# 2026 Girl's Volleyball Rules & Regulations

**NCSAA ROSTER RULES & FORFEIT POLICY**

NCSAA's roster rules and forfeit policy are posted at www.ncsaasports.com. Schools are expected to always know and follow NCSAA'S roster rules and guidelines.

**DIVISIONS**

- 5th Grade & Under Recreational
- 5th Grade & Under Competitive
- 7th Grade & Under
- 8th Grade & Under

**RECREATIONAL DIVISION**

Our Recreational Division will not keep an official score, maintain standings, or hold playoffs. These games will be designed to introduce student-athletes to the sport of volleyball without the pressure of winning or losing.

**EQUIPMENT**

**5th Grade & Under Recreational:** Lite Volleyball
**5th Grade & Under Competitive:** Regulation size and weight volleyball. (Lite Volleyball's are not permitted)
**7th Grade & Under:** Regulation size and weight volleyball. (Lite Volleyball's are not permitted)
**8th Grade & Under:** Regulation size and weight volleyball. (Lite Volleyball's are not permitted)

- All players must have kneepads on to play.
- Splints/braces/casts not allowed on finger, hand, wrist, or forearm. No soft or hard casts or wraps are allowed -- even with padding. A doctor's note or parental decision does NOT supersede this. NCSAA Game officials or Site Directors DO NOT have the authority to overrule it.
- Hair-control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the player, teammates or opponents are allowed.
- Headbands made of soft material and no more than 3 inches wide may be worn.
- Helmets require authorization from NCSAA.
- Religious head coverings do not require approval from NCSAA.
- A protective face mask made of hard material may be worn if there are no protrusions.

**NET HEIGHT**

**All Divisions:** 7 feet, 4 inches

- Net height may vary slightly at different game sites. NCSAA officials will make every effort possible to adjust net height to approximately 7 feet 4 inches, however due to the nature of our game sites we will play with the closest height to 7 feet 4 inches as possible. Games will not be rescheduled or replayed over net height. Coaches are welcome to bring measuring devices to assist the game officials in determining the correct height, however games will be played under the conditions provided by the host site/venue.

**PLAYERS**

All age levels will have 6 players on the court. Teams with less than 6 players will result in an automatic forfeit (See below). Players must be within the age limits of the division and be listed on the official roster. Roster checks will be done prior to each game.

**JEWELRY & BRACELETS**

- NCSAA aligns with NFHS & NCAA regulations regarding jewelry.
- Small, secured articles like post or stud piercings may be worn. Articles of jewelry below the chin are not permitted. String bracelets, commemorative bracelets and body jewelry are considered jewelry and not permitted. Discovery of non-compliant jewelry during a match will result in an unnecessary delay.
- Body paint or glitter prohibited.

- Medical alert medals are not considered jewelry, should be taped to the body and the alert must be visible.
- Religious medals are not considered jewelry and shall be worn under the uniform and taped to the body.

## UNIFORMS

- Uniforms must have numbers on both sides. They should be on the front chest (6 inches) and middle back (8 inches) of the uniform.
    - Legal numbers are 0-99, inclusive. Double zero not allowed.
- Uniforms must be free of all hard and unyielding items (buttons, zippers, snaps, fasteners, etc.).
- The libero uniform must clearly contrast from the predominant color(s) of the teammates', excluding trim. The libero jersey cannot be made up solely of the same predominant color(s) as the teammates' even if the like color(s) are placed differently on the jersey. We prefer they be a neon color or something very, very different from the rest of the team.

## GAME DAY PROCEDURES

- **Game Day Check In**
    1. NCSAA League officials/site director will check-in every team before each game.
    2. Any player or coach not on the official National Sports ID Roster will be ineligible to play/coach that day.
    3. Teams that play ineligible players will forfeit their game and further disciplinary action against the coach and player will occur.
- **Line Judges** - Each team must provide a line judge for each match. THIS IS NOT OPTIONAL. Matches should not be delayed looking for volunteers. The Head Coach should have a designated person ready to go before your scheduled match. No earbuds or phones are allowed when line judging or scorekeeping. Line judges should be at least 16 years old and a responsible individual.
- **Scorekeepers** - The home team must provide a scorekeeper for each match. Scorekeepers will report the score to the site director.

