

2009-10 Section VIII - Girls' Modified Program Rules - Volleyball

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

Game Conditions:

1. Two nights of rest between contests. Contests may be played with only one night's rest to 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 allowed.

Game Rules:

1. The minimum net height shall be seven (7) feet for girls.
2. Rally scoring in a five (5) game match shall be utilized at the modified level.
3. The number of points in each game of the modified match shall be 20 points.
4. The winning team must win by 2 points.
5. Two tosses will be permitted per turn of service as long as the first attempt was a bad toss.
6. All matches shall consist of five games
7. The let serve shall be used.
8. The Libero player shall NOT be used.
9. Coaches can speak to the officials but may not argue judgment calls.
10. Mixed uniforms are allowed at this level. Visible numbers must be on the front and back of the uniform.
11. Teams will stay on the same side for the first two games, then switch. The same side will always serve first in the first four games.
12. In the 5th game, teams will remain on the same side.
13. Official warm-up period is 6 minutes per team which includes serving.
14. A white ball or ball that will be uniform and light in color, or a combination of colors; at least one-third of the surface must be white or light.
15. Unusual player's equipment requires a letter from the state.
16. Visible scoring device is part of the required equipment and must be in a position visible to both teams.
17. All teams are to supply scorers and line judges.
18. Volleyball line-up sheets must be carefully filled out and submitted prior to game one and 30 seconds prior to the start of games 2, 3, 4, and 5.
19. Officials will not tolerate unsportsmanship like behavior by players and coaches.
20. No jewelry is permitted.
21. Antennas are a required part of the equipment at the modified level.
22. Volleyball stanchions and the front and sides of the official's stand must be padded up to 5'6".
23. Players can serve off their hand.
24. Eighteen substitutions are allowed.

TEAM ROSTERS

Teams should consist of:

- An A Roster and a B Roster
- They should be of equal ability
- One roster plays 1st and 3rd game, while the other roster plays 2nd and 4th game.
The 5th game is any combination.
- The maximum number of games an athlete can play is 3 games