

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.
5. Matches will be 2 out of 3, the first two games will be to 25 points, third will be to 15 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.