## PRE-MATCH

- Prior to timed warmups, a conference shall be conducted by the official with the head coach and team captain from each team.
- During the pre-match conference, a coin toss shall be conducted between the captains and head coach of each team. The visiting captain shall call the toss. The winner shall choose either serve, receive, or sides. If they decided to choose sides, the other team will decide to serve or receive.
- Warm-up time shall be 4 minutes per team including serving. The team off the court should be collecting balls for the team warming up and not be warming up on any part of the court.
- Visiting team always warm up first regardless of who will serve.
- Ear buds and cell phones are not allowed during warm-ups and/or competition.

.

## GAMES

The teams will play the best 2 out of 3 sets. Each set consists of 25 points (a team needs to win by two points if the game is tied at 24. No point max). If a third set is played, it will consist of 15 points (must win by 2). Whoever wins the best two out of three sets is the winner of the match. Each team is allowed two 30 second time-outs per set. If a team wins the first 2 sets, the game is over. We will **NOT** play a 3rd set as a scrimmage.

### Requesting a timeout, substitution, or lineup check

- The playing captain may request timeout or lineup check for own team.
- Head coach may request timeout, substitution, or lineup check verbally or with appropriate hand signal.
- If a replay is called, no requests may be recognized until after the rally is completed. Exception: When a replay is signaled due to an injury/illness and the injured/ill player cannot continue play, the head coach may request a substitute or complete a legal libero replacement for the injured/ill player or take a team time-out(s) if the team has remaining time-outs.

**Substitutions & Rotation of Players**

- Rotation of players: Coaches have the option to rotate players into center back position or request for substitutions for Elementary and JV only. Varsity must substitute.
- A team may only have a maximum of 18 substitutions per set (same as NIAA).
- Any teams not following proper rotation will result in an automatic side out for the opposing team. Coaches may make the official aware of illegal rotation during the match.
- Lineup cards will be available at game sites from the official. They're also available at www.ncsaasports.com so you can print them and fill out before you arrive.
- When putting in your line-up, always put your first server in line # 1. If your team is receiving the serve, the referee will rotate the team back.
- Coaches must inform the official at the start of the match if they are going to utilize substitutions and must use substitution throughout the entire set.
    - Coaches may change substitution lineup each set.
    - Subs may be made at any time prior to the Official beckoning of the serve.

- When subbing, player(s) must enter the substitution area and wait for an official to complete substitution. If there is more than one substitution, the next sub shall wait behind the 10-foot line. Once the 1st substitution has been completed, the next sub should step into the substitution area to complete the substitution. Coaches must also signal the official for the substitution. Coaches must make substitutions quickly to avoid game delays.
- When subbing, each player may only sub for one specific player/position. For example, player A may only sub for player B and vice versa. You are also allowed to have multiplayers sub for one position. Meaning they are not allowed to play any other position until the next set. Rotations middle back do not need to wait for the ref, but just switch in quickly to not delay the game.
- JV and Varsity teams are allowed to play with a Libero. A Libero is a back-row specialist. The Libero may serve for a player during the set. If libero serves, they can ONLY serve for that one person/position.

## AUTOMATIC SIDE OUTS & SERVING LIMITS

**3rd – 5th Grade Rec:** An automatic side-out occurs after a team has scored 5 straight points while serving.
**3rd – 5th Grade:** The server will continue to serve until their serve is broken.
**6th to 8th Grade:** The server will continue to serve until their serve is broken.

## SERVING

Play/rally begins with a serve by the serving team. Players may serve underhand or overhand at all levels.
**3rd – 5th Grade Rec** – We will allow student-athletes to serve from up to the 10 foot line. We will cap at 5 serves.
**3rd – 5th Grade** - We will allow for a progressive serve line (if necessary) for Weeks 1-3. At the discretion of the game official, a student-athlete may serve up to ten feet in front of the end line during this time. After Week 3, all student-athletes must serve from behind the official serve line. No cap on serves.
**6th to 8th Grade** - Players must serve from behind the end line. No cap on serves.
Players must serve the ball within 8 seconds to keep the pace of play.
After the ball is released for service, it may be caught or allowed to drop to the floor to allow a re-serve. Only one re-serve per player, per term of service.

## SCORING

Rally scoring will be used for all ages – any team can score a point when it wins the rally, or the opposing team commits a fault. If the receiving team wins the rally, it scores a point and gains the right to serve.

