

ENL Volleyball Rules

National Federation High School (NFHS) Volleyball Rules will be in effect. There are some modifications listed below that will apply.

Court Set-Up

1. Net height will be 7'0" for the Grade 3/4 and 5/6 Divisions
2. The official ball will be a 12U Volleyball Light for all Matches
3. The court will be a regulation size volleyball court as specified by NFHS Rules
4. There will be 3 Serving Lines
 - a. 10ft Line
 - b. 20ft Line
 - c. End Line (30ft)
5. The scores table and team benches will be on the same side
6. The scores table and team benches will be on the opposite side from the R1 Stand

Game Officials

1. The League will work with Marc Blau and TPCVOB to schedule officials
 - a. Each Host School will be responsible to paying the officials scheduled for their site.
 - b. At minimum, an R1 will be provided
 - c. It is recommended to have 2 Line Judges
 - i. Each team should provide a Line Judge. It can be students, parents, or players.
2. Rule calls will be at the discretion of the R1.
 - a. This can include in/out calls, antennae calls, into the net call, double touches, etc.
 - b. An R1 can be as lenient or as strict as they deem necessary

Rules and Scoring

1. Teams are allowed a 5-minute warm up before each match
 - a. Teams will warm up simultaneously and on their side of the court only.
 - b. Service over the net will not be permitted during warmups.
2. A coin flip will determine the team that starts with service.
3. Scoring will be by rally system
 - a. Each ball in play will end in a point awarded for the offensive team or defensive team
4. Matches will consist of (3) sets.
 - a. The 1st and 2nd sets will be to 21 points
 - b. The 3rd set will be to 15 points.
 - c. The winning team must win by 2 points or more.
 - d. The Match time limit will be 55-minutes

- i. If there is a tie at the 55-minute mark, the match will be determined by the winner of the next point
 - e. There will be a 2-minute break between each set
 - f. Teams will NOT change sides between sets
 5. Each team will be allowed (1) 30-second Timeout per set.
 6. Teams consist of having 6 players on the court
 - a. A team may compete with a minimum of 4 players
 - i. The opposing team does not have an obligation to match the number of players on the court. However, it is sportsmanlike to do so.
 7. Players will rotate after every defensive side out.
 8. Play time and Substitutions
 - a. Play time for all players should be equal as possible
 - b. Player substitutions will always rotate into the Middle Back-Line position.
 - c. Each player on the court must be allowed to serve before being substituted out.
 - i. This ensures every player has an opportunity to develop at every position on the court.
 - ii. Note: This will be tracked by the coaches, not the referee
 - d. Every player on the team must play at least 6 defensive side outs per match.
 - i. Note: This will be tracked by the coaches, not the referee
 9. Serving Rules
 - a. Players may catch or drop the ball for a re-serve opportunity.
 - i. Only (1) re-serve is allowed per service term
 - ii. If a 2nd re-serve occurs, a point will be award to the opposing team and will result in a side out
 - b. If a player serves (6) consecutive scoring serves for their team. A side out will occur, but no point will be awarded to the opposing team.
 - c. Grade 3/4 Division may serve from:
 - i. 10ft Line (player must remain behind the line during service)
 - ii. 20ft Line (player must remain behind the line during service)
 - iii. End Line (player may cross the endline with one foot upon service)
 - d. Grade 5/6 Division may serve from:
 - i. 20ft Line (player must remain behind the line during service)
 - ii. End Line (player may cross the endline with one foot upon service)
 - e. Once a player has successfully served from a forward line in (3) consecutive serves, they must move back to next line.
 - i. Once they have moved back to a line, they must remain at that line or progress to the End Line for the duration of **the match**.
 - ii. Note: This will be tracked by the coaches, not the referee
 - f. It is recommended that ALL servers learn to serve overhand.
 - i. Players may serve underhand if necessary