



Elite Volleyball Rules

Ball Size: All divisions: **Regulation Size**

Net Height: Coed & Girls: Approximately **7 ft 4 in.**; Boys: Approximately **7 ft 11 in.**

Before the Match:

- Mandatory pre-match meeting.
- **HOME:** scorekeeper + line judge (must be over 18).
- **AWAY:** line judge (must be over 18).
- Scorekeepers: No phones. No food at score table. Stay attentive.
- **COIN TOSS:** Home calls the toss. Winner chooses Serve, Receive, and Sides.
- Players may not wear any type of jewelry during the match.
 - Exception: Earrings can be taped if they are unable to be removed. NYS does not supply tape or band aids (no hoop earrings allowed). Religious bracelets can be taped.
- No jewelry of any type is allowed. Newly pierced ears may be covered with tape or bandage.

Rosters:

- All players must be registered with National Sports ID to be eligible to play. National Sports ID must be completed by week 1 to be eligible to play.
- All teams will be required to do a roster check 15 minutes before the start of the match. Any players not on the official roster will be unable to participate after week 2 of the season.
 - All players must be present for roster checks.
 - Coaches and parents are not allowed to check in for players
- Multiple roster teams – Coaches with multiple teams in one division must have 2 distinct rosters for their teams and may not share players.
- Players who are registered and paid in two separate age divisions are eligible to play in both, at their own risk. Please note that game schedules, playoffs, and championships may conflict, and NYS will not make accommodations for players on dual rosters.
- Teams are allowed max of 2 players to dual roster per season.
- Non Rostered players are not permitted to participate.

Coaching Staff:

- All coaches must stay within the coaching/bench area during the match. Teams are allowed up to 3 coaches in the coaching area. Only one coach is allowed to stand at a time
- Coaches are not permitted to stand on opposite sides of the court.
- Coaching staff must pass a thorough background check, NSID, and NYS account to receive a sideline access pass to be on the sideline (no sideline pass, you will be asked to leave the

sidelines).

Scoring:

- Rally scoring will be used for all ages – any team can score a point when it wins the rally, or the opposing team commits a fault. If the receiving team wins the rally, scores a point, and gains the right to serve.
- During rally play, it is illegal for the same player to play the ball in two consecutive contacts (double-hit). It is illegal to carry the ball over the net.
- There will be forfeits! If a team does not show up on time or with 6 players, they will forfeit the game. However, the teams do have the option of playing with fewer players for a scrimmage,) not allowed in playoffs or championships) but the official game will be forfeited by the team with fewer than 6 players. If a player is injured during the game and a team drops to fewer than 6 players, the game will continue. The team with fewer than 6 players will follow the following rule: When it is the injured player's turn to serve, the team with fewer than 6 players will receive a side out, and a point will be awarded to the opposing team. The game will restart with the team with 6 players serving.

Uniform Requirements:

- Elite Volleyball uniforms are not provided by NYS. Custom uniforms must have numbers on the front and back of the shirt. (see below instructions)
- Jerseys must be identical for all regular players (non-Libero).
- Uniforms must be numbered in a permanent manner using Arabic numerals.
- Numbers 1-99 are legal. Numbers 0, 00-09 are not legal and will not be permitted.
- Number minimum height: Front 4"; Back 6". Recommendation: Front 6"; Back 8".
- The stripe forming the number must be solid with a minimum width of 3/4".
- The stripe forming the number must clearly contrast with the jersey.
- Uniform numbers must be clearly visible and centered side to side on the front and back of the jersey. Numbers are recommended to be placed on the upper half of the jersey. Numbers may not extend below the player's waist or be tucked into the uniform bottoms. The main goal is to see the number at a glance. Placement and size are factors.
- The Libero must wear a jersey that clearly contrasts with and has a different dominant color(s) from the jersey of their teammates.
- Players are prohibited from wearing Crocs and may not be eligible to play in matches if they attempt.
- Certain combinations of colors do not meet any standard of contrast. Some are, but are not limited to, black/navy; red/maroon/burgundy; black/dark green; white/light yellow; and navy/maroon and holographic.
- Such combinations must be avoided. One way to get a better idea of contrast is to take a photo of both jerseys and convert it to monochrome (grayscale). If it is difficult to determine which is which, this combination should be avoided.
- Since contrast can be subjective (eye of the beholder, lighting, wetness), some jersey combinations like (black/gray) may be **IN THE MARGIN**. If a team chooses such a combination, it is recommended that an additional jersey, which will provide a **CLEARLY CONTRASTING** combination, be available.

Warmup:

- 4 mins. Teams will warm up at the same time on opposite sides of the court.

Match Format:

- Time Limit – Regular season
 - Regular season matches are limited to 50 minutes. Teams must be ready to play at the end of the 10-minute warm-up. Teams play 3 sets within the 50-minute time frame. Each set consists of 25 points (NO to win by two). If a team wins the first 2 sets, the match is

over. A 3rd set is only optional if time permits. If each team wins one of the 1st two sets, then a third set is played; it will consist of 15 points (not win by 2) or 50 minutes, whichever is first. Whoever wins the best two out of three sets wins the match. Each team is allowed two 30-second time-outs per set. No time-outs will be allowed in the 3rd decision set.

