

LEAGUE PLAYING RULES

National Federation of State High School Association Volleyball Rules for 2024 shall govern play, insofar as they do not conflict with the rules stated herein:

1. Prior to the start of each match, the official shall conduct a coin toss between the managers of each team. The official shall ask the winner of the toss whether their team chooses to:

- a. Serve/Receive
- b. Select the playing area

The loser of the toss will be given the remaining choice.

2. The net height shall be approximately 7'4 1/8" for women and 7'11 5/8" for men.

3. A match consists of three 21-rally point games, decided by at least 2 points, with a cap of 23 points. All three games will count toward league standings. **Tournament matches will consist of best 2 out of 3. First 2 games to 25, with a cap of 27. If a tiebreaker, a third game will be played to 15 with no cap.**

4. There shall be no uniform requirement for league play; however, teams planning to play in out of town tournaments should have matching, numbered jerseys.

5. Substitutions may be made during any dead ball period. Teams may use a simple rotation method to get substitutes into the game (a sub enters the game at every rotation into the same floor position where the exiting player vacates) or they may utilize a straight substitution method (a player returns to the game only for the person who substituted for him/her).

6. **Game time is forfeit time. One game will be forfeited at the scheduled game time, the second game will be forfeited at 10 minutes following scheduled game time and the match will be declared a forfeit at 20 minutes past game time.** A forfeit fee of \$50.00 will be assessed any team which forfeits a complete match for any reason without notification to the Casper Recreation Center. This fee must be paid before that team's next scheduled match or the team will not be eligible for the season ending tournament.

7. A team shall be comprised of six players all of the same gender. Men may only play in the men's league and women may play only in the women's league. A team may play with as few as four players. **A player may only play on one team in the league. Players must be 16 years of age or older in order to participate. A player NOT on the team's roster found during a roster check, will not be allowed to play.**

8. If a player arrives late and a team is playing with less than 6 players, that player may enter the game on the first dead ball at any position on the court. If a team has 6 players present and an additional player arrives, that player may enter the current game following applicable rotation and substitution rules.

9. Any ball hitting an overhead obstruction (backboard, ceiling and support beams) shall remain in play providing the ball remains on your side of the net, your team has a hit remaining and it does not occur on the serve. A ball which travels through the rafters or above the suspended basketball baskets is considered in play unless it makes contact with such object(s) as described above.

10. The dividing net between courts #1 and #2 and courts #2 and #3 is out of bounds and will be declared dead if the ball touches it. **Due to safety reasons, players are NOT ALLOWED to push the dividing net so another player can hit the ball. If this happens, the ball will be declared dead, resulting in a sideout.**

11. A player is allowed to have his or her foot on the center line below the net. However, once the entire foot crosses the line into the opposing team's court, the result is an under-the-net violation with either a sideout or a point for the opposing team.

12. Players in the front row are **NOT ALLOWED** to jump and attack **OR** block the opposing team's serve back over the net. This will be considered an attack on the serve, and the ball will be declared dead, resulting in a sideout. If the player makes contact with the serve below the top of the net, it is legal. *Per NFHS rule 9-6, page 41, "Attacking a served ball while the ball is completely above the height of the net is not permitted. However, the contact is legal, and the ball is not out of play until it completely crosses the vertical plane of the net or is legally contacted by an opponent."*

13. **ONLY** team captains may discuss rule interpretations with the officials.

14. Teams are allowed one time out per game - 60 seconds in length.

15. A player shall receive one service tossing error per rotation. **Players are NOT ALLOWED to jump overhand serve in Women's Division 9.**

16. Profanity and unsportsmanlike conduct can result in ejection and/or disqualification from future matches (See Code of Conduct).