



Volleyball Rules
Revised 5/2009

I. COURT SPECIFICATIONS:

- A. 60' length: 30' width
- B. Net should be no higher than 7' 4 1/8" high
- C. Service may be from any point along the base line 3' from baseline for J.V.

II. OFFICIALS:

- A. Must have a reliable scorekeeper
- B. Net officials should have a whistle
- C. Must have at least 2 line judges

III. EQUIPMENT:

- A. Must have available seating for the visiting team
- B. Must have a visible scoreboard
- C. Must have a regulation volleyball/optional volleylite (JV use only)

IV. RAINOUTS/RESCHEDULE:

- A. Notify visiting team, referees and Girl's Vice President by 2:00 p.m.
- B. Home team should reschedule with visiting team when convenient for both parties

V. SUBSTITUTIONS:

- A. Sub reports to official.
- B. Sub reports to scorekeeper and waits at sideline for official to switch players
- C. If player A goes in for player B, player B may only be substituted back into the game for player A.

VI. TIME-OUTS:

- A. Each team is allowed 2 time-outs per set.
- B. Each team is allowed a maximum of 6 time-outs per match. 2 time-outs per set.

VII. MISCELLANEOUS:

- A. If any other questions should arise, please follow CIF rules and regulations
- B. Varsity/J.V. plays with 6 players on the court
- C. Players may set the serve (use 2-hand overhead contact)
- D. Serves that hit the net and land in play are good
- E. Right front player on the receiving team is the first server on side.
- F. Sets are Rally scoring to 25 no cap.
- G. Possibility of a 3rd game (tie breaker). Rally score to 15 no cap.

- H. Home team gets to select bench side on the first set. Visitors call the coin toss at the beginning of the match and may choose either serve or receive. In the event of a third game the visitors can choose side, serve or receive.

- I. Legal contact is contact made with any part of the body.

- J. Coaches must adhere to the coaches code of ethics. A coach can receive a yellow card which is a warning. Receiving a red card results in a loss of a point and possession. Receiving a yellow and red card together means ejection from match.

- K. All players must be on team rosters during the league to be eligible to play in league tournaments. No players may be added just for league tournaments. Rosters must be turned in to the President 2 weeks prior to the league tournament.