

General Rules and Regulations

1. **The goal of this division is the introduction of volleyball.**
2. The league will be co-ed with no minimum gender requirements. At least 4 players must be present to start a match; a maximum of 6 per side. If a team is below 4 players, the coaches and game supervisor may agree for the “loaning” of players for the game. **The purpose of this rule is for the encouragement of play. There are no standings for this division, and we want to limit forfeitures when we can prevent it.**
3. Court size will be regulation size. The net height will be set at 6 feet. The game ball will be a 3 oz. Volley-lite ball.
4. The service line will be from a spot in which the individual can successfully serve over the net, up to 10 feet from the net. Players are allowed to have one foot on or over the line to serve. Players are afforded one re-do if a serve does not go over the net once per possession (one re-do per player per possession).
5. Matches will be 2 out of 3, the first two games will be to 20 points, third will be to 10 points. One time-out per game; time-outs do not carry over.
6. Rotations follow a clockwise standard. Substitutions start at the right back serving position. After a 6th successful service point, a side-out will occur and the opposing team will gain serve possession.
7. Any specifics not covered within these rules default to NFHS/MSHSAA.