

Competitive Volleyball Guidelines

Revised 5/8/23

Middle school games will be controlled by National Federation rules with the following exceptions:

1. **Participation:** SUSD offers Junior Varsity and Varsity teams in the sports of Volleyball, Basketball, Baseball, and Flag Football. SUSD offers Varsity in the sports of Soccer, Softball, Track, and Cross Country. 8th Graders are not permitted to play Junior Varsity and no player may participate in more than one competitive game a day.
2. Teams shall “suit up” at least 12 players for each game; all players “suited up” must play in at least one (1) game.
3. The team that wins the best 2 out of 3 games will win the match. Game one and two rally scoring to 25 points. If necessary, a 3rd game will be played to 15 points. Games must be won by 2 points.
4. The visiting team will get the first service of the first game, home team will get first service of 2nd game. In between the 1st and 2nd games, court sides will be flipped. If a 3rd game is necessary there will be a coin flip to who serves first and sides of the court.
5. The net will be 7’4” high, measured in the center.
6. All schools will use regulation volleyballs. These may either be of synthetic material or of leather. The home team may specify the type of ball to be used during the match but must be prepared to provide all game balls should the visiting team not have the home-specified type available to use during the match.
7. **Warm-ups:**
 - a. Clock begins when visiting team reaches its bench area.
 - b. Both home teams warm-up before the visiting team arrives.
 - c. For five (5) minutes, the visitors will have control of both sides of the net.
 - d. For the last five (5) minutes, both teams will share the court (i.e. serving)
 - e. Home team will provide a basket/cart of volleyballs for the opposing team
8. Home team will provide players to help call lines during the matched.

NO LIBEROS – THIS POSITION IS NOT PERMITTED

