

### Section VIII Boys' Modified Volleyball Rules 2015

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

#### Match Conditions

1. A minimum of two nights rest between contests. Contests may be played with only one night's rest three times per season for rescheduling purposes. A team may never play three days in a row.
2. The maximum number of contests in Section VIII is 11.
3. Eight practices are required before the first scrimmage.
4. Ten practices are required before the first interschool contest.
5. Two scrimmages are permitted.

#### Team Rosters

Teams should consist of:

- A Roster and B Roster.
- Both rosters should be of equal ability.
- One roster plays the 1st and 3<sup>rd</sup> set, while the other roster plays 2<sup>nd</sup> and 4th set. The 5th set is any combination.
- 18 substitutions are allowed.
- The maximum number of sets an athlete can play in is 3 sets.

#### Match Rules

1. The minimum net height shall be 7' 4 1/8".
2. Antennas are required.
3. The front and sides of the official's stand must be padded up to 5' 6". Metal cables from the net to the posts should also be protected. Foam rubber or slit rubber tubing may be improvised.
4. A visible scoring device is part of the required equipment, and must be in a position visible to both teams.
5. Although a combination of colors is now permitted for a volleyball, we are requesting that the official volleyball for modified remain the 18-panel white leather or white synthetic leather ball.
6. Each player must have visible numbers on the front and back of the uniform.
7. All teams are to supply and lines people:
  - A. Scorers: One from each school. Please see that your scorer is familiar with the use of the official volleyball score sheets.
  - B. Line Judges: One from each school. Line judges are to stand in the left back corner of the opponent's court. They do not move after each set. They are to be familiar with hand signals and their duties.  
The referee will time between matches. Time-outs are one minute.
8. A team roster (Team A and Team B) with all players' names and numbers must be on the official table 10 minutes before the start of the match. The coach must sign this.
9. Volleyball line-up sheets must be carefully filled out and submitted 3 minutes before the start of set 1 and 30 seconds before the start of sets 2, 3, 4 and 5. (And 1 minute to end of timed warm-up to change line-up.)
10. Pre-match warm-up is the timed 6 and 6. This will include serving. The official warm-up period after the captain's meeting is 6 minutes per team. It is a courtesy (not mandatory) to warn the coach when they have 2 minutes left, so their players can serve. The visiting team has the first 6 minutes.
11. All matches shall consist of five sets and there must be equal rosters.
12. 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.
13. For the fifth set, if the match is tied at 2-2, the captains will report to the R2 for a coin flip. The winner of the coin flip can choose to serve, receive, or side. Once the teams' sides are determined, they will not switch sides when one team reaches 10. (If either team is up 3-1 or 4-0 after four sets, do not hold a coin flip- just ask the coach of the team that's trailing if s/he would like to serve, and if they do, have the teams stay on the same side of the court they were on for sets 3 and 4).
14. Rally scoring will be utilized.
15. The number of points in each set shall be 20 points with a 25 point cap in all sets.
16. The winning team must win by 2 points (except for sets tied 24-24, in which case the next point wins).
17. The server must serve the ball with his feet behind the service line (end line). Stepping on or over the line is a foot fault resulting in the loss of serve and a point for the opposing team. Officials CANNOT waive this rule. Section VIII will NOT move the service line up one meter.
18. A server is permitted two tosses on each serve of each turn at service 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. If that player's team wins the point, the same thing holds true: they are again allowed one bad toss for that (and any subsequent) attempt.
19. The server must contact the ball within 5 seconds after the official's whistle.
20. Players cannot serve the ball off their hand.
21. The libero player is allowed and may serve in one permission.
22. If using a libero player, a libero tracker needs to be provided by the school using the libero.
23. The pursuit rule is not used.
24. Eighteen substitutions are allowed.
25. Mixed uniforms are allowed but numbers must be on the front and back of the uniform.
26. No jewelry is permitted, even post earrings. No taping or earrings is permitted. Gum chewing is discouraged.
27. The wearing of unusual equipment or religious articles, require a letter from the state.
28. Coaches can speak to the officials, but may not argue judgment calls. Officials will not tolerate unsportsmanlike behavior by players or coaches. There should be someone assigned to crowd control from the school other than the coach. The Section VIII "Spectator Code of Conduct" should be posted in schools and enforced. The unsportsmanlike conduct forms found in the Section VIII directory are also applicable to modified athletics.
29. At the modified level, the captain and/or coach can request from the referee time-outs, subs, and clarifications of calls. At the modified level, requests for clarifications regarding calls are part of the learning process, and if politely addressed, may be honored by the officials.
30. In an attempt to encourage well-played volleyball at the modified level, and not to discourage the use of the set for fear of being called for illegal hits, an interpretation or a legal hit should be discussed with both coaches and the official before a match starts. Referees will tend to be more lenient at this level.
31. In an attempt to encourage sportsmanship, please begin and/or end the match with handshakes along the center line.

#### Scrimmages:

Must include one or more of the following:

1. Each server shall serve 3-5 consecutive serves regardless if the point was scored before the other team would get the ball (rotate).
2. Sets would start at point 4 and end at point 25, or a set may be timed with no point cap.

