



## Recreational Highschool Girls Volleyball League

### 1. **Team Composition:**

- Teams consist of six players on the court, including a libero if one is utilized. Liberos are specialized defensive players who wear a different colored jersey and have specific rules regarding substitutions.
- Substitutions follow standard volleyball rules and can occur freely during dead ball situations.

### 2. **Match Format:**

- Matches are played as best-of-three sets.
- Sets are played to 25 points, with a team needing to win by at least two points.
- If a third set is necessary, it is played to 15 points, again with a two-point winning margin requirement.
- Teams switch sides after every set.
- End of session seeded single elimination tournament; this is for teams wanting to participate. Winner will receive a champions T-Shirt.
- No time-outs.

### 3. **Service:**

- Service is determined by a coin toss or other method before the match.
- The serve must be made from behind the end line and over the net into the opponent's court.
- Players must rotate positions on the court after their team wins the serve.

### 4. **Faults and Violations:**

- Faults include serving out of bounds, illegal hits (such as double hits or lifts), touching the net during play, and stepping on or over the centerline.
- Officials enforce rules regarding faults and violations and may award points or side-outs accordingly.
- Any coach or player ejected will have to sit out the following game.
- MOSC has the right to ban players or coaches if felt necessary.

### 5. **Officials:**

- Matches are officiated by certified referees who enforce the rules and make judgments on violations and faults.



- Line judges are not supplied. Each team must supply a line judge.
- Home team will supply a scorekeeper.

**6. Sportsmanship and Conduct:**

- Players, coaches, and spectators are expected to uphold good sportsmanship and respect for all participants and officials.
- Unsportsmanlike conduct, including verbal abuse, arguing with officials, or other disruptive behavior, may result in penalties or ejection from the game.

**7. Equipment:**

- Standard Highschool regulation ball size.
- Knee-pads must be worn.
- Standard Highschool net size. 7' 4"
- Must bring own ball for warm-up, game ball supplied.

**8. Safety:**

- OHSAA mandates safety protocols to minimize the risk of injuries, including proper warm-up routines, adequate equipment, and adherence to concussion protocols.

**9. Spectators:**

- Officials have the right to eject spectators if necessary.