



Girls Volleyball Rules

2024

1. Any rules or regulations not covered herein will be the same as appearing in the National Federation Volleyball Rule Book.
2. Officials- officials will be provided through the Navy Memphis Officials' Association.
3. Match- each match shall consist of two out of three games.
The Game-
 - a. Each team is allowed two time-outs in each game, not to exceed 30 seconds.
 - b. Out of court playing area will be defined by referees.
 - c. Ceiling is in play unless the referee has reason to rule otherwise.
 - d. Coaches are responsible for discipline and proper conduct of their team personnel.
 - e. During regular season play, the referee will be responsible to call all line plays. A replay will be directed if the referee is unable to accurately determine in/out of the ball. Umpire will be the official scorekeeper for each game. 1 volunteer from each team may be requested to act as side judges to assist with in and out line calls.
 - f. Rally scoring with no cap will be used. Game point for the first two games will be 25 points. However, a team must win by two points (no cap). A third game, to 15 points, will be attempted to be played unless time prevents it being played even if a team won the first two games. Only exception will be if losing coach declines to play.
 - g. Let serve will be used for all games. The let serve is a ball that, when properly served, hits the net between the antennas and continues across the net into the opponent's court and remains a playable live ball.
 - h. Substitutions are unlimited and will take place at the server's position. Coaches are not required to play all players equally, however all players should play at least half the game. If a player is injured they may have a sub immediately.
4. Teams are permitted to take the court ten minutes prior to game time for the first game.
5. Players Dress (Modest Dress please):
 - Shall not wear jewelry or hats.
 - Head sweatbands can be no more than two inches wide.
 - Shall not wear spandex shorts
 - Shall not wear tank tops
6. All games should begin with prayer and a brief (3-5 min) devotion. Any coach, player, parent, volunteer who is a Christian will be allowed to present the devotion. Topics that tie volleyball to life lessons, and then life lessons to truth found in the Bible are ideal. Vertical Sports staff will be able to provide devotional material for teams as needed.