

Teams play according to the National Federation of High School Volleyball Rules with the following modifications:

1. Recommended team size is 8 to 12 players. All teams play with 6 players. Short-handed teams can play with five players. Opposing teams can choose to play with five or six players.
2. A coin toss or a "rock, paper, scissors" contest will be conducted prior to the first and third games to determine which team will serve first and from which side of the court. The teams switch sides after the first game.
3. All players present must receive playing time during the match. Allowances are made for injury or discipline and must be disclosed to the referee and opposing coach before the start of a match.
4. The designated home team will provide a scorekeeper. The scorekeeper should be high school age or older.
5. Each team will provide a line judge. This person can be a parent or a non-participating player from a team playing in the match.
6. Each team is allowed two, one-minute time-outs during each game.
7. The height of the net will be approximately 6' 6" for teams through grades 6, and 7 feet for grades 7 and 8. Net height for high school teams is 7' 4".
8. **Jewelry is not allowed.** This includes rings, bracelets, watches and all earrings or visible piercings. Jewelry, in all forms, is a safety hazard during game play and the risk cannot be alleviated using tape or bandages. All visible jewelry must be removed prior to warm-ups and/or competition. See NFHS Rule Book, Rule 4, Section 1, Article 6.
9. Individual servers are limited to five consecutive serves that result in points for their team.
10. Five service lines are available to all players. The first service line is located at the 10-foot line and subsequent service lines progress by five-foot intervals to the regulation line at the 30-foot line. Players may serve from the line they feel comfortable with, however, if their serve goes beyond the 10-foot line in the opponents' court the referee may ask the server to step back a service line or two. The purpose of this rule is to place more serves into play. This rule encourages all players in the game to serve and to challenge themselves by serving overhand.
11. Boys in grades 4 through 8 are eligible to participate as members of a coed team or a boy only team. Coed and boys' teams can be promoted to play in a group that provides a comparative level of play. High school players are restricted to coed teams and are limited to a maximum of three boys on the court at one time. The Site Host or Lead Referee determines if any front row hitting limitations will be implemented for the safety of all players.
12. Teams will be evaluated at the beginning of the league season and the scheduled matches are based on information from their evaluation. The evaluation can be modified as needed.