

2026 Women's Volleyball Rules & Information



1. Time Frame & Scoring:

- The rally score method will be used. First 2 games: 25 points (27 cap), 3rd game (if): 15 points (17 cap). During the third game, sides will switch as soon as one team reaches 8 points.

2. Teams:

- The last day to add players to your roster is the second night of regular play. You can have up to 12 players on your team.

3. League Rules:

USA Volleyball Rules will be observed, emphasizing the following:

- No attacking or blocking the serve.
- Serve can be received with open hands or by a bump. If received with open hands, you must be quick with no holding. A ball can spin, but it must come off the hands quickly. A double hit on a hard-driven serve is legal.
- One foot may go over the line on the side closest to the wall when playing on courts that are limited in space.
- A serve that touches the net and goes over is legal. If a basket is hit on serve, re-serve. Any other basket hit will be the judgment of the official as to whether it is in or out.
- If a ball comes down on your court from another court, the point interrupted will be replayed.
- Substitutions can be made after the serve or coming to the front row, but they must be consistent throughout the match.
- Net height will be approximately 7'4".
- Contact with the net by a player between the antennae during the action of playing the ball is a fault. The action of playing the ball includes, among others, take-off, hit (or attempt), and landing. Check with officials for full clarification.
- There will be no swearing of any kind. Any player who swears or uses inappropriate language will be ejected from the game.

4. Nebo School District Rules:

- No food or drink will be allowed in the gym at any time.
- Do not hang on volleyball nets, adjust the height of the nets, or misuse equipment.
- No unsupervised children are allowed! Players cannot play volleyball and tend to their children at the same time.