

FIYA VOLLEYBALL RULES

As of September 1, 2023

In general, FIYA Volleyball rules consist of what is stated herein along with the provisions in the FIYA Regulation Manual which can be found on the FIYA website. In addition, FIYA Volleyball adopts the rules set forth by the National Federation of State High School Associations (NFHS). In other words, where FIYA Volleyball Rules contained herein and/or the FIYA Regulation Manual are silent, the default is whatever NFHS states shall govern a FIYA volleyball match.

Ball: FIYA recommends that a Tachikara ball is used for its matches. Division 1 should use a ball with a circumference between 25.6 and 26.4 inches and a weight between 9.1 and 9.8 ounces. Division 2 and Division 3 should use a lite ball that has a circumference between 25.6 and 26.4 inches and a weight between 7 and 8 ounces.

Change of Sides: After each set, the teams automatically change sides with the exception of the third set. If there is a third set, there is another coin toss so depending on the outcome of the third set coin toss determines whether the teams change sides.

Coin Toss: Before the match, the referee carries out a toss to determine the first service and the sides of the court in the first set. After the first set, the teams switch sides and the team that did not have first service in the first set will have first service in the second set. If a third set is needed, another coin toss will be used. The winner of the coin toss chooses either (A) the right to serve or to receive service OR (B) the side of the court. The loser of the coin toss takes the remaining choice.

Divisions: Division 1 is the most competitive division and consists of players in grades 8 and below. Division 2 is a development division and consists of players in grades 6 and below. Division 3 is an introductory division and consists of players in grades 4 and below.

Equipment: For game matches, each team should bring their own warm up balls and one competition game ball in accordance with Ball requirements set forth herein. In addition, each team should ensure that it has a contrasting jersey if it plans to use a libero. Lastly, coaches should bring a Starting Lineup document (see Exhibit B) and a first aid kit.

FIYA Scoresheet: See Exhibit A to the FIYA Volleyball Rules.

In/Out: The boundary lines for volleyball are considered part of the court. Consequently, a ball that hits any part of the boundary line is IN. A ball must be completely outside the boundary to be considered OUT.

Libero: A libero is a back row player who is a defensive specialist. A libero is allowed and shall wear a uniform top that is in clear contrast to and distinct from the other members of the team. A libero is not a starter but a replacement or substitute. Only one libero may be designated per set. The libero shall be designated on the lineup sheet prior to each set. Libero substitutions do not count against the team maximum of 18 substitutions and libero substitutions do NOT occur at the 10 foot line.

However, a player who is subbed out for a libero must replace the libero (this usually occurs when the libero is scheduled to rotate to the front row). A libero can immediately sub for another backrow player without sitting out a minimum of one service point but only if the libero is replacing the player moving into the serving position (Position I). Lastly, a libero can serve but can only serve in the same position of the serving order.

A libero shall not

- Complete an attack from anywhere if, at the moment of contact, the ball is entirely above the height of the net;
- Set the ball using overhand finger action while on or in front of the attack line extended, resulting in a completed attack above the height of the net;
- Block or attempt to block; and
- Rotate to the front row.

Net Height: Division 1 Girls/Boys/Coed is 7'4". Division 2 Girls/Boys/Coed is 7'0". Division 3 Girls/Boys/Coed is 6'8".

Positions & Rotation: The court is broken into six positions. From the viewing perspective of standing on the service line and facing the net, there are three front row positions and there are three back row positions. From left to right, the front row positions are numbered IV, III and II. From left to right, the back row positions are numbered V, VI and I. The position numbers never change, however, the players rotate through the various positions throughout the set and must be at their correct position prior to each service made. See Diagram below (note that the listed #s represent hypothetical players with such jersey number):

NET		
IV #60	III #50	II #40
V #30	VI #20	I #10
SERVING LINE		

Position I is the serving position. Rotations occur in a clockwise formation which means the player who finished serving in Position 1 rotates in a clockwise position to Position VI. The diagram below is after the first rotation and #40 is now the server:

NET		
IV #30	III #60	II #50
V #20	VI #10	I #40
SERVING LINE		

Positional/Rotational Faults: A rotational fault is committed when the service of the ball is not made according to the rotational order. This is a fault against the serving team. For example, in the diagram above, #50 serves instead of #40.

A positional fault is committed when ANY player is not in her/his correct position at the moment the ball is hit by the server. This fault can be against either the serving team or the receiving team. For example of a positional fault against the serving team in the diagram above, when #40 serves and #60 is in position IV and #30 is in position III at the time #40 contacts the ball for serve. In order to avoid a positional fault, players #60 and #30 must change positions AFTER the ball is contacted for serve. The same concept applies to the receiving team.

When either a rotational fault or a positional fault occurs, the opponent gets the point and control of service. The offending team must also correct its rotational order or positional order before play resumes.

Scoring: Rally scoring shall be used. The winner of the match is the team that wins two (2) sets.

For Division 1 – the first two sets will be won by the team that first scores 25 points with a minimum 2-point advantage (no scoring cap). The third set, if needed, will be won by the team that first scores 15 points with a minimum 2-point advantage (no scoring cap).

For Division 2 and 3 - the first two sets will be won by the team that first scores 25 points with a minimum 2-point advantage. However, the scoring cap is 30. The third set, if needed, will be won by the team that first scores 15 points with a minimum 2-point advantage. However, the scoring cap is 20.