- Time Limit – Postseason
 - The postseason tournament will be single elimination. Teams will play best of 2 out of 3 sets. Each set consists of 25 points (a team needs to win by two points if the game is tied at 24. There is no maximum point during tournament play. If a third game is played, it will consist of 15 points (must be by 2) or first to 20 points max. Whoever wins the best two out of three sets wins the match. Each team is allowed two 30-second time-outs per set. Teams must have 6 players to compete in playoffs, or it's a forfeit (no exceptions)
 - Additional Tournament Rules
 - Players must have been added to the roster before the week 3 game to participate in the tournament.
 - Teams must have 6 players to compete in tournament matches.
 - Standings are to be determined by the following
 - Match Results / Standings
 - Head-to-head matches
 - Set differential. IE, the Difference between the number of matches won to lost.
 - Coin Flip

Automatic Side Outs & Serving Limits:

- All Divisions: The server will continue to serve until their serve is broken.
- Serving: Play/rally begins with a serve by the serving team. Players may serve underhand or overhand at all levels.
 - 11U Division – Players may serve up to five feet in front of the end line.
 - 13U Division – Players may serve two feet in front of the end line.
 - 15U Division – Players may serve anywhere behind the end line. Players may not cross over or touch the line during serving.
- There will be a 5-second max time limit to serve. Players must serve the ball within 5 seconds to keep the pace of play.

Substitutions and Rotations:

- Lineup Cards – All coaches must submit a written lineup card to the official before the start of each set if they are using substitutions.
- Coaches and assistant coaches will track opposing team substitutions.
- Any team not following proper rotation will result in an automatic side out for the opposing team.
- Coaches must make the officials aware of illegal rotation during the match.
- Lineup cards will be available at game sites. The lineup is to remain with the official. However, Coaches can request to copy down opposing teams from the official.
- Rotation of players' 11U–15U: Coaches have the option to rotate players into the center back position or request substitutions.
- Coaches must inform the official at the start of the match if they are going to utilize substitutions and must use substitutions throughout the entire set.
- Coaches may change the substitution lineup for each set.
- Subs may be made at any time before the serve.
- Coaches must signal the official before subbing, and the player must wait for the official to recognize them in the game before entering the court.
- When subbing, each player may only sub for one specific player. For example, player A may only sub for player B and vice versa.
- Coaches must make substitutions quickly to avoid game delays.

Libero:

- Libero – 13U and 15U teams **ONLY** may use Libero for games. One Libero per team allowed.
- A Libero is a back row specialist. Libero may only serve once and can go in for any back row player.
- No Libero allowed in 11U.

Attacking/Spiking/Blocking:

- Attacking, spiking, and blocking are allowed in all age levels; however, it is illegal to attack or block a serve. Blocking does not count as the team's first contact.

Violations:

- Net fouls: Will be called on all age levels. Illegal hits: Two-hand open/palm hits (underhand or overhand) or throwing hits will be called on all age levels. One hand is legal as long as the ball does not come to a rest.
- Divisions 11U: Illegal hits will be called more liberally.
- Divisions 13U & 15U: Illegal hits will be called with underhand pass (hands together) and overhand sets (brief contacts with finger pads).
- Use of disconcerting acts or words when an opponent is about to play the ball. Yelling or chanting is not allowed during the serve.
- Disrespectfully addressing a referee or site staff.
- Questioning or trying to influence a referee's decision, or showing disgust with the decisions
- Using profane or insulting language or gestures and/or taunting anyone involved in the contest.
- Referees will use a Yellow Card as a warning and a Red Card for an ejection.
- Obstructions: Any ball touching an obstruction (basketball hoop, poles of the net, antennae, ceiling, etc.) of the opponent's side is considered out-of-bounds. Any ball touching the ceiling on your playing side is considered playable. A ball that touches the net but continues to the opponent's side is permitted.

Timeouts:

- Two timeouts for the 1st two sets. Time outs are 30 seconds.
- No timeouts in the 3rd set.

Injuries:

- Officials will stop play for 30 seconds. Player will be subbed or return to game. Timeouts are allowed for more time.
- Defensive players must stand five (5) yards away from the ball until the ball is touched and travels in a forward motion.

Sidelines:

- Bench players must be off of the court and seated. (If chairs available)
- Coaches stay behind the 10ft line.
- Coaches are responsible for controlling their sidelines.
- Officials will communicate with the Coaches only.

Coaches and Spectator Conduct/Responsibilities

- Family members, parents, and spectators are required to observe the contest from designated areas.

- Participants, coaches, parents, and family members must conduct themselves appropriately during gameplay.
- Participants, coaches, parents, and family members will refrain from the use of drugs, tobacco, and alcohol at all NYS facilities. Any use of these items will result in immediate removal from the field.
- Artificial noisemakers, such as, but not limited to, air horns, cowbells, drums, megaphones, car horns, etc., shall not be allowed. Electronic devices used to communicate between the Players and Coaches is not allowed.
- Inappropriate, rude, or confrontational behavior by a coach, player, or spectator may lead to disqualification from the game and possible suspension. These decisions are made at the sole discretion of the NYS League Officials.

RULES SUBJECT TO CHANGE WITHOUT NOTICE