

2022 VOLLEYBALL RULES

Last updated 4/13/2022

Home team to e-mail the result of their Varsity match to tholland@lwsd.org as quickly as possible following the match.

GENERAL GUIDELINES

1. Home team will provide warm up and game balls. Please have two game balls ready in case a ball is lodged in a place of no return.
2. Home team coach will explain any special court rules before the match.
3. Net height will be 7'4" for varsity and JV. Regionals net height will be 7'2"
4. Warm up time will be limited to 14 minutes total. The time will be divided 6-6-2 (Home 6, Visitors 6, and serve 2).
5. Please communicate with the other school to confirm the number of regional teams that will be playing **two** days prior to the match.
6. Rally Scoring, best 3 of 5 (5th set to 15 if necessary) for Varsity and JV win by 2 points.
7. Regionals is timed and will end no later than 5:30 PM.
8. Teams have the option to play a libero position at the JV and Varsity Level. The libero may only serve for the SAME player during that entire game. Libero must wear a contrasting uniform to others on her team.

Safety

1. All gyms must have clearly marked lines. This includes the 10' line. Tape may be used to mark such lines.
2. Players may not wear any jewelry during practice or play
3. All equipment must be padded so the risk of injury to players is at a minimum.

Games

1. Game shorts or pants, same solid school color (Varsity).
2. Host school must have an experienced scorekeeper for all Varsity home matches. Faculty, students, coaches or players may call lines. **Libero tracking – school using libero must provide their own.**
3. Players will shake hands (or COVID appropriate greeting) prior to opening serve of each match.
4. Appropriate cheering is allowed during play, not during a serve.
5. Play will be governed by High School Federation rules

Game Day Eligibility

1. Maintain the **12** player minimum requirement for Varsity and **12** player minimum requirement for junior varsity (unless numbers do not allow for 12 on JV).
2. Required practices for competition are **8**.
3. Those players that are ill, suspended by the coach or administration, and are absent, **MUST** be replaced by a player from a lower level (if a varsity player is replaced by a JV player and a JV player is replaced by a regional player). Players brought up for this purpose may still play at their regular level that day. A player may move up, not down to fill in the missing roster spot(s).

Varsity/Junior Varsity

1. Varsity will consist of 12 players minimum and matches will be best 3 of 5 games.
2. JV will consist of 14 players minimum and matches will be best 3 of 5.
3. Each player must play for a minimum of **8** points during the first three games.
4. Varsity is allowed 12 substitutions, JV will not be regulated.

Regional Volleyball

1. Regional teams will play as many games as allowed in the allotted time. Regional matches will be set up PE style, with multiple nets playing at one time. Regional total match time will be a minimum of 90 minutes and will not exceed 120 minutes. Coaches will meet at the beginning of the match to decide the rotation schedule based on the total numbers of athletes. At the end of the agreed upon time (typically 10 to 20 minutes), the games are stopped and teams rotate to begin playing a new team.

Note: Varsity volleyball matches will be officiated by one association official. Junior varsity and regional matches will be officiated by coaches and/or high school students.