Serving: The standard service rules (NFHS) shall be applied to all Division 1 and Division 2 matches. However, for Division 3 only, the first service may occur at the 10-foot line and must be an underhand serve only. If the first service is successful, the second service may occur halfway between the 10-foot line and the service line and must be an underhand serve only. If the second service is successful, all remaining subsequent serves shall occur at the service line and may be overhand.

Starting Lineup: The coach of each team shall submit a FIYA Starting Lineup document (see Exhibit B) to the score table prior to each set. Team must start the match with six (6) players but can continue with less than six due to injury or disqualification. In such case, there is a vacant position and team will automatically lose the point when the vacant position is to serve.

Substitutions: The substitution rules listed below are applicable to all Division 1 and Division 2 matches.

Since Division 3 is an introductory level, a Division 3 team may elect to use the Mandatory Rotational Substitution as an alternative to the substitution rules below. The Mandatory Rotational Substitution is when a team declares that it will play ALL of its players in a set. After each side out, the team substitutes a certain position throughout the match. Or in other words, when a team wins a side out or a defensive point, a player is substituted out of a certain position for a player from the bench. After each subsequent side out throughout the set, this same position substitutes a player from the bench to fill in. The player coming out of the game goes to the end of the bench and may re-enter the set when he/she is first in line on the bench. Any Division 3 team that does not utilize the Mandatory Rotational Substitution must abide by the substitution rules herein.

Each team is allowed 18 substitutions per set (excluding the libero). All substitutions must occur at the 10-foot line and with the acknowledgement of the match referee. Teams are NOT allowed to conduct substitutions during timeouts on the team bench.

Any player (except the libero) can sub in for anyone in the match, but once they have subbed in or out for a player at a certain position, they can only sub in again for that same player at the same position for the rest of the set. For example, if #7 comes off the bench to replace #1, the only way #1 can get back in the match is to replace #7 at her/his original position. Otherwise, #1 would be penalized as an illegal substitute. Similarly, if #7 has already been in the game and subbed out by #1, the only way for #7 to legally re-enter is for #1.

The most players that can play in one position during a set is three. For example, #1 is in position V and #1 is subbed out for #2. If #1 comes back into the match for this set, it must be for #2. If another bench player - #3 – has not entered the game, #3 may sub in for either #1 or #2. Now all three players are intertwined, and this is the maximum for that position. That is, another bench player (#4) cannot enter for the position occupied by #1/#2/#3 but must come in for a different player/position.

Team Roster: For schools with multiple teams in the same division, each team roster must be kept separate and distinct. For Coed, there must always be at least two players from a gender on the court. For Boys, only boys are allowed and for girls, only girls are allowed. The total number of players on a roster is unlimited although 12 is recommended. Again, you need 6 players to start a match.

Timeouts: Each team is allowed two (2) timeouts per set.

Uniforms: All players except for the libero shall wear the same-colored jerseys with numbers on the jersey. It is HIGHLY RECOMMENDED that the numbers be listed on the front and the back of the jerseys to assist with game management. The libero shall wear a contrasting jersey color from the players on the team.

Warm-up: As time at facilities are limited, warm-up on the court shall NOT exceed 10 minutes. Teams should be prepared to share the court during warm-up.

Exhibits to this document can be found on the pages below as follows:

Exhibit A

FIYA Volleyball Scoresheet

Exhibit B

FIYA Starting Lineup



Foundation For Interscholastic Youth Athletics

Net Height for all D-1: 7'4", for all D-2 : 7', for all D-3: 6'8". D-1 Coed MUST have two of each gender on court. Match is best 2 of 3 sets, first two to 25, third to 15. Win by 2 with no cap for D-1, cap at 30 & 20 for D-2. Two TOs per set. 18 subs per set. Sub may only return to same position for which he/she was substituted out in that set. Libero allowed. Team must start game with 6 players, can continue with less. Report winner to number below. Record ejections or other issues in game notes.

Date:	
Division:	
Location:	

Serving Order	Player Number				Team:	First Serve	Serving Order	Player Number				Team:								
I						Running Score		I												
						1	1													
						2	2													
II						3	3	II												
						4	4													
						5	5													
III						6	6	III												
						7	7													
						8	8													
IV						9	9	IV												
						10	10													
						11	11													
V						12	12	V												
						13	13													
						14	14													
VI						15	15	VI												
						16	16													
						17	17													
Subs:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
																			18	18
																			19	19
Final Score:						Time Outs		Final Score:												
						20	20													
						21	21													
GAME NOTES						22	22	GAME NOTES												
						23	23													
						24	24													
Final Score:						25	25	Final Score:												
						25	25													

TEXT NAME OF WINNING TEAM TO 310 795 9471

Set ____		Libero #:
Team:		
IV	III	II
V	VI	I



SERVICE

Set ____		Libero #:
Team:		
IV	III	II
V	VI	I



SERVICE

Set ____		Libero #:
Team:		
IV	III	II
V	VI	I



SERVICE

Note that the receiving team to start the set (or the non-serving team) will rotate after the side out. Therefore, coaches should fill out the starting lineup based on what player will serve first after the side out (this player should be written in Position I).