

2022 Iowa Volleyball Rule Adaptations

National Federation rules apply to all levels of interscholastic volleyball competition with the following exceptions:

1. All varsity dual matches played in Iowa shall be 3 of 5 sets to 25 points with the deciding set to 15 points.
2. Varsity double-dual (triangular) matches shall be 2 of 3 sets or 3 of 5 sets to 25 points with any deciding set played to 15 points
3. In a regular season tournament, all pool matches shall be 2 of 3 sets to 21 points with any deciding set to 15 points. Semi-final and final round matches may be 2 of 3 sets or 3 of 5 sets to 21 or 25 points with the deciding set to 15 points. Round robin tournaments must play 2 of 3 sets to 21 points.
4. **Sub-Varsity Competition:** Rally scoring must be used but point requirements and time limits shall be determined prior to the start of each match. No scoring cap may be used. Two timeouts are allowed each set. The winning team must win by two points. The let serve shall be used.
5. **Team Benches:** Teams will not switch sides/benches between sets. Teams will utilize one side/bench the entire match. Teams may switch sides/benches in the event there is a clear and distinct disadvantage. Officials will determine if a disadvantage is present if coaches cannot come to agreement on the disadvantage.
6. **Team Benches (New in 2022):** Uniformed players are allowed to stand as long as they are in an unplayable area (defined as the end of the bench area) and provided both teams have the same accommodations. Lines should not wrap around the baseline.
7. **Tournament Game Ball:** The Spalding TF-VB5 ball shall be used during all regional and state tournament play, which is to be provided by the host site. The home team shall provide any NFHS approved ball during regular season matches.
8. **Regular Season Varsity Warm-Up Protocol:** All pre-match warm-up shall consist of a 5-6-6 format. Both teams shall have five minutes together on their half of the court for ball handling, passing, etc. Then the visiting team is allowed six minutes of court time to hit, pass, receive, serve, etc. Then the home team is similarly allowed six minutes of court time to hit, pass, receive, serve, etc. There shall be no mutual serving time. Serving shall be done within each team's allotted six minutes.
9. Warm-up protocol for weekend tournaments is at the discretion of the tournament manager, **however shared net time and mutual serving during warm-ups is not permitted for Saturday tournaments due to the increased risk of injuries.**
10. **Weekend Tournament Pre-match Conferences:** It is allowable for the head coach to attend only his/her first (And his/her opponent's first) pre-match conference if this protocol is predetermined by the tournament manager and made known to all coaches prior to the tournament. After the head coach has attended his/her first pre-match conference, they may be excused from the rest of the pre-match conferences for that tournament (captains and/or asst. coaches must be present at all pre-match meetings).
11. **Teams Per Court:** The maximum number of teams in a tournament is four per court. This rule applies to all levels of high school and junior high competition (exception: conference tournaments).
12. **Sub-Varsity Uniforms:** At the sub-varsity and junior high levels of competition, allowances shall be made for teams wearing uniforms that do not conform exactly to all uniform requirements. Many schools are using hand-me-down uniforms or practice jerseys to allow all players an opportunity to participate. Latitude shall be given to those teams whose uniforms are the same basic color but may have some variations in style, design, trim, numbers, etc.