



Volleyball Rules

Revised Oct 2023.

Volleyball rules for the Jeffco League are governed by NFHS Volleyball Rules.

Jeffco League observes the following exceptions to NFHS Volleyball Rules:

1. DIVISIONS: Two grade-level divisions are offered; 6th/7th Grades and 8th Grade. 8th grade students may only play on 8th grade teams.
2. CO-ED: Jeffco League Volleyball is a co-ed league.
3. UNIFORMS: Uniform tops are required to be like-colored. Jersey numbers are not required. Jeans are not allowed.
4. MATCH FORMAT:
 - a) Regular season matches consist of four sets to 25. For schools competing with two teams in one division, both home teams will play both guest teams twice, totaling four sets.
 - b) Sets are capped at 27. If one court is used for a four team match, sets may be shortened at host discretion.
 - c) One time-out (1 minute) per set.
 - d) Two minutes between sets. Teams do not switch sides.
5. MINIMUM NUMBER OF PLAYERS: 4-players minimum on the court, or forfeit.
6. MIDDLE-BACK PLAYER SUBSTITUTIONS: After each side-out (including first serve-receive) all player positions rotate clockwise. For the middle-back substitution format, the player in position 1 (right-back, server position) rotates to the end of the bench while the first player off the bench rotates into position 6 (middle-back). The player in position 2 (front-right) rotates to serve.
7. LINE-UPS DON'T RESET BETWEEN SETS: Before a set begins, players are returned to the same rotation as they were at the end of the previous set.
8. SERVING EXCEPTIONS:
 - a) A maximum of five consecutive serves is allowed. After five serves in a row, the ball is returned to the receiving team. The receiving team rotates and serves next, but does not receive a point for this form of side-out.
 - b) Underhand servers are permitted to step into the court up to five feet from the end line.
 - c) Overhand servers are required to serve legally but are allowed one foot fault. Official may offer a verbal warning after the first foot fault.

Notes and Reminders

1. HOME TEAM AND FACILITY
 - a) Home teams are required to mark the court with tape, 5-foot into the court from both end lines for underhand servers.
 - b) Home teams are required to provide a referee and a scoreboard operator. Referee minimum age of 16.
 - c) Home teams are required to provide match balls.
 - d) Both Home and Away teams are required to provide one line judge each, for each set. (Adult preferred.)
 - e) Home teams are required to report set and match results.

2. PLAYER / ACTION REMINDERS

- a) Jewelry shall be removed, except small secured jewelry (stud or post) worn above the chin. This applies to players during warm-ups or competition.
- b) Teams do not switch sides between sets, unless one side of the court provides a distinct advantage in the opinion of the official.
- c) Players may only play for one team.
- d) Bench players remain seated during play. One coach may stand (at least 6 feet off the court).
- e) Servers may catch or allow the ball to drop, once per term of service.
- f) A serve may not be attacked, while the ball is entirely over the top of the net.
- g) Back row players may not attack the ball, while the ball is entirely over the top of the net.
- h) Legal contact is a touch of a ball by any part of a player's body which does not allow the ball to come to rest or involve prolonged contact.
- i) Blocking is encouraged. A touch off the block does not count as one of the team's three legal contacts.
- j) A body part touching the floor completely across the center line, is a center line violation. If the body part remains on or above the center line, a violation does not occur.
- k) A ball striking the ceiling (or overhead obstruction) shall remain in play provided the ball contacts the ceiling on the side of the net of the team that last played the ball, and the ball is legally played next by the same team.

Player Conduct

1. Good sportsmanship toward opponents, referees, spectators and staff is required at all times. All players and parents must sign the JeffCo League Agreement before playing. All players and coaches are expected to help maintain a family-friendly atmosphere. Prohibited behavior includes, but is not limited to:
 - a. Shoving, striking, or threatening a league official, referee, player, or spectator.
 - b. Refusal to abide by the referee's and/or league official's decision
 - c. Use of foul or abusive language or gestures
 - d. Participating while under the influence of alcohol or drugs
2. Yellow/Red Cards
 - a. Yellow Card (1st offense)- removal from the remainder of the game.
 - b. Red Card (2nd offense)- ejection from the match. Opposing team is awarded a point and side out. All yellow and red cards must be reported to the agency coordinator within 24 hours.
 - c. If the same player/coach receives two yellow cards in one game or season, that player/coach will be ejected from the match and suspended for their teams next scheduled match.
 - d. Additional sanctions may be added at the discretion of the league disciplinary committee.
3. Teams are responsible for cleaning the bench area after games. All substitutes must remain in the bench area during the game.