FIYA VOLLEYBALL RULES

As of September 1, 2026

FIYA volleyball shall be governed by (1) these FIYA Volleyball Rules, (2) the FIYA Regulation Manual, and (3) the rules of the National Federation of State High School Associations (NFHS). In the event of a conflict, these FIYA Volleyball Rules along with the FIYA Regulation Manual shall control over NFHS rules. Any matter not specifically addressed in these FIYA Volleyball Rules or the FIYA Regulation Manual shall be governed by the current NFHS Volleyball Rules Book and applicable NFHS Volleyball Case Book interpretations.

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: Teams will not automatically change sides between sets. Prior to the match, coaches and officials may determine that one side of the court provides a competitive advantage. If so, teams shall change sides after each set. If a third set is required, a coin toss shall determine (i) serve/receive and (ii) court side in accordance with NFHS procedures.

Coin Toss: Prior to the match, the referee shall conduct a coin toss. The winner chooses either (1) Serve/Receive or (2) Court Side. The loser receives the remaining choice. In Set 2, first service is awarded to the team that did not serve first in Set 1. If a third set is necessary, another coin toss shall be conducted.

Divisions: Division 1 is the most competitive division and consists of players primarily in grades 7 and 8. Division 2 is a development division and consists of players primarily in grades 5 and 6.. Division 3 is an introductory division and consists of players primarily in grades 3 and 4. See FIYA Regulation Manual Section 5.2 regarding age requirements and ability of athletes in lower grades to play in higher divisions.

Equipment: For game matches, each team should bring their own warm up balls and one competition game ball in accordance with the 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 maintain a first aid kit and all emergency medical information for each player on the team at all practices and games.

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 specialized back-row defensive player. Each team may designate up to two liberos per set. The libero(s) shall wear a uniform top that clearly contrasts with and is distinct from the uniforms of the other team members. The libero(s) shall be designated on the lineup sheet prior to each set.

Only one libero may be on the court at any time. Libero replacements do not count as substitutions and are not charged against the team's maximum of eighteen (18) substitutions. Libero replacements shall occur in the replacement zone between the attack line and the end line on the sideline nearest the team bench.

The player replaced by a libero must be the player who replaces that libero. Following that replacement, either designated libero may replace that player. After leaving the court, a libero shall not replace another player until one rally has been completed, except when replacing the player who has rotated into the serving position.

Each designated libero may serve in one position in the service order during a set. For example, Libero 1 serves for player #10 when player #10 rotates to Position 1 and Libero 2 serves for player #20 when player #20 rotates to Position 1. However, Libero 1 cannot also serve for Player #20 in the same set and Libero 2 cannot also serve for Player #10 in the same set.

A libero shall not:

- Complete an attack if, at the moment of contact, the ball is entirely above the height of the net;
- Use overhand finger action to set the ball while on or in front of the attack line extended if the subsequent attack is completed above the height of the net;
- Block or attempt to block; or
- Participate as a front-row player.

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 volleyball court is divided into six playing positions. When viewed from behind your team's serving line facing the net, there are three front-row positions and three back-row positions. See Diagram #1 below.

Diagram 1

NET

IV **(Left Front)** #60	**III** **(Middle Front)** #50	**II** **(Right Front)** #40
V **(Left Back)** #30	**VI** **(Middle Back)** #20	**I** **(Right Back - Server)** #10

SERVING LINE

The position numbers never change, but the players rotate through those positions during the set. At the moment the server contacts the ball, every player must be in the proper rotational order. After the ball is contacted for serve, players may move anywhere on the court, subject to normal front-row and back-row playing restrictions.

Position I is the serving position. When a team wins the right to serve from its opponent (a "side out"), all six players rotate one position clockwise. The player in Position II moves to Position I and becomes the next server. Diagram 2 below is after the first rotation and #40 is now the server:

Diagram 2

NET

IV **(Left Front)** #30	**III** **(Middle Front)** #60	**II** **(Right Front)** #50
V **(Left Back)** #20	**VI** **(Middle Back)** #10	**I** **(Right Back - Server)** #40

SERVING LINE

Positional/Rotational Faults: There are two common lineup violations: rotational faults and positional faults.

A rotational fault occurs when a player serves out of the established serving order. This is a fault against the serving team. For example, in the diagram 2 above, #50 serves instead of #40.