## PLAY

**Regular Season**: Teams must be ready to play at the end of the 8-minute warm-up. Teams play up to 3 sets. Each set consists of 25 points. If a team wins the first 2 sets the match is over. If each team wins one of the 1sts two sets, then a third set is played, 3rd set will consist of 15 points (win by 2 or 15), whichever is first. Whoever wins the best two out of three sets is the winner of the match. Each team is allowed two 30 second time-outs per set. If a team sweeps the first 2 sets a 3rd set will not be played.
**Playoffs**: Season tournament will be single elimination. The teams will play the best 2 out of 3 sets. Each set consists of 25 points (a team needs to win by two points if the game is tied at 24. No point max during tournament play). If a third set is played, it will consist of 15 points (must win by 2). Whoever wins the best two out of three sets is the winner of the match. Each team is allowed two 30 second time-outs per set.

## IN-BETWEEN SETS

Teams will NOT switch sides in between sets unless the officials feel there is a clear disadvantage on one side of the court. This is strictly at the Game Official's discretion.

## DURING RALLY PLAY

It is illegal for the same player to play the ball in two consecutive contacts (double-hit). Unless the player blocked the ball during play, then the player is allowed to play the ball again. Blocking during play does not count as the team's first contact. It is illegal to carry the ball over the net. Throw ball with broken wrist, open hand facing up, palming ball is considered a prolong contact and is illegal.

## BENCHES

All players must be seated during the match unless substituted in the game. Only 1 coach is allowed to be standing at a time. This should be the Head Coach. Teams may cheer for their team at any time. However, disconcerting acts or words addressed to the opposing team is unacceptable. Teams are welcome to cheer during the serve but are not allowed to attempt to distract the server or make negative remarks/cheers/noises towards them.

## ATTACKING/SPIKING/BLOCKING

- Attacking, spiking, and blocking are allowed during play at all age levels.
- Attacking the serve from in front of or behind the attack line if the ball is entirely above the top of the net is illegal.

## ILLEGAL HITS

Two hand open/palm hits (underhand or overhand) or throwing hits will be called on all age levels. One hand play is legal unless the ball comes to a rest in hand. Pushing the ball with one hand from behind the head is considered a prolong contact, which is illegal. If Libero handsets in front of the 10-foot line, the hitter is not allowed to attack the ball from off the ground. That is considered an illegal attack.

## SCREENING

Players on the serving team shall not take action to prevent the receiving team from seeing the contact of the serve or the path of the served ball. Potential screening exists, but not limited to:

- When a player(s) on the serving team waves arms, jumps, moves sideways, or stands close to the server, and the ball is served over the player(s).
- When a group of two or more players on the serving team stand close together and the ball is served directly over them.

PENALTY: A loss of rally/point is awarded to the opponent.

## VIOLATIONS

**Net fouls:** Will be called on all age levels.
Contact with the net, net cables, or net antennas is always a fault, except contact by loose hair or the force of a ball hit by the opponent pushes the net or net cables into player.

**2nd- 3rd Grade:** Illegal hits will be called more liberally.
**4th- 5th Grade:** Illegal hits will be called more liberally.
**6th-8th Grade:** Illegal hits will be called with underhand pass (hands together) and overhand sets (brief contacts with finger pads).

## INJURY

In the case of an injury/illness during the set, a referee may interrupt play and call a referee's time-out. If the injury/ill player cannot continue to play within 30 seconds, the head coach shall:

1. Request a substitution for the injured/ill player.
2. Take a team time-out if the team has not used its allotted time-outs.

If the decision is made to substitute for the injured player, the team shall be allowed the necessary time to safely move the player from the court.

## BEHAVIOR / SPORTSMANSHIP

All coaches, parents, spectators, and players may not stand or congregate on or near the end lines while another game is being played. This includes walking behind the end lines while rally play is going on. All coaches, parents, spectators, and players must be good citizens. Any persons acting out of line for a youth sports event will be given a warning. If a second violation occurs, the person will be asked to leave the facility. A suspension may also be given to any person who violates this simple code of conduct. Officials must be treated respectfully during the games. Any issues with rules, officials or teams must be brought to the attention of the site director or league administrator. Coaches may use a time out to discuss any issues with site staff.

### Unsportsmanlike Conduct Violations

- Disconcerting acts or words when an opponent is about to play the ball. Yelling or chanting is not allowed during a serve.
- Disrespectfully addressing the referee or site staff may result in a yellow (caution) or red card. Second offense may result in removal from the facility.
- Questioning a call, influencing a referee's decision, or showing disgust with the decision made, may result in a yellow card (caution). A second offense may result in a red card and/or a removal from the facility.
- Using profane, insulting language, gestures and/or taunting anyone involved in the match is prohibited.

