

ADAL Girls Volleyball Rules (as of Sept 2025)

All ADAL volleyball games shall be governed by the current National Federation High School Volleyball Rules. Any exception to these rules is covered below.

ADAL ALL SPORTS MASTER RULES are included as an addendum to these rules.

PLAYING AREA AND EQUIPMENT

1. Height of the net will be 7'4".
2. The serving area for 7th and 8th grade players shall be a minimum of 4 feet away from the back wall or other such type of obstruction. In the event such a space is not available, the serving area shall extend into the court to whatever distance is necessary to the minimum depth and be so marked on the court.
3. 6th grade players will be allowed to serve from a line 6 feet in from the baseline and are allowed to serve either underhand or overhand.
4. 6th grade players will use "Volley Lites".
5. A ball striking the ceiling or an overhead obstruction above the court lines shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net that is occupied by the team that last played the ball. The same team then legally plays the ball next.

GAME RULES

1. The home team is responsible for providing 1 official and 2 lines people for each game. If not provided, the visiting team may choose to take a forfeit.
2. A minimum of 5 players are needed to play a match. In such a case, the team must skip serve at every 6th turn.
3. Both teams will have a total time of 5 minutes to warm up.
4. Players may enter the game a maximum of 3 times (starting the game counts as an entry), always in the same position in relation to serving order. Any number of players may enter the game in each position.

5. Scoring will be “rally scoring” with best of 3 games. The first 2 games will be played to 25 points. The 3rd game will be played to 15 points. All games must be won by 2 points.
6. 2 timeouts per set. All timeouts will be 1 minute. No carryover timeouts.
7. Before the beginning of the 3rd game, either coach may request to the referee to change sides after 8 points. If neither coach makes this request, there will be no side change during the game.
8. The ball is to be serviced within 5 seconds after the referee authorizes it. The first violation will result in a warning. The second violation will result in a point being awarded to the serving team.
9. No cheering allowed during the serve. The first violation will result in a warning. The second violation will result in a point being awarded to the serving team.
10. No server may score more than 6 points in a row. Team will rotate to the next server.
11. No libero position player is allowed.
12. The serve must be received with a set or a forearm pass.
13. A re-serve will be called when the server releases the ball for service and then either catches or drops the ball. The referee will cancel the serve and direct a second and last serve attempt. The server is allowed a new 5 seconds for the re-serve. No additional re-serves are allowed during the server’s turn. During a re-serve, no requests (i.e. timeouts, substitutions, service order, lineup situation, etc.) will be recognized until after the ball has been served.

ADAL All Sports Master Rules apply.