

### **NVAA QUICK CARD VOLLEYBALL:**

- Coin toss or Rock/Paper/Scissor for first two games and another for third game for serve
- 4 players present / 10 min forfeit time / at least 2 females /Male players may not outnumber female
- Ball K-6th 7oz Volley-Lite / 7th-8th 9oz regulation volleyball
- Net: K-2nd (6 ½ft with antennas) / 3rd-8th (7ft with antennas)
- Court: K-2nd Only: Court shall be 30' L x 40' W/3<sup>rd</sup>-8<sup>th</sup> grade 30'x60'
- K-2nd Second service line will be ten foot line
- 3rd-4th Second service line will be 10' in from the out of bounds line. Service from this line is allowed for underhand serves only
- 5th-8th Not allowed
- 3rd-8th (3) games, 25pts or 55minutes total time, win by 2 or first to 30 / K-2nd (3) games 10 min each with no score
- 5 sec to serve, may hit net as long as it continues into play
- Rally score 5 pt max per server, then side out (K-2nd do not keep score, but utilize 5 consecutive serves)
- Subs rotate into first service
- K-6th continuous after side out / middle back position
- 7th-8th substitution may only occur at the 10'line, must sub for the same player, and done through the down official.
- (2) 1 min time out per game no time outs within last 2 min of third game
- Regular season games can end in a tie.
- Every player must participate in one half of each game
- If player is removed from a game due to injury they must remain out for that game
- No libero players will be used

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### NVAA QUICK CARD BASKETBALL:

3 player minimum / 10 min forfeit / must finish with 3

Ball: 27.5" for 3rd / 28.5" 4th-6th / 10ft rim for all groups

Free throw line: 12' 3rd-4th / regulation 15' for 5th-6th

(2) 20 min halves / 3 min halftime

Stop clock in second half with less than one-minute left if score differential is less than 10 points for dead balls / clock continues for made baskets

(2) one minute time outs per half / stop game clock

Substitutes made at scorers tables on a dead ball play

All fouls contribute to teams 7th (1 and 1 free throws) and 10th (2 free throws ) fouls / technical foul: 3rd-4th high school plus sit out 2 min, 5th-6th high school rule

Mercy rule: scoreboard turned off after 30 pt difference (stays off for the remainder of the game)

Man to Man & Zone defense anytime / full court defense not allowed in 3rd-5th, allowed in 6th until the point differential is greater than 15 points (can resume once differential is below 10 points)

Double team: 3rd-5th allowed below free throw line extended / 6th allowed full court unless point differential is reached (see previous rule)

Lane violation: 3rd-4th 5 sec, 5th-6th 3 sec

Regular season can games end in a tie, tournament games must have a winner

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## NVAA QUICK CARD SOCCER:

Ball: size 4 all levels

No team time outs / officials timeouts only

(2) 25 minute halves / 3 minute halftime / shin guards mandatory / goalie standout jersey

9 v 9 players (including goalie) for all levels

5 players minimum / must end with this amount

Switch playing sides at half

8 pt difference scoreboard turns off

Advantage Rule: officials judgement to permit play to continue if a 'foul' would not put the offended team at a disadvantage

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