feet from the sideline. Assistant coaches may not address the officials for any reason but they may give instructions to the players while the ball is out of play.