## OBSTRUCTIONS

Any ball touching an obstruction (basketball hoop, poles of the net, antennae, ceiling, etc.) of the opponent's side is considered out. Any ball touching the ceiling on the playing side is considered playable if they still have less than three touches. A ball that touches the net but continues to the opponent's side is permitted.

## FORFEITS

If a team does not show up on time or with 6 players, they will forfeit the game. The NCSAA Site Director has the discretion to delay the start if they are aware the team is enroute and will arrive soon with heavily impacting the start of the games to follow that day. The teams have the option of playing with fewer players for a scrimmage, but the official game will be a forfeit by the team with fewer than 6 players. If a player is injured during the game and a team drops lower than 6 players, the game will continue. The team with less than 6 players will follow the following rule: When it is the injured players turn to serve, the team with less than 6 will receive a side out and a point will be rewarded to the opposing team. The game will restart with the team with 6 players serving.

## NFHS/NCAA VOLLEYBALL RULES

Any rule not written here is covered in the NFHS/NCAA Volleyball rules.

## PLAYOFFS

- The regular season will consist of an 8-game season.
- For divisions of 15 or less teams, the top 4 teams will make the playoffs.
- For divisions of 31 or fewer teams, the top 8 teams will make the playoffs.

- For divisions of 32-41 teams, the top 12 teams will make the playoffs.
- For divisions of 42-48 teams, the top 16 teams will make the playoffs.
- There may be doubleheaders in the playoffs.
- Commissioner has the authority to adjust the number of teams based on what's best for the league.

## TIE-BREAKERS

| **2 Teams Tied** | **3 or More Teams Tied** |
|---|---|
| 1. Standings | 1. Standings |
| 2. Head-to-head | 2. Point Differential |
| 3. Point Differential | 3. Least amount of points allowed |
| 4. Least amount of points allowed | 4. Coin Flip |
| 5. Coin Flip | |

## TEAMS DROPPING

All teams dropped after the deadline will be charged the **FULL Season fees**. If the schedule has not yet been released, the team will remain on the schedule for the season and games will be treated as a forfeit.

## SCORE REPORTING

It is the responsibility of each team's Head Coach and/or Athletic Director to check the scores posted at ncsaasports.com for accuracy within 7 days of the conclusion of the game. If the score is inaccurate, please email **sports@ncsaasports.com** to request a score review. NCSAA will then check with Site Officials and the opposing team to determine the correct score. Teams may not dispute the score of the game after 7 days and the score will stand.

## COMPLAINTS

NCSAA will not respond to individual parent complaints/issues. Any issues need to come directly from the Head Coach or Athletic Director.
If you would like to compliment or complain about a game official, you may do so at https://www.ncsaasports.com/officials.html.
Game officials are human. Errors do occur. However, all decisions made on the field are final. NCSAA will not overturn the result of a game based on an official's judgment or error. We will simply review complaints for teaching purposes only. There is no such thing as "playing under protest" in NCSAA. NCSAA will often follow the "24-48 hour rule" on responding to any complaints in order to give all parties time to have a proper "cooling down" period. We will not take angry phone calls on gameday from coaches. We ask that all complaints be in writing from the Head Coach or Athletic Director. In addition, we will not tolerate a mob mentality in which several coaches and parents email the league. This may result in the team being removed from the league.

## OFFICIALS

There is a nationwide shortage of officials that is heavily impacting Nevada. This is impacting high school and youth sports across the valley.
There may be times when NCSAA will make alterations to the number of officials on the field for games based on availability. This is not a cost-cutting measure or a miscommunication from the league. These games will count and not be postponed or replayed should there only be one official available. This is not simply a "just go train some more officials" situation. Our officials association does an amazing job of posting ads and providing training. There are just not enough officials at times. We will work together to get through it as a sports community.

## PRE-GAME CEREMONIES

Schools may do pre-game ceremonies including but not limited to the National Anthem, Pledge of Allegiance, Cheerleading Performance, and/or introduction of players. However, these must conclude prior to the scheduled start of the game/match. In addition, those schools wishing to do 8th grade graduation ceremonies will need to do either pre- or post-game/match. If you let NCSAA know during pre-season scheduling, we can build in time for these events.