

Girls Volleyball Rules
Denver Metro League
2024

1. Game Rules
 - a. The CHSAA high school volleyball rules will be used as a guideline for the league unless noted in the following modifications.
2. Warm-up
 - a. Each team will be allowed up to a 4 minute full court warm-up, with the home team going first.
 - b. Teams will be allowed 2 minutes for transition between games.
3. Equipment and uniforms
 - a. All players must wear knee pads.
 - b. Equipment for warm-up should be provided by each individual team**
 - c. Official game balls must be used. Volley-Lite Official balls will be accepted.
 - d. The Net height will be set at 7 feet 4 inches.
4. Scoring
 - a. Rally scoring will be used in the best 2 out of 3 games.
 - b. Games 1 and 2 will score to 25 points, game 3 will only score to 15 points**
 - d. To win a team must win by 2 points.
5. Players
 - a. Ineligible players may sit with the team on the benches, but must be designated from the beginning of the match with the scorekeeper and not in full uniform.
 - b. Full and complete Rosters must be submitted to the score table prior to the start of the start of the match up.
6. Other
 - a. Serves with a poor toss, must fall to the ground in order to not be penalized. If the toss is caught before hitting the group they are penalized with loss of serve and the possession goes to the opposing team.
 - b. Host schools are to supply the official scorer and two line judges.
 - c. The coach or DML AD of the home team must report their own scores on the website. If issues arise an email/text Kevin Street. Please, make sure to include the game scores. Failure to do so may result in a forfeit for the home team regardless of the played game outcome.
7. Playoff tournament:
 - a. Teams will be placed into a seeded single-elimination tournament bracket.
 - b. Higher seeded teams will have home court advantage unless the higher seeded team does not have a home court location for games.
 - C. Tie-breaker for seeding is as follows:
 1. Winning percentage
 2. Head to Head Record

3. Sets won differential
4. Coin flip

d. Any dispute or question over rules and regulations occurring during the game time, or after the tournament, will be referred to the home school league representative and then to the League Commissioner.