



Boys Volleyball Rules

Ball size:

3rd- 5th Grade: Regulation size and weight volleyball

6th- 8th Grade: Regulation size and weight volleyball

9th - 12th Grade: Regulation size and weight volleyball

Net height:

All Divisions: Approximately 7 feet (may vary slightly at different game sites)

Players:

All age levels will have six 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. Players may not wear any type of jewelry during the match.

Exception: Earrings can be taped if they are unable to be removed.

Games:

Teams will play best 2 out of 3 sets (HS will play best 3 out of 5). 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 game is played for 3rd-8th, it will consist of 15 points (must win by 2). High School division will play a standard 3rd set of 25 points. Whoever wins best two out of three sets is the winner of the match. Each team is allowed two 30 second time-outs per set. Time outs are not allowed in the final 3 minutes of each set.

Game Day Procedures:

- Line Judges- Each team must provide a line judge for each match.
- Scorekeepers- The home team must provide a scorekeeper for each match. Both teams may provide a scorekeeper. Scorekeepers will report score to the site director.
- Roster Checks- All teams will be required to do a roster check prior to start of the match. Any players not on official roster will not be able to participate after week 2 of the season. Coaches must notify NCSSA if they are adding players onto their rosters. All players must be present for roster checks.
- Lineup Cards- All coaches must submit a lineup card to opposing coach if they are using substitution. Coaches and assistant coaches will track opposing team substitution. Any teams not following proper rotation will result in automatic side out for opposing team. Coaches must make official aware of illegal rotation during match. Lineup cards will be available at game sites.
- All coaches must stay within the coaching/bench area during the match. Teams are allowed up to 3 coaches in the coaching area. Coaches are not permitted to stand on the opposite sides of the court.
- Multiple roster teams- Coaches with multiple teams in one division must have 2 distinct rosters for their teams and may not share players. No sharing of players between teams. Players registered in two separate age divisions are eligible to play on two teams.

- Rotation of players: Coaches have the option to rotate players into center back position or request for substitutions.
- Coaches must inform the official at the start of the match if they are going to utilize substitutions and must use substitution through the entire set.
- Coaches may change substitution lineup each set.
- Subs may be made at any time prior to the serve.
- Coaches must signal official prior to subbing and the player must wait for the official to recognize them into the game before entering the court.
- When subbing, each player may only sub for one specific player. For example, player A may only sub for player B and vice versa.
- Libero-6th through 12th Grade teams may use a Libero for games. A Libero is a back row specialist. The Libero may only serve once and can go in for any back row player.
- Coaches must make substitutions quickly to avoid game delays.

Automatic side outs & Serving Limits:

3rd to 5th Grade: An automatic side-out occurs after a team has scored 5 straight points while serving.

6th to 12th 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 to 5th Grade- Players may serve up to five feet in front of the end line.
6th to 8th Grade - Players may serve two feet in front of the end line.
9th to 12th Grade - Players may serve anywhere behind the end line. Players may not cross over or touch the line during serving.

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.

During rally play:

It is illegal for the same player to play the ball in two consecutive contacts (double-hit). It is illegal to carry the ball over the net.

Attacking/spiking/blocking:

Attacking, spiking, and blocking are allowed in all age levels however, it is illegal to attack or block a serve. Blocking does not count as the team's first contact.

Violations:

Net fouls: Will be called on all age levels. Illegal hits: Two hand open/palm hits (underhand or overhand) or throwing hits will be called on all age levels. One hand is legal as long as the ball does not come to a rest.

3rd- 5th Grade: Illegal hits will be called more liberally.

6th-12th Grade: Illegal hits will be called with underhand pass (hands together) and overhand sets (brief contacts with finger pads).

Uniforms:

Uniforms must have numbers on the front and back of the shirt.

Behavior / Sportsmanship:

All coaches, parents, observers and players may not stand or congregate on or near the end lines while another game is being played. This includes walking behind end lines while rally play is going on.

All coaches, parents, observers and players must be good citizens. Any persons acting out of line for a youth sports event 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:

- Use of disconcerting acts or words when an opponent is about to play the ball. Yelling or chanting is not allowed during the serve.
- Disrespectfully addressing a referee or site staff
- Questioning or trying to influence a referees' decision or showing disgust with the decisions
- Using profane or insulting language or gestures and/or taunting anyone involved in the contest

Obstructions:

Any ball touching an obstruction (basketball hoop, poles of the net, antennae, ceiling, etc.) of the opponent's side is considered out-of-bounds. Any ball touching the ceiling on your playing side is considered playable. A ball that touches the net but continues to the opponent's side is permitted.

Forfeits:

There will be forfeits! If a team does not show up on time or with 6 players they will forfeit the game. However, the teams do 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 serve.