

LOOMIS BASIN ATHLETIC LEAGUE

VOLLEYBALL RULES 2025-26

This document shall be available at the scorer's table for all L.B.A.L. events. It will be used to settle all questions pertaining to L.B.A.L. volleyball matches. National Federation of High Schools (NFHS) rules shall apply unless stated otherwise.

1. MAKE UP OF TEAMS

- A team of ten players is officially considered a full team.
- Students may play up a grade level only to fill a roster of ten players. No grade-level cuts shall have been made.
- Teams may play with fewer than six players if six are not available.
- Players who participate in a match are considered permanent players. It is illegal for a student to be an active player on both 7th and 8th grade teams.

2. MATCH FORMAT

- **8th Grade:** Best 2 out of 3 games. Games 1 & 2 to 25 points (no cap), win by two. Game 3 to 15 points (no cap), win by two.
- **7th Grade:** Always 3 games. Games 1 & 2 to 25 points (no cap), win by two. Game 3 to 15 points (no cap), win by two.
- Three minutes allowed between games.
- Teams are not required to switch sides in Game 3.

3. PRE-MATCH CONFERENCE

- Home team selects its bench upon entering the gym.
- Coin toss conducted before warm-ups.
- Visiting captain calls the toss; winner chooses serve/receive.
- Before Game 3, home team calls the toss.
- Warm-up time: 6 minutes each team, starting with home team. Officials will keep time.

4. MATCH START TIMES

- 8th Grade: 3:15 PM (3:30 PM at Franklin/ LBCS)
- 7th Grade: 12 minutes after completion of the first match
- Any changes must be approved by school principals.

5. SCORING

- Rally scoring.
- Win by 2 points in all games.
- No point cap.

6. LINE-UPS & ROSTERS

- Submitted in writing 5 minutes before end of warm-ups.
- Must include player names and uniform numbers.
- Lineups submitted in serve order, not floor position.
- First server listed first, regardless of serve/receive.
- **Update:** R2 is **not required** to carry lineup card (new NFHS rule).

7. THE SERVE

- Serve only after referee whistle.
- Ball must be contacted within 5 seconds of the whistle.
- One re-serve allowed per serve, with a new 5-second window.
- Net serves are legal.

8. ROTATION

- Players line up on back line before the whistle.
- Team rotates after gaining the serve.
- No rotation for service-winning team.
- Server must not step on or over the end line (foot fault).
- Serve may be made from anywhere behind the end line.
- Players must be in correct positions at the time of serve. (Overlapping is a violation.)

9. PLAYING THE BALL

- Each team allowed three successive contacts to return the ball.
- No blocking or attacking the serve.
- Ball may be contacted with any body part.
- **Update:** Multiple contacts on **second team hit** are now allowed as long as the next contact is by a teammate (new NFHS rule).
- Double hits on the first ball are allowed on an attempted pass.
- Held/lifted balls are illegal. Must rebound cleanly.
- Simultaneous hold: replay.
- Net contact is a fault.

- Player may enter opponent's area legally only after the ball is dead or as allowed under foot encroachment rules.
- Back-row players may not jump and attack the ball at or above the net in front of the 10-foot line.

10. SUBSTITUTIONS

- Maximum of 12 substitutions per game.
- A player may sub for only one position, but up to three players may share that spot.

11. TIME OUTS

- Two 1-minute timeouts per team per game.
- Illegal timeout: opposing team gains a point and serve.

12. BENCH CONDUCT

- Players may sit or stand with coach's approval.
- On gym stages: athletes must stand on stairs.
- Without stage: players must remain seated.
- Only cleared adult volunteers may be on the bench (no one under 18).

UNIFORMS & EQUIPMENT

- Net height: 7'4" for both girls and boys.
- Home teams provide line judges, scorebook, scoreboard, and this rule sheet.
- **Update (Jewelry Rule):** Small, secure jewelry (e.g., studs, flat rings) may be worn. Unsafe or dangling items must be removed. Taping is not allowed. Referees may enforce removal or assess timeout/point penalty if discovered during play. (Previously, *all* jewelry was prohibited.)
- Legal hair accessories include metal clips and bobby pins.
- No glitter or body paint.
- No heckling or trash talk — violators will be removed.
- Uniforms must display numbers on the front and/or back (tape is acceptable).
- **Update (Undergarments):** Players may wear solid black, white, or gray undergarments if matching is not possible (new NFHS allowance).
- A **Libero** will not be used in LBAL play (unchanged).
- Students may participate in other associations (e.g., AAU, ARD).

GYM-SPECIFIC RULES: PENRYN

- Server may step up to 2 steps into court to serve.
- Ceiling plays: If the ball hits the ceiling and lands on the same side, it's live. If it crosses the net or hits the ceiling on the way over — side-out.
- Wall contact: Side-out if it hits back/side wall before receiving team touches. If it touches wall after legal contact by defense — point for serving team.
- Heating duct: Ref may call a replay if contact interfered with a playable ball.

PLAYOFF RULES

- Each playoff team must provide:
 - 2 adults for the scorer's table
 - 1 administrator or school designee for supervision/emergencies
 - Custodians at host sites are responsible for setup and cleanup.
-

NOTES

- **Update:** Beginning in 2026–27, textured volleyballs may be used if adopted by the league (new NFHS option).
- For all rules not addressed above, current **NFHS/CIF volleyball rules apply**.