

SECTION VIII

GIRLS' MODIFIED PROGRAM RULES – VOLLEYBALL 2022/2023

All applicable New York State Public High School Athletic Association regulations will apply to this sport.

The maximum number of sets an athlete can play in the match is 3 sets.

Rosters A and B both should be of equal ability.

One roster plays the 1st and 3rd set while the other roster plays the 2nd and 4th set.

The 5th set is any combination of players from A & B Rosters.

Section VIII Rule Modifications:

1. The net height shall be 7'.
2. A team roster (Team A and Team B) with all players' names and numbers must be on the score table 10 minutes before the start of the match. The coach must sign the Roster.
3. Pre-match warm-up time: After the Reading of the Sportsmanship card to **BOTH TEAMS**, the R1 will call team reps and conduct the coin toss to determine who will serve the first two sets. The official warm-up period is 6 minutes per team, for a total of 12 minutes. The visiting team has the first 6 minutes.
4. All matches shall consist of five sets of equal rosters.
5. Teams will remain on the same side during sets 1 and 2. Team A will serve first for the first two sets and Team B will serve the next two sets.
6. In the fifth set, if the match is tied at 2-2 (Deciding Set), the team reps will report to the R2 for the coin toss. The winner chooses to serve, receive or side. Once the sides are determined, teams will not switch during the final set. (If either team is up 3-1 or 4-0 after four sets no coin toss is necessary). The trailing team serves first and the teams stay on the same side of the court they were on for sets 3 and 4.
7. The number of points in each set shall be 20 points with a **25 point cap in all sets**.
8. A Team must win by 2 points (except for sets tied 24-24 in which case the next point wins).
9. The server is permitted two tosses on each serve of each turn as long as the first attempt was a bad toss. The first attempt must drop directly to the floor. Using a toss to stall for time is not permitted, and a player may not have a re-toss as part of his or her routine. A second toss is only allowed after a bad toss.
10. Mixed uniforms are allowed and numbers must be on the front and back of the uniforms.
11. If using a libero player, a libero tracker needs to be provided by the school using the libero.
12. The server has 5 seconds to contact the ball for service.
13. Players can serve off their hand.
14. Three-minutes between sets.
15. Time out is 75 seconds.
16. No standing in front or behind the team bench.