

## Region 11 Co-Ed High School Volleyball Rules – NCAA Modified

### Net Height 7'10

Co- Ed Rule – if the ball is contacted more than once before crossing the net, one of those contacts MUST be done by a female player. (order of contact does not matter) Player line cannot consist of two male players next to each other. All teams must have at least one male player in order to play with 6 players. If not, 5 girls may play. Boys may NEVER out number girls on the court.

Score Board- A visual score board must be provided. Each team is responsible for providing an Adult line judge and scorekeeper.

Forfeit times: 4 players are required to start the match (3 of which must be female). All newly arriving players must be rotated in in the middle back position when they arrive. (one at a time)

1<sup>st</sup> game forfeit- 10 minutes

2<sup>nd</sup> game forfeit – 15 minutes

Match forfeited after 20 minutes- forfeiting team will pay \$30 ref fee.

No Jewelry- No exceptions

Flat hair barrettes are permitted.

Braces, splints etc are at the ref's discretion and must be padded.

Prior to match: Captains will be called for coin toss. Each team will have 3 minutes to warm up. Teams will be called to center court for a prayer.

Play: 3 games using rally scoring. First 2 games played to 25, with a cap of 27.  
Third game played to 15, with a cap of 17.

Caps will not be used in the quarter, semi and final games of any post season play.

No switching sides during the third game.

A ball that hits the ceiling and stays on your side, must be played.

Each team will receive 3 times out per game.

Subs are not limited unless the ref feels the game is being slowed.

**PROPER SUB RULES MUST BE FOLLOWED!**

Each server will be allowed one re toss per service rotation.

Ball does not have to be tossed or released at the serve.

All servers will receive 8 seconds to serve.

Foot faults will be called.

There will be NO contact below the waist at all.

No net contact allowed (except incidental hair contact)

No attacking the serve at all.

No crossing the center line at all.

