

## **CYSA VOLLEYBALL RULES**

The National Federation of State High School Association rules for Volleyball will apply except as amended below:

### **PLAYING AREA AND EQUIPMENT**

- **Volleyball Court** – 9 meters x 18 meters (25'5" x 59') and is divided into two equal playing areas separated by a centerline and a net. The Attack line is located three meters from the centerline.
- **Net height** – the net height will be 6'8"

### **SCORING AND GAME TIME RESTRICTIONS**

Each game will be played to 25 points with rally scoring. (In rally scoring, every play results in a point being awarded to a team.) There will be **no match restriction** within a game.

**Teams will play as many games as it takes to fill the 1 hour and 15 minute allotted game time.**

**3-point Rule** – Teams scoring 3 points in a row will turn service over to the opposing team.

### **NUMBER OF PLAYERS**

Games will be played 6 on 6. If a team is short players, they may borrow players from the opponent in order to field 6 players. If both teams are short players they may play 5 v 5 or 4 v 4 (two front row players and two back row players.)

### **SUBSTITUTIONS**

When rotating after a side-out, or a maximum number of serves, a new player will enter the back-row middle. The player in the service position (back-row, right) will sub out.

### **SERVING**

**Rookies** – Players in this age group may move onto the playing court 2-4 feet if necessary to have a successful serve. This age group will have **2 chances to make their first serve** over the net for the full season. If the ball goes over the net on the first serve but goes out of bounds, this is considered a successful serve, and the ball turns over to the opposing team.

**Juniors** – Players may not stand within the court for serving. This age group will have **2 chances to make their first serve over the net for the first 3 games of the season**. If the ball goes over the net on the first serve but goes out of bounds, this is considered a successful serve. The ball turns over to the opposing team.

**Seniors** - Players may not stand within the court for serving and do not have re-serves.

**In rally scoring, any one server cannot serve more than 3 consecutive points.**

