

COVID Protocols for 2021-2022 - Mask MUST be worn at all times.

Teams WILL NOT switch sides/benches between sets. Teams will stay on the same side throughout the match, unless there is an overhead object or other impediment on one side of the court. Benches MUST be sanitized if switching and determined prior to start of the match.

SECTION VIII

GIRLS MODIFIED PROGRAM RULES – VOLLEYBALL

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 is 3 sets

A Roster and B Roster

Both rosters 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.

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 official table 10 minutes before the start of the match. The coach must sign this.
3. Pre-match warm-up time: The official warm-up period after the captain's meeting is 6 minutes per team. The visiting team has the first 6 minutes.
4. All matches shall consist of five sets and there must be equal rosters.
5. Teams will remain on the same side during games 1 and 2. Team A will serve first for the first two games and Team B will serve the next two games.
6. 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 or receive. Once the teams' sides are determined, they will not switch sides during the set. (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)
7. The number of points in each set shall be 20 points with a 25 point cap in all sets.
8. The winning team must win by 2 points (except for sets tied 24-24, in which case the next point wins).
9. 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 or her 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.
10. Mixed uniforms are allowed but numbers must be on the front and back of the uniform.