

SECTION VIII BOYS MODIFIED PROGRAM RULES - VOLLEYBALL – 2023

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

1. Team Rosters –Teams should consist of: A Roster & B Roster Both rosters should be of equal ability.
2. One Roster plays the 1st & 3rd set while the other roster plays the 2nd & 4th set. The 5th set is any combination of players. The maximum # of sets an athlete can play is 3 sets.
3. Teams will remain on the same side for sets 1 & 2 and switch sides for sets 3 & 4. Team A will serve the first two sets and Team B will serve the next two sets. For the 5th set, ONLY if the match is tied at 2-2, the Team Rep will report to the R2 for a coin flip. The winner can choose to serve, receive or side. Once the team's sides are determined, the Teams will not switch sides during the 5th set.
4. If either team is up 3 – 1 or 4-0 after the 4th set, DO NOT HOLD a coin flip. Ask the losing team coach if s/he would like to serve 1st. In set 5 teams remain on the same sides of the court they were on for sets 3 & 4.
5. The number of points in each set is 20 points with a 25 point cap in all sets. The team must win by 2 points except when score is 24 to 24 in which case the next point wins the set.
6. A server is permitted two tosses on each service attempt 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 routine. A second toss is only allowed after a bad toss. A player may not serve off his hand.
7. Mixed uniforms are allowed.
8. The net height shall be 7' 4 1/8".
9. Only 1 Libero.
10. You MUST read the Sportsmanship card to both teams before the start of the match.
11. Timeouts are 60 seconds.