

Sportsmanship ratings will be given based on the behavior of players, coaches, and spectators. They will also be judged on actions before, during, and after contests. Sportsmanship is rated at the conclusion of every game on a 1-6 scale (details of each can be found in the IM Handbook).

A team must have an average sportsmanship rating of a 4 or higher to qualify for the playoffs.

Players are held to a standard of good sportsmanship. If a player does not adhere to that standard, they can be removed from a contest by any Sports Programs employee.

Game, Court, and Equipment

A game, or match, will consist of 2 out of 3 sets. With sets played to twenty-five (25), and you must win by at least two (2) points, with a cap of thirty (27). The third set, if necessary, will be played to fifteen (15), with a cap of twenty (17).

One (1) 1-minute timeout is allowed to each team during each set.

Teams shall change sides of the court at the end of the first and second set, and after one team has scored eight (8) points in the third set.

Each game is scored according to rally scoring, which awards a point after each volley

Substitutions and Tiebreakers

Substitutions will be allowed on all dead balls with a cap of 25 changes per match.

Once a player subs out, they must wait one point to sub back in

Once substitution limit has been reached, teams may no longer substitute unless an injury occurs.

Definitions of Terms

The current NFHS Volleyball Rule Book shall be the source for any situation not covered by this document.

Ball in Play, Dead Ball, Out of Bounds

Contact with the ball must be brief and instantaneous. When the ball visibly comes to rest momentarily in the hands or arms of a player, it is considered as having been held.

The boundary lines are considered part of the playing court. Balls striking these lines are considered inbounds.

A ball is considered out of bounds when it touches any surface or object outside of the marked boundary of the court. This applies to the net and supports outside of the boundary.

A ball that hits the net, within the boundary, is a live ball and may be played.

A ball that strikes the ceiling one or more times is still considered in play as long as it does not land on the opponent's side of the court, then it would be considered out of bounds.

A player may go outside of the court and legally play a ball.

If a co-rec team is playing with an odd number of players and has the same gender serving back-to-back, that team will keep the serve, but the opposing team will receive a point in place of the missing server.