A positional fault occurs when any player is not in the proper relationship with his or her teammates at the instant the server contacts the ball. This can occur on either the serving team or the receiving team. For example, in the rotation shown in Diagram 2 above:

- Player #30 must be to the left of Player #60.
- Player #60 must be to the left of Player #50.
- Player #60 must also be in front of Player #10.
- Similar front/back and left/right relationships apply to all six players.

If, at the moment Player #40 contacts the ball for serve, Player #30 is standing between Players #60 and #50, or Player #50 is positioned to the left of Player #60, the serving team has committed a positional fault. Players are free to move to their preferred offensive or defensive positions immediately after the server contacts the ball.

When either a rotational fault or a positional fault is called:

- The opponent is awarded a point.
- The opponent is awarded the next serve (or continues serving if already serving).
- The offending team must correct its rotational order or court position 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 shall be won by the team that first scores twenty-five (25) points with a minimum two-point advantage. There shall be no scoring cap. If a third set is necessary, it shall be won by the team that first scores fifteen (15) points with a minimum two-point advantage. There shall be no scoring cap.

For Divisions 2 and 3 - The first two sets shall be won by the team that first scores twenty-five (25) points with a minimum two-point advantage. However, if the score reaches 29-29, the next point shall determine the winner of the set (30-point cap). If a third set is necessary, it shall be won by the team that first scores fifteen (15) points with a minimum two-point advantage. However, if the score reaches 19-19, the next point shall determine the winner of the set (20-point cap).

Serving: The standard NFHS serving rules shall apply to all Division 1 and Division 2 matches. For Division 3 only, a server may serve from one of three designated serving areas: (i) First

Serve Area – at the 10-foot attack line. Only an underhand serve is permitted; (ii) Second Serve Area – halfway between the 10-foot attack line and the end service line. Only an underhand serve is permitted; and (iii) Standard Serve Area – behind the end service line. Any legal NFHS serve is permitted.

A Division 3 player who gains the right to serve may begin serving from any of the three serving areas. A player is not required to begin in the First Serve Area or Second Serve Area. However, during a single service rotation, a player can only serve once in the First Serve Area and once in the Second Serve Area.

After a player successfully serves and continues serving, the player's next serve must be taken from a serving area farther from the net than the serving area used for the previous serve. A player may not move to a serving area closer to the net during the same service rotation. Once a team loses the right to serve, the next player who rotates into the serving position may again choose any of the three serving areas permitted by this rule.

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. Failure to submit a lineup prior to the set may result in delay sanctions. The 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 the 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.

Because Division 3 is an instructional division, a Division 3 team may elect to utilize the Mandatory Rotational Substitution System in lieu of the standard substitution rules. A team electing to utilize the Mandatory Rotational Substitution System shall declare its intent before the start of the set and shall make all eligible and available players available for participation in that set.

Prior to the start of the set, the coach shall designate one court position as the rotational substitution position. That position shall remain the rotational substitution position for the entire set.

Each time the team gains the right to serve, and before the next serve is authorized, the player occupying the designated rotational substitution position shall be replaced by the first player in the bench rotation. The player leaving the court shall move to the end of the bench rotation. Upon each subsequent side out, the player occupying the designated rotational substitution

position shall be replaced by the next player in the bench rotation. A player who has left the court may re-enter when he or she becomes the first player in the bench rotation.

No libero may be utilized while a team is utilizing the Mandatory Rotational Substitution System. A team may elect to utilize the Mandatory Rotational Substitution System for one set and the standard substitution rules for another set within the same match. Any set in which a team does not utilize the Mandatory Rotational Substitution System shall be governed by the standard substitution rules set forth herein.

Each team is allowed eighteen (18) substitutions per set, excluding libero replacements. All substitutions shall occur through the substitution zone and shall be recognized by the referee.

Any player, except a libero, may substitute for any player in the set. Once a substitute enters for another player, those two players become linked for the remainder of the set. A player who has left the set may re-enter only for the substitute who replaced that player, and a substitute who has left the set may re-enter only for the player whom the substitute originally replaced.

No more than three players may occupy the same position in the serving order during a set. Once three players have participated in the same position, no fourth player may enter that position during that set.

Team Roster: Schools that enter more than one team in the same division shall maintain separate and distinct rosters for each team. A player may be rostered on only one team within the same division. Coed teams shall have at least two (2) players of each gender on the court at all times. Boys divisions shall be limited to male players, and Girls divisions shall be limited to female players. There is no maximum roster size, although a roster of twelve (12) players is recommended. A team must have at least six (6) players present and eligible to participate in order to begin 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.

Exhibit A

FIYA Volleyball Scoresheet

Exhibit B

FIYA Starting Lineup