

CrossTown Middle School League

Volleyball Guidelines

2025 - 2026

The league will follow the official rules of the National Federation of State High School Associations and the Washington Interscholastic Activities Association unless otherwise specified in this document.

Special League Rules or Clarifications:

1. No official rulebook is required. Coaches are on the honor system with substitutions. There needs to be five (5) rotations before the same player serves again, otherwise the coach may freely substitute.
2. A libero is allowed for all teams. No official libero tracker is necessary. The libero must serve in the same place each time; there needs to be six rotations before the libero can serve again. However, the libero is not required to serve. The libero must leave the game for the duration of one point before returning to the court. The libero may only replace back row players. The libero must wear a different colored jersey than her teammates and there is only one libero allowed per game. Please refer to the NFHS rules for further clarification.
3. After a player has scored on five (5) consecutive serves, the serving team must rotate one position to allow another player to serve.
4. Standards and volleyball bases must have padding. All exposed metal must be padded. The net height is 7'4 1/8".
5. In Division I, no foot faults are allowed. In all other Divisions, reasonable foot faults are acceptable (one step over or within six feet of the end line). If you are playing mixed divisions (i.e. a Division 2 team versus a Division 1 team), an agreement of coaches and the official must be made regarding foot faults prior to the start of the match.

Pre-Match Warm-Up:

Each team will be provided five (5) minutes to warm-up on the game prior to playing. The home team shall have the first five (5) minutes and then the visitors have their five (5) minutes, then each team will share the floor for two (2) minutes of serving. Prior to the 5-5-2, the court is shared by both teams.

Match Rules:

1. Each league match will be three (3) out of three (3) games.
 - a. If a team is up 2-0, and time permits the two coaches are encouraged to play game 3.
 - b. Game 3 is encouraged to increase the playing time and touches for all players.
2. **All three** games will be played with rally scoring to 25 points (a point is awarded after every rally).

3. If one team wins the first two (2) games, the other team automatically gets to choose serve or side for the third game.
4. Each game must be won by two points, no cap.
5. There are two timeouts per team per game. Timeouts are one minute in length.
6. Only the designated floor captain can address the officials. Coaches, fans, and players should be courteous and respectful to the officials and to the opposing team.

NOTE: The foot fault allowance is meant for lower level players, not more skilled players. Players utilizing the foot fault allowance may not use an overhand serve. If players ace consecutive serves, they should move behind